Step 1
Print out this page at 100\%
Step 2
Find a bangle that fits you. If you don't have one please go to Step 4

| BANGLE SIZE | CIRCUMFERENCE |  |
| :---: | :---: | :---: |
|  | CM | INCHES |
| $2 / 4$ | 17.9 | 7.06 |
| $2 / 6$ | 18.9 | 7.46 |
| $2 / 8$ | 19.9 | 7.85 |
| $2 / 10$ | 20.9 | 8.24 |

Step 3
Measure the inside of your bangle against each circle on the diagram on the right. The option that sits in line with the inside of the bangle is the size of that bangle. Please refer to the chart below for the colour coded bangle size

Step 4
Cut out the colour coded measuring tape below or you can use a flexible measuring tape or a thin piece of string.

Step 5
Close your fingers and thumb together. Measure the circumference around the widest part of your hand (around the knuckles) keeping the measuring tape taught. Finally, refer to the bangle chart to find your size.


