

## Measure & Find Your Ring Size

Choose from our three accurate measuring techniques—or try all 3 to be extra sure ;)

**Please print this PDF at 100% to ensure it's accuracy.**

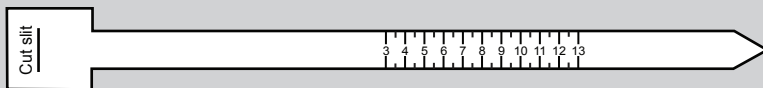
At Healing Designed we gladly accept the exchange or return of a ring purchased from our shop.

### The String Test

- Cut a small piece of string, thread or ribbon from a spool.
- MEASURE: Wrap it snugly around your finger for an accurate measurement.
- DETERMINE: Compare your measurement with our sizing chart.
- Tip: Be careful not to wrap the string too tight. Aim for a comfortable, snug fit.
- Tip: For the most accuracy, have someone help you measure.
- CHECK: Double check for accuracy.

### The Paper Test

- Print and carefully cut out our paper ring sizer below.
- Cut along the dotted line marked "Find your size" to make a slit.
- Slip the pointed end through the slit and place around your finger.
- MEASURE: Pull the pointed end so it slides to a snug fit.
- DETERMINE: The arrow will point to your ring size.
- Tip: Be careful not to wrap the paper too tight. Aim for a comfortable, snug fit.
- Tip: For the most accuracy, have someone help you measure.
- CHECK: Double check for accuracy.



### The Secret Test

- Print our chart of ring size circles.
- Find a ring that your loved one currently wears.
- Make sure he or she wears that ring on the finger you are shopping for.
- MEASURE: Place the ring on top of each circle until you find a perfect match.
- DETERMINE: The match should perfectly fit the inside on the ring.
- CHECK: Double check for accuracy.

Size 3 14.0 MM	Size 3.5 14.4 MM
Size 4 14.8 MM	Size 4.5 15.2 MM
Size 5 15.6 MM	Size 5.5 16.0 MM
Size 6 16.45 MM	Size 6.5 16.9 MM
Size 7 17.3 MM	Size 7.5 17.7 MM
Size 8 18.2 MM	Size 8.5 18.6 MM
Size 9 19.0 MM	Size 9.5 19.4 MM
Size 10 19.8 MM	Size 10.5 20.2 MM
Size 11 20.6 MM	Size 11.5 21.0 MM
Size 12 21.4 MM	Size 12.5 21.8 MM
Size 13 22.2 MM	Size 13.5 22.6 MM