## Choosing the right ring size...

If you are unsure about your ring size, you can use this simple chart to help you determine your perfect size. If you have an exsiting ring that comfortably fits your finger then measure the inside diameter in milimetres and use the chart below to establish the correct size.
Alternatively, take piece of string or a strip paper and wrap it around your finger, making a mark where the two ends cross each other. Straighten it out and measure the total length in milimetres (the inside circumference). Divide the inside circumference by 3.14159 to get the diameter and use the chart below to find your size. Measure a couple of times throughout the day for accuracy.


