



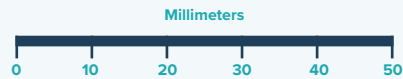
LAB GROWN DIAMONDS

BEFORE YOU START

- Measure your finger at the time of the day when it will be at its largest, this is usually at the end of the day.
- Avoid measuring your fingers when they are cold or damp.
- Bands and rings over 5mm in width may fit your finger more tightly than rings of the same size in narrower widths.

PRINT THIS DOCUMENT

Once you have printed this PDF, use a ruler to measure the bar below to ensure it is 50mm long. If the measurement is not accurate, the ring size measurement will not be correct.



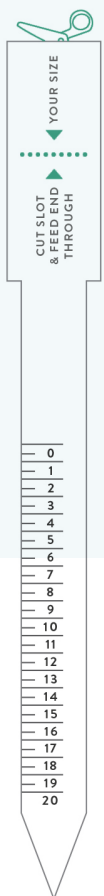
METHOD 1 MAKE YOUR OWN RING SIZER

You will need

- String, yarn, or a thin strip of paper
 - Pen or marker
 - Ruler
- 1 Cut a piece of string to at least 3 inches long
 - 2 Wrap it around the base of the finger you plan to wear your ring on. Make sure it's snug!
 - 3 Using a pen or marker to mark where the ends overlap
 - 4 Lay the string flat and use a ruler to measure the length in millimeters
 - 5 Use the Ring Size Conversion Chart below to find your corresponding ring size

METHOD 2 CUT OUT A RING SIZER

- 1 Cut out the ring sizer below
- 2 Wrap the ring sizer snugly around the widest part of the intended finger so that the numbers are visible to you, then insert the pointed end through the dotted slit.
- 3 Make a note of the number that lines up with the slit, this is your ring size! Keep in mind that quarter sizes are also available if your sizer indicates that you are between whole and half sizes



METHOD 3 MEASURE A CURRENT RING

- 1 Choose a ring that correctly fits the finger you are purchasing the ring for. In the United States the engagement ring and wedding band are most commonly worn on the ring finger of the left hand.
- 2 Lay the ring over each of the size circles below until you are able to closely match the inside edge of the ring to one of the circles on the guide.
- 3 If the ring falls between two of the sizes, order the quarter size in the middle.

