Jewelry To Calm Your Mind

## Ring Size Guide

Before measuring your ring size, be sure this guide is printed in US Letter size and scaled to $100 \%$ or "actual size". You can check he accuracy of your print by positioning a credit card on the line below or placing the correct coin in one of the abeled ring sizes. If the card or coin lines up, you're all set.


## Option 1: Match Your Existing Ring

To find the best size for your Stimm ring, you can use an existing one that fits you well. Match the inside of your ring with one of the circles. If your size is in between two sizes we recommend the larger one.


Option 2: Measure with the paper ruler
Follow the outline and cut out the ruler, carefully cut the line to create a slit. Wrap the ruler around your finger at the base and pull the tapered end through the slit.
To make sure the ring will fit comfortably, we suggest also measuring your knuckle.


