

# Wrist Size Guide

To pick a seed ring, start with size: Fit comes first.

Most people find more comfort in a looser fit, as the Seed Ring is Active Ware; on and off the wrist. Strung on elastic, the Seed Ring will stretch over your wrist, but larger often is better to be able to roll it up the mid arm, out of the way for keyboard work or washing dishes.

To find your Seed Ring size, break out the arts and crafts:

Cut a stripe of paper longer than you need, put it around your wrist, get it just right, tape its end to the body, like a snake eating its tail.

Move this paper ring up and down the arm checking fit, when settled, cut the paper ring off, and measure: this is your Seed Ring size

Repeat, and measure across the widest part of your hand with your thumb tucked in. This is your Bangle size: Look between these two sizes, wrist size & bangle size.

Or print this A4 page and cut out the guide on the right.

Cut a slit on the dotted line in the head, slip the tail through this slit, and you will have a clear view of what each size feels like.

The Chaplet has smaller seeds and usually people like loose wrist size and a little over.

The Oath Rings have larger seeds, and love to move ; up to bangle is all size appropriate.

SIZE GUIDE						
Wrist Circumference						
4.72	4-3/4	in		12	cm	XS
5.12	5-1/8	in		13	cm	XS+
5.51	5-1/2	in		14	cm	S
5.90	5-7/8	in		15	cm	S+
6.29	6-3/8	in		16	cm	M
6.69	6-3/4	in		17	cm	M+
7.08	7-1/8	in		18	cm	L
7.48	7-1/2	in		19	cm	L+
7.87	7-7/8	in		20	cm	XL
8.27	8-1/4	in		21	cm	XL+
8.66	8-5/8	in		22	cm	XXL
9.05	9-1/8	in		23	cm	XXL+
9.45	9-1/2	in		24	cm	XXXL
9.84	9-7/8	in		25	cm	XXXL+
10.24	10-1/4	in		26	cm	XXXXL



Seed Rings are lovingly handmade by Tibetan Buddhists  
at Boudhanath, Kathmandu, Nepal  
Cruelty free to animal animals and human animals



Qerebu.com

