

Ring Size Guide

# For Moments That Matter



Ring Size Guide

## Printing settings:

Before proceeding, use a ruler to ensure the printed sample below is exactly 4cm. To do this go to your 'print settings' and ensure that the 'page scaling' options are not set to scale or shrink. The ring size measurement will not be accurate if this step is not completed..



Inner edge

## How to take measurements:

#### Option 1:

**1.** Place a pre-owned ring on the closest matching circle on the ring outlines on page 2. The ring's inner edge should be perfectly aligned with the outer edge of the circle.

**2.** This will be your ring size.

**3.** If the ring falls between two sizes, order the larger size to guarantee a comfortable fit.

### Option 2:

**1.** Find a piece of string or a strip of paper no wider than 1.4 cm (1/2 inch) and wrap it around the base of the appropriate finger.

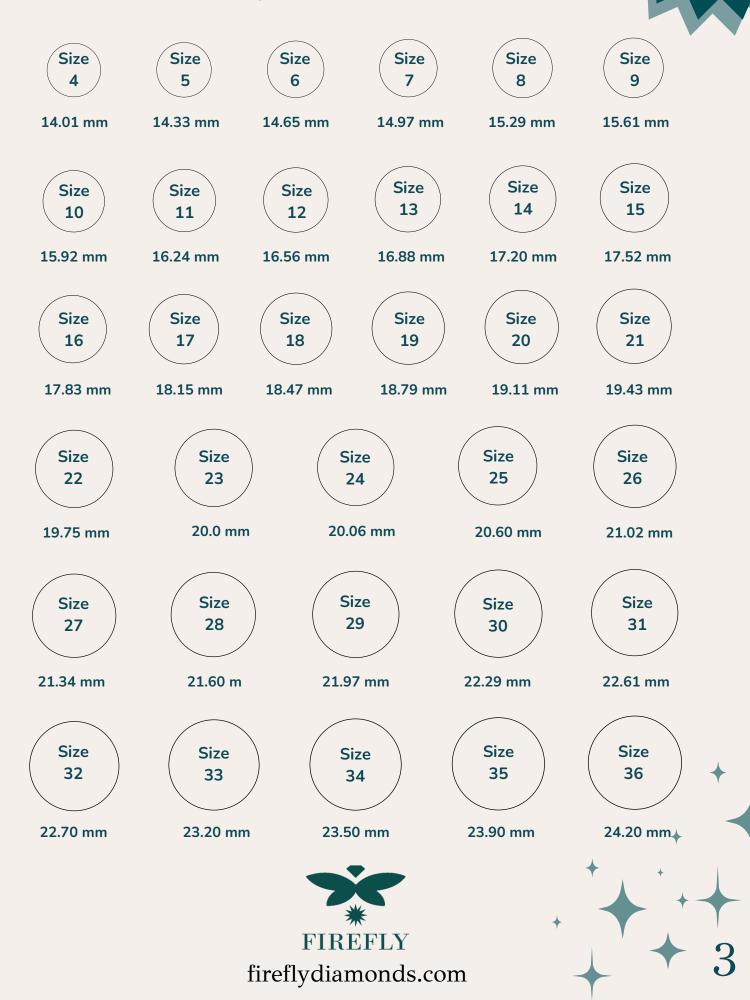
**2.** Use a pen to mark the point on the string/paper where it overlaps, forming a complete circle.

**3.** With a ruler, measure the length from the starting end of the string/paper to the pen mark.

**4.** Use the table on page 3 to determine your ring size.



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Ring Size (Indian)	Diameter	
	Inches	MM
7	0.59	14.97
8	0.6	15.29
9	0.61	15.61
10	0.63	15.92
11	0.64	16.24
12	0.65	16.56
13	0.66	16.88
14	0.68	17.20
15	0.69	17.52
16	0.7	17.83
17	0.71	18.15
18	0.72	18.47
19	0.74	18.79
20	0.75	19.11
21	0.76	19.43
22	0.78	19.75
23	0.79	20.00
24	0.8	20.36
25	0.81	20.60
26	0.83	21.02
27	0.84	21.34
28	0.85	21.60



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#### Average ring sizes:

The average ring size for women ranges from 9 to 14 (India), while sizes commonly range from 17 to 22 (India) for men.

#### Time of Day:

The ideal time to measure finger size is in the evening. Most people's fingers tend to be at their largest in the evening and smaller in the morning. Measuring the finger in the evening will always ensure a comfortable fit.

### **Optimal Temperature:**

Fingers tend to react to temperatures and can change size depending on the weather. Colder air will shrink fingers while the opposite happens in summer or when it's warm and humid. Avoid measuring finger size outside in extremely cold or hot temperatures.

## Fingers expand and contract:

Among many, a few factors such as exercising, water retention, pregnancy, ageing, and arthritis can cause fingers to increase. While weight loss and low temperatures can cause fingers to decrease in size.

## Thicker Bands:

Thicker ring bands (larger than 6mm in width) will fit tighter on the finger. It is advised to go for half or one size up when purchasing a thicker band, for the ring to be more comfortable.

