

your ring size

There are several ways to determine your personal ring gauge very precisely, even without professional equipment. We would like to introduce the three most precise to you.

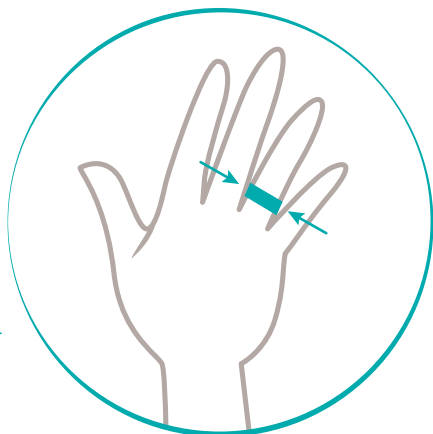
Before we start

Please check the size of the bar beside. Is it exactly 10 cm long from the beginning to the end line? This is important to ensure the correct representation of the ring sizes in the following measuring scales. If the size is not correct, you need to print the sheet again - however now with the setting "print in original size".



Good to know

- During the day, as well as in different seasons, you have different ring sizes, because the colder your fingers get, the thinner they will be
- Even the ring size of the same finger on both hands varies
- Before measuring, think carefully about which finger will wear the new piece of jewelry



How to measure

Always measure below the second phalange on the finger of choice.

NO 1

Average ring circumference

- In order to cushion fluctuations in your ring size over the day / the seasons, it is best to measure your finger circumference over several days at various times using a 5 mm wide paper strip where the ring should sit
- We recommend 5-10 measurements
- After you have completed all measurements, add all results and divide it by the number of measurements
- This result is your average ring circumference

CIRCUMF. cm	SIZE
4.8	48
4.9	49
5.0	50
5.1	51
5.2	52
5.3	53
5.4	54
5.5	55
5.6	56
5.7	57
5.8	58
5.9	59
6.0	60
6.1	61
6.2	62
6.3	63
6.4	64
6.5	65
6.6	66
6.7	67
6.8	68
6.9	69
7.0	70

Tip

If you are going to choose narrow rings, we recommend to take a size smaller than you measured. The same applies to particularly wide rings. Here you choose one size larger!



NO 2

Ring adjustment

- Take a ring that fits you perfectly on the chosen finger.
- Place it exactly over the measuring fields of the graphic and determine your personal ring size.

NO 3

Ring stencil

- Fold the graphic along the dashed line
- Cut out the now visible semicircles
- Unfold the sheet again and check directly on your finger which ring size suits you best

FOR „AVERAGE RING CIRCUMFERENCE“

Measuring strips to cut out

