

RING SIZES

HOW TO MEASURE YOUR CURRENT RING

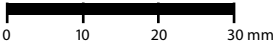
1. Select a ring that properly fits the finger of your choosing.
2. Place the ring over the circles at the bottom of the page.
The size should match the inside edge of the ring to the nearest size of one of the circles.
3. If the ring falls between two sizes, always choose the larger size.

PRINT THIS OUT ON 100% SCALE

Before printing, please make sure the page scaling is set to "100%" on your print dialog box.

Please note, this ring sizer should only be used as a referencing tool. For the most accurate results, please have your finger measured at your local jeweller.

The bar below must be exactly 30mm in length for accurate measuring





GLOBAL RING SIZES

Size US	Size Europe	Size UK & Australia	Inner diameter (mm)	Inner circumference (mm)
5	49	J 1/2	15.7	49.3
5.5	51	K 1/2	16.1	50.6
6	52	L 1/2	16.5	51.8
6.5	53	M 1/2	16.9	53.1
7	54	N 1/2	17.3	54.4
7.5	56	O 1/2	17.7	55.7
8	57	P 1/2	18.1	56.9

HOW TO MEASURE YOUR FINGER SIZE

Make sure you previously have chosen a ring that fits comfortably. Tight enough that it will not slide off, but loose enough not to constrict your finger.

1. Measure your finger at the end of the day, when your fingers are their warmest.
Fingers tend be smaller in the morning when cold.
2. Measure the circumference of your finger 3-4 times to eliminate any reading errors

Please note, finger sizes change depending on the time of day, some of the rings from ParaForma slightly differ due to their natural design to traditional rings, however these changes are minimal and fall within the international ring size chart below.