

RING SIZE GUIDE

OPTION 1 - MEASURE YOUR RING

1. Select an existing ring that fits your finger.
2. Measure the internal diameter of the ring (in mm).
3. Use the below chart to determine your ring size.
4. If your ring appears to be between two sizes, we recommend choosing the larger size.

OPTION 2 - MEASURE YOUR FINGER

1. Cut a long string or piece of paper that's about 15cm / 6-inch long.
2. Wrap it around the base of your finger, the tighter the better but make sure to not let the string stretch while you're wrapping it around your finger.
3. Mark the spot where the string or paper meets and measure the distance with a ruler (in mm).
4. Match your finger measurement (in mm) with the closest circumference below.

INTERNAL DIAMETER (MM)	FINGER CIRCUMFERENCE (MM)	EUROPE & MIDDLE-EAST	US	UK
15.3	48	48	4 ½	I ½
15.6	49	49	4 ¾	J ½
15.9	50	50	5 ¼	K
16.2	51	51	5 ¾	L
16.6	52	52	6	L ½
16.9	53	53	6 ¼	M ½
17.2	54	54	6 ¾	N ½
17.5	55	55	7 ¼	O
17.8	56	56	7 ½	P

BRACELET SIZE GUIDE

OPTION 1 - MEASURING TAPE

1. Wrap the measuring tape around your wrist just above the wrist bone with your palm open and facing up.
2. Note down the measurement of your wrist.

OPTION 2 - STRING METHOD

1. Wrap a string or a paper strip around the wrist you'll wear your bracelet on with your palm open facing up.
2. Mark the place where it joins.
3. Creating a stack? Measure where on your arm you'll wear each bracelet.
4. Lay your string or paper strip on a flat surface and use a ruler to measure the length up to the mark. Refer to the size chart below.

	EU (cm)	US (in)
Small	14.0 - 15.2	5.5 - 6.0
Medium	15.2 - 16.5	6.0 - 6.5
Large	16.5 - 17.8	6.5 - 7.0