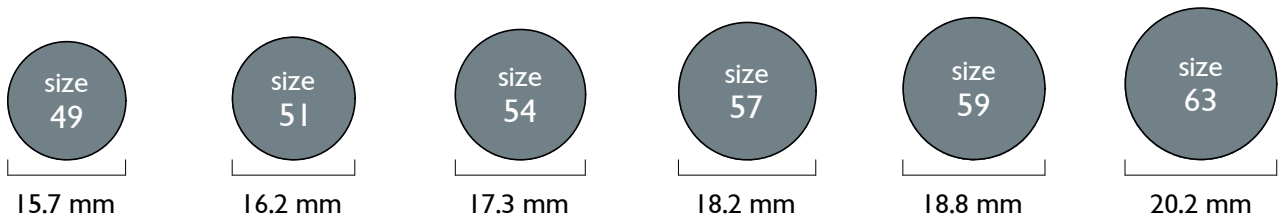


## Ring Size Chart - European Sizes



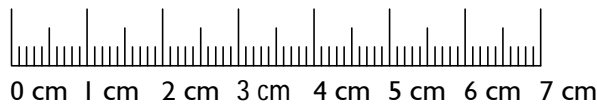
## Ring Size Guide

### INSTRUCTIONS

#### A. The printed Ring Size Guide

Before proceeding, use a ruler to ensure the printed sample below is exactly 70mm. In order to do this go to your 'print settings' before printing and ensure that the 'page scaling' options are not set to scale or shrink. Please note that the ring size measurement will not be accurate if this step is not completed properly.

#### CHECK SCALE



1. Print the Ring Size Guide and Check Scale (see above).
2. Place a pre-owned ring on the closest matching sized circle of the Ring Size Chart. The inner edge of the ring should be perfectly aligned with the outer edge of the circle. This will be your ring size.
3. If the ring falls between two sizes, order the larger size (check the Useful Tips section to learn why).

#### B. The string theory :)

1. Take a piece of string (as thin as possible) and wrap it around the finger you will wear the ring on, over the thickest part of it.
2. Make a mark with a pen where the string overlaps.
3. Unroll the string and measure the distance from its end to the mark that you made. The dimension in mm is your ring size.

### USEFUL TIPS

There are a few environmental and physical factors that should be taken into consideration before deciding on the size of the ring that you want to buy, but remember that when it comes to guessing your partner's ring size, guess on the larger side as it's easier to size a ring down.

- **AVERAGE RING SIZES** - Keep in mind that the average ring size range for women is between 49 and 54 (EUR), while sizes commonly range from 57 to 63 (EUR) for men. If you have no other information available, it's best to choose between these ranges.
- **TIME OF DAY** - An ideal time to measure their 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 your partner's finger size in the evening will guarantee a comfortable fit.
- **OPTIMAL TEMPERATURE** - Fingers tend to react to temperatures and can change size depending on the weather. The cold winter air will shrink fingers while the opposite happens in summer or when it's warm and humid. Avoid measuring finger size outside in the very cold or very hot.
- **FINGERS EXPAND AND CONTRACT** - Other factors can cause fingers to grow, such as exercising, water retention, pregnancy, ageing, and arthritis. Weightloss and low temperatures can cause fingers to decrease in size.
- **THICKER BANDS** - Thicker ring bands (larger than 6mm) will fit tighter. It is advised to always go for half a size up when purchasing a thicker band, for the ring to be comfortable.