

Check Printed Size

- In printer options (Ctrl+P) make sure that Scaling is set to "Do Not Scale" or some equivalent wording.
- Dimensions are set to A4 paper.

- In order for this guide to provide accurate results, the bar below must measure precisely 30 mm.



Determining Ring Size

Recommended Method: Put a Ring on It

- Find a well-fitting ring for the intended finger.
- Match the inside diameter of the ring with a circle below.
- If the ring is between two sizes, go with the larger.

International Size Conversion

After finding the ring's diameter in millimeters as listed below, refer to the chart on the next page to convert to a corresponding ring size.

Éternel Jewelry lists ring sizes for Europe, UK and USA. The chart can also be used to convert to Asian and Swiss sizing standards.

Do-It-Yourself—Don't

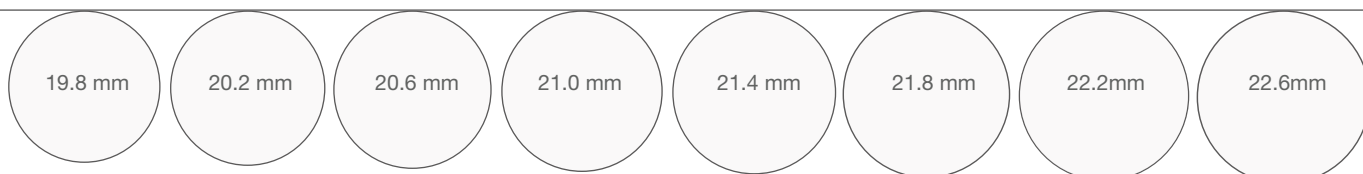
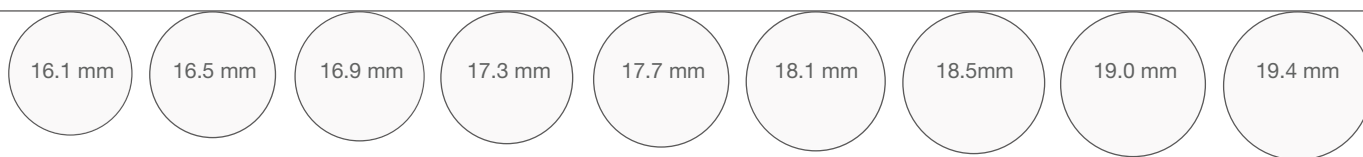
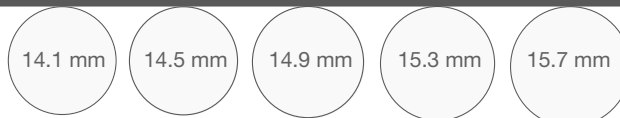
Some guides provide instructions for determining ring size with a piece of string or sliver of paper. To avoid returning a ring that does not fit, we advise against that method.

If you do not own a ring that fits the intended finger, your local jeweler can determine the proper size.

Keep in Mind

- Finger size changes throughout the day. Depending on the individual, fingers usually are most swollen either in the morning after waking up or the early evening after a day of activity.
- Fingers are largest when warm, smallest when cold.
- A ring should fit best when fingers are in between—not too swollen and not cold.

Measurements of Inside Diameter (mm)





Diameter (mm)	Europe	UK, Australia	USA, Canada	China	Japan, Singapore	Hong Kong	Switzerland
14.1	44	F½	3	6	4	6	4
14.3	45	G			5		5¼
14.5		G½	3½	7		7.5	
14.7	46	H			6		6½
14.9	47	H½	4	8	7	9	
15.1		I		9			7¾
15.3	48	I½	4½		8	10	
15.5		J					9
15.7	49	J½	5	10	9	11	
15.9	50	K					10
16.1		K½	5½	11	10	12	
16.3	51	L					11¼
16.5	52	L½	6	12	11	13	12¾
16.7		M		13	12		
16.9	53	M½	6½		13	14.5	14
17.1		N		14			
17.3	54	N½	7		14	16	15¼
17.5	55	O		15			
17.7		O½	7½		15	17	16½
17.9	56	P		16			
18.1	57	P½	8	17	16		17¾
18.2						18	
18.3		Q					
18.5	58	Q½	8½	18	17	19	
18.8	59	R					19
19.0		R½	9	19	18	20.5	
19.2	60	S		20			20¼
19.4	61	S½	9½		19	22	
19.6		T		21			21½
19.8	62	T½	10		20	23	
20.0		U		22	21		
20.2	63	U½	10½		22	24	22¾
20.4	64	V		23			
20.6		V½	11		23	25	
20.8	65	W		24			25
21.0	66	W½	11½	25	24	26	
21.2		X					
21.4	67	X½	12	26	25	27.75	27½
21.6		Y					
21.8	68	Z	12½		26		28¾
22.0	69	Z½					
22.2	70		13		27	30	
22.4		Z+1					
22.6		Z+2	13½				