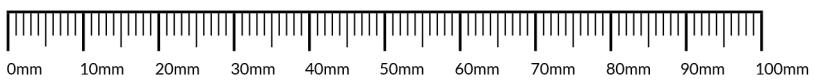


# HOW TO FIND YOUR RING SIZE

## STEP 1

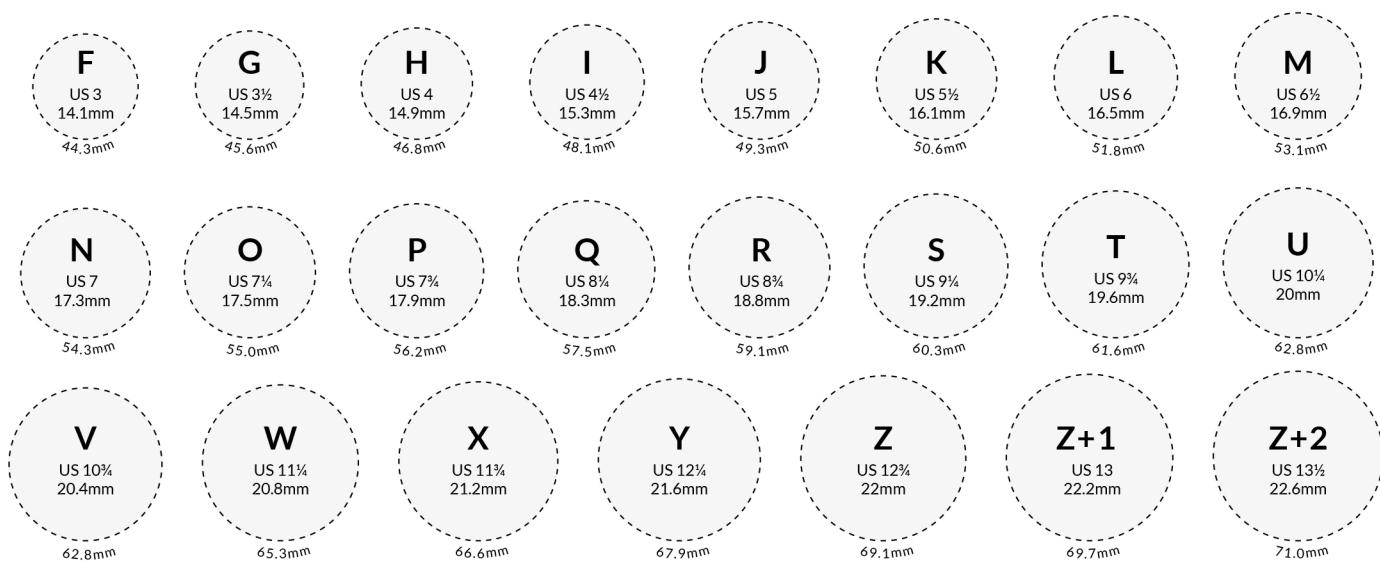
Print this sheet on A4 paper at 100% scale (1:1). After printing, measure the ruler on the right - it should be exactly 100 mm.

### RULER



## STEP 2

Place an existing ring over the circles below to find your size. The inside edge of your ring should line up with the dotted circle.



### DON'T HAVE A RING?



Cut out the measurement strip from Step 1 and wrap it around the base of your ring finger (snug, not tight). Note the measurement, then use the chart above to find your closest size. For best accuracy, measure 3 times and use the average result.



### DON'T HAVE A PRINTER?

You can still use this guide on-screen. Hold an existing ring over the circles on your display and adjust the zoom until the reference line in Step 1 matches the stated length when checked with a real ruler. Once the scale is correct, match your ring to the circles.



### COMPLIMENTARY RE-SIZING

If you are between sizes, choose the larger size. Wide bands (including spinner/fidget styles) may feel tighter —consider going +0.5 size for comfort.



### NEED HELP?

If you like help, choosing the right size, contact our support team at [support@angeliosjewelry.com](mailto:support@angeliosjewelry.com)



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# CONVERT FROM USA & CANADA SIZING

If you know your ring size in USA & Canada measurements, please use the chart below to convert to Australia & UK sizing before purchasing.

DIAMETER (mm)	CIRCUMFERENCE	AUSTRALIA & UK	USA & CANADA	DIAMETER (mm)	CIRCUMFERENCE	AUSTRALIA & UK	USA & CANADA
14.1	44.3	F	3	18.5	58.1	Q½	8½
14.3	44.9	F½	3¼	18.8	59.1	R	8¾
14.5	45.6	G	3½	19.0	59.7	R½	9
14.7	46.2	G½	3¾	19.2	60.3	S	9¼
14.9	46.8	H	4	19.4	60.9	S½	9½
15.1	47.4	H½	4¼	19.6	61.6	T	9¾
15.3	48.1	I	4½	19.8	62.2	T½	10
15.5	48.7	I½	4¾	20.0	62.8	U	10¼
15.7	49.3	J	5	20.2	63.5	U½	10½
15.9	50.0	J½	5¼	20.4	64.1	V	10¾
16.1	50.6	K	5½	20.6	64.7	V½	11
16.3	51.2	K½	5¾	20.8	65.3	W	11¼
16.5	51.8	L	6	21.0	66.0	W½	11½
16.7	52.5	L½	6¼	21.2	66.6	X	11¾
16.9	53.1	M	6½	21.4	67.2	X½	12
17.1	53.7	M½	6¾	21.6	67.9	Y	12¼
17.3	54.3	N	7	21.8	68.5	Y½	12½
17.4	54.7	N½	7	22.0	69.1	Z	12¾
17.5	55.0	O	7¼	22.2	69.7	Z+1	13
17.7	55.6	O½	7½	22.6	71.0	Z+2	13½
17.9	56.2	P	7¾	23.0	72.3	Z+3	14
18.1	56.9	P½	8	23.4	73.5	Z+4	14½
18.3	57.5	Q	8¼	23.7	74.5	Z+5	15

## THINGS TO CONSIDER

- If measuring in cool weather, allow some spin/movement for warmer weather when your finger swells in size.
- If measuring in warm weather, the ring should have a snug to tight fit for when the weather cools down, so the ring does not become too loose.



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