



Method 1: Measure a Ring

1. Use an existing ring that fits the desired finger.
2. Measure the internal diameter of the ring.
3. Use the chart below to determine your **ring size**. If your ideal fit falls between two **ring sizes**, we recommend choosing the larger size.

Option 2: Measure the Desired Finger

1. Use a flexible measuring tape to measure the circumference of the desired finger. If you don't have a measuring tape, a string or strip of paper will work just fine.
2. Wrap the paper or string snug, but not too tight, around your finger where you want the ring to sit.
3. Mark the spot where it meets and measure the distance. This is the circumference of your finger.

