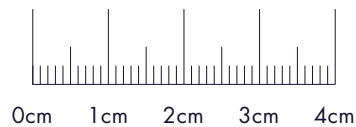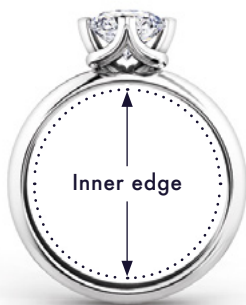# Ring size guide

Printing settings: The De Beers Forevermark ring size guide

Before proceeding, use a ruler to ensure the printed sample below is exactly 40mm. 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 ring size measurement will not be accurate if this step is not completed properly.

0cm   1cm   2cm   3cm   4cm

How to use the De Beers Forevermark ring size guide

Instructions

1. Print the ring size guide and check scale (see above)

2. Place a pre-owned ring on the closest matching sized circle on the Ring Size Chart on page 2. 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.

4. If needed compare your result to the International Conversion Chart on page 3.

Please note that different countries use different sizes, so please compare and convert your ring size using the International Conversion Chart on page 3.

Inner edge

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Ring Size Chart – European Sizes

size 44	size 45	size 46	size 47	size 48	size 49
14.01 mm	14.33 mm	14.65 mm	14.97 mm	15.29 mm	15.61 mm

size 50	size 51	size 52	size 53	size 54	size 55
15.92 mm	16.24 mm	16.56 mm	16.88 mm	17.20 mm	17.52 mm

size 56	size 57	size 58	size 59	size 60	size 61
17.83 mm	18.15 mm	18.47 mm	18.79 mm	19.11 mm	19.43 mm

size 62	size 63	size 64	size 65	size 66
19.75 mm	20.06 mm	20.38 mm	20.70 mm	21.02 mm

size 67	size 68	size 69	size 70	size 71
21.34 mm	21.66 mm	21.97 mm	22.29 mm	22.61 mm

International Conversion Chart

Diameter (mm)	Europe	India	UK, Australia & South Africa	United States & Canada	China	Singapore & Japan	Hong Kong
14.01	44	4	F½	3	6	4	6
14.33	45	5	G			5	
14.5			G½	3½	7		7.5
14.65	46	6	H			6	
14.97	47	7	H½	4	8	7	9
15.1			I		9		
15.29	48	8	I½	4½		8	10
15.5			J				
15.61	49	9	J½	5	10	9	11
15.92	50	10	K				
16.1			K½	5½	11	10	12
16.24	51	11	L				
16.56	52	12	L½	6	12	11	13
16.7			M		13	12	
16.88	53	13	M½	6½		13	14.5
17.1			N		14		
17.2	54	14	N½	7		14	16
17.52	55	15	O		15		
17.7			O½	7½		15	17
17.83	56	16	P		16		
18.15	57	17	P½	8	17	16	
18.2							18
18.3			Q				
18.47	58	18	Q½	8½	18	17	19
18.79	59	19	R				
19.0			R½	9	19	18	20.5
19.11	60	20	S		20		
19.43	61	21	S½	9 ½		19	22
19.6			T		21		
19.75	62	22	T½	10		20	23
20.0		23	U		22	21	
20.06	63	24	U½	10½		22	24
20.38	64		V		23		
20.6		25	V½	11		23	25
20.70	65		W		24		
21.02	66	26	W½	11½	25	24	26
21.2			X				
21.34	67	27	X½	12	26	25	27.75
21.6		28	Y				
21.66	68		Z	12½		26	
21.97	69	29	Z½				
22.29	70	30		13		27	30
22.4			Z+1				
22.61	71	31	Z+2	13½			
22.9		32					
23.2		33					
23.5		34					
23.9		35					
24.2		36					

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Useful tips

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

Average ring sizes

Keep in mind the average ring size range for women is between 49 and 54 (EUR), while sizes commonly range from 57 to 62 (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. Weight loss 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.

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