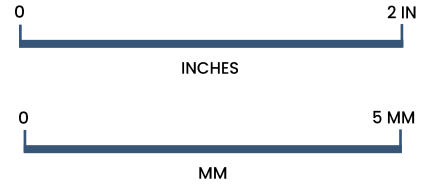


Ring Size Guide

Please read all instructions carefully in order to ensure proper measurement

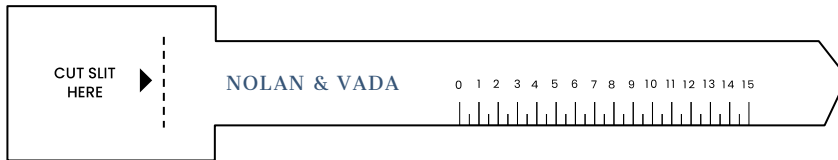
Ensure the following

- Before printing, set 'Page Scaling' to 100% or none
- Measure the ruler on left to ensure the measurements are exactly 50mm or 2 inches.
- In case the measurement is not accurate, please check print settings and reprint.



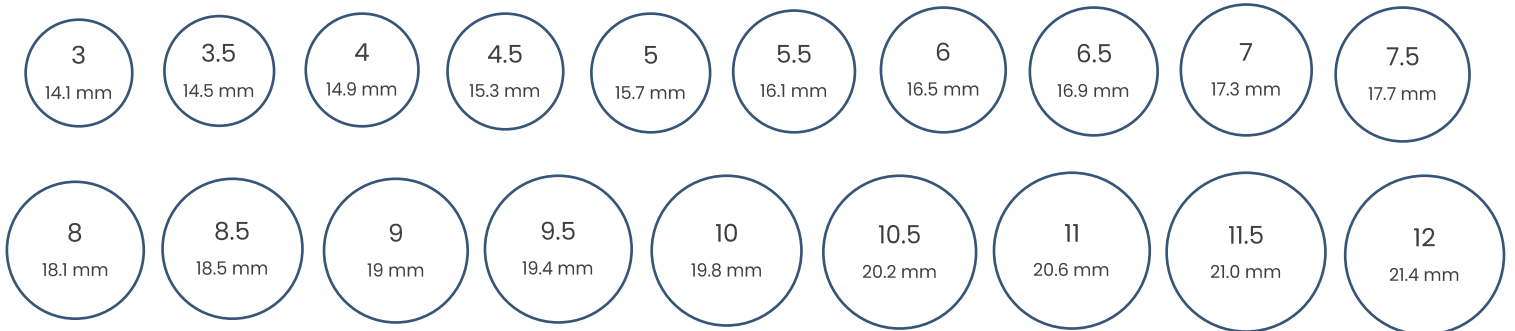
OPTION 1 Measure Your Finger

1. Cut out the ring sizer and cut a slit on the left end of the sizer where indicated.
2. Wrap the sizer in a way the numbers face you and insert the pointed end into the slit you cut, tightening it on the largest part of your finger
3. Read the number that lines up at the slit for ring size. If the line falls between numbers, using our international sizing chart select the correct half or quarter size.



OPTION 2 Measure an Existing Ring

1. Use a ring that fits your intended ring finger
2. Place the ring on top of each circle finding the perfect fit. Match the internal edge of the ring to the circle to achieve the nearest size.
3. Order the larger size if the chosen ring falls between two sizes.



HELPFUL TIPS

1. **Temperature is Key:** Always be sure to measure fingers at the end of the day.
2. **Factor in those Knuckles:** Most of us have slim fingers with larger knuckles, measure both the base of your finger and the width around the knuckles, selecting a size in between.
3. **Cross Check Results:** It is always important to cross check results 3-4 times to rule out any errors.
4. **Select the Larger Size:** If you find the size you're looking for falling between two values, choose the larger size.
5. **Width Matters:** When gauging size, always remember to keep in mind the width of the band. Thicker bands tend to have a tighter grip as compared to slimmer bands.
6. **Lefty or Righty:** Hand dominance tends to affect the finger size resulting in slightly larger proportions. Thus in accordance to tradition, don't forget to measure her left ring finger.

International Ring Size Chart

Inside Diameter (MM)	United States & Canada	UK, Australia & New Zealand	EUROPE
14.1	3	F½	44
14.3		G	45
14.5	3½	G½	
14.7		H	46
14.9	4	H½	47
15.1		I	
15.3	4½	I½	48
15.5		J	
15.7	5	J½	49
15.9		K	50
16.1	5½	K½	
16.3		L	51
16.5	6	L½	52
16.7		M	
16.9	6½	M½	53
17.1		N	
17.3	7	N½	54
17.5		O	55
17.7	7½	O½	
17.9		P	56
18.1	8	P½	57
18.2			
18.3		Q	
18.5	8½	Q½	58
18.8		R	59
19	9	R½	
19.2		S	60
19.4	9½	S½	61
19.6		T	
19.8	10	T½	62
20		U	
20.2	10½	U½	63
20.4		V	64
20.6	11	V½	
20.8		W	65
21	11½	W½	66
21.2		X	
21.4	12	X½	67
21.6		Y	
21.8	12½	Z	68

All sizing guides suggested by Nolan & Vada are indicative and are elaborated to guide you on your choice.

For any assistance in regards to ring size, please email one of our consultant on design@nolanandvada.com