

# ATROAS

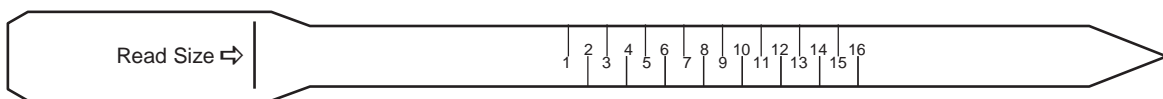
## Ring Size Guide

For best results, use all three steps of this guide along with our video to help you most accurately determine your ring size.

**When printing: Uncheck "FIT TO PAGE" or select "ACTUAL SIZE" to have correct scale**

### 1. Paper Sizer Method (Best results when hands are warm)

- Print and cut out ring sizer. Cut small slit that is marked with an arrow.
  - Slip pointed end through the slit, numbers facing out.
  - Slide sizer down to the base of your finger
  - Secure the ring sizer by pulling each end snugly around your finger like a belt,
  - Your approximate ring size should be the number that appears where it says "Read Size"
- Measurements resulting between two whole numbers can be considered a half size.



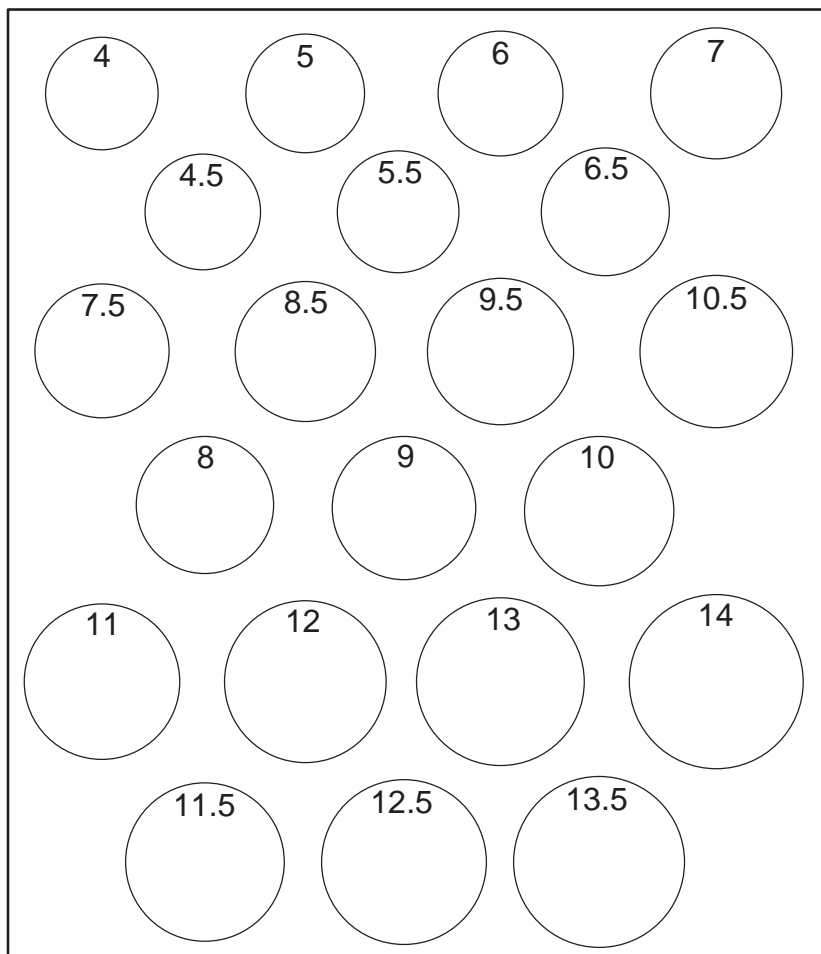
### 2. Floss/String Method

Measure your finger by wrapping floss around it. Find the length of the floss that makes exactly one loop around, and use the chart below for reference.

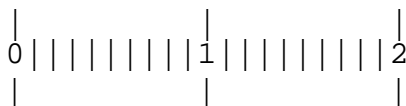
Size:	Circumference: millimeters	Diameter: millimeters
0	36.5	11.6
1	39.1	12.4
2	41.6	13.3
3	44.2	14.1
4	46.7	14.9
5	49.3	15.7
6	51.8	16.5
7	54.4	17.3
8	56.9	18.1
9	59.5	18.9
10	62.1	19.8
11	64.6	20.6
12	67.2	21.4
13	69.7	22.2
14	72.3	23.0
15	74.8	23.8
16	77.4	24.6

### 3. Ring Method (Tip: Close one eye for best results)

If the finger is not available for measuring (ie a surprise gift), use a ring from the individual's current jewelry collection. Place the ring on a circle within the chart below. The correct circle size should fit right against the inside edge of the ring.



Scale Checker: (inches)



**Check for scale with ruler**

**We recommend a jeweler's finger sizing tool as the most accurate method.**