## H U M A I Y R A

## RING SIZE GUIDE

Before measuring your ring size, be sure this guide is printed on A4 at 100\% - Make sure you do not select the 'scale to fit page' or 'shrink to fit page' option.

Measure the line underneath it should be 85.5 mm or credit card width.


## MEASURE AN EXISTING RING

1. Select an existing ring that fits your desired finger. For maximum accuracy, use a ring with a similar width band to the one you want to purchase.
2. Position the ring over the circles below to determinate which one matches your size.
3. Find the circle which completely fills the inside circumference of the ring without overlapping. The letter inside is your ring size.
4. If you are in between 2 circles (neither one nor the other) or hesitating between sizes, choose the larger one. A wider band may require a slightly larger ring size.


OPTION 2: RING SIZER

Carefully cut out the ruler, cut a slit in the line shown below
Place the end of the ring sizer through the slit forming a loop with the side showing the letters visible.

Adjust the sizer so that it fits comfortably around the largest part of your finger; check that you can remove the sizer over your knuckle without difficulty by measuring your knuckles.

Do not pull the ring sizer tightly as this will give you an incorrect reading


