

**Ring Size Guide**

THESE RING GAUGES ARE PROVIDED AS A GUIDE ONLY.

**Note: the best way to determine ring size is to go to a jeweler for a fitting.**

**Important: Read Before Printing:**

The accuracy of your measurement depends on printing this sheet in the proper size. Make sure your printer is set to 100-percent. Do not reduce the print size in your printer "page setup" area.

**Tips for finding your ring size:**

- Measure your finger in warm temperatures at the end of the day.

**Tips if you're buying the ring as a surprise:**

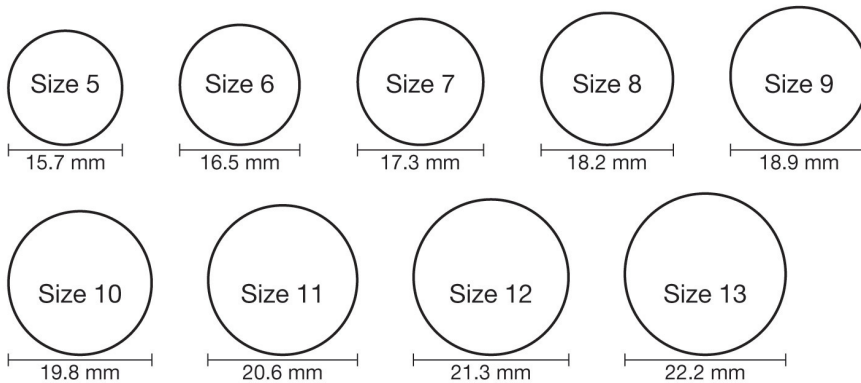
- Ask your intended recipient's friend/family members if they know his/her finger size.
- Borrow one of your intended recipient's rings and use **Method A** below (Make sure to borrow a ring that fits the finger you intend your gift ring to fit.)

**Other tips and information:**

- When considering a wide band, move up a size from your measurement, for comfort's sake.
- Different countries have different ring-size systems. **IsraelBlessing** ring sizes are in US measurements, as listed below.
- The average woman's ring size is about 6. The average man's ring size is about 10.
- Your ring size will be about half a size larger on your primary hand (i.e., the hand you write with).

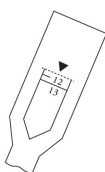
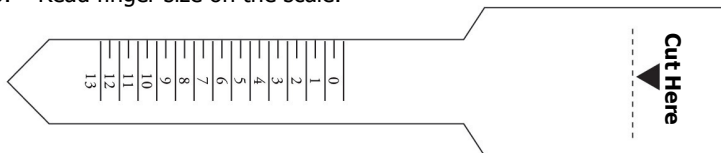
**Method A**

Measure a ring that fits you or your intended recipient:  
Place the ring over the circle, making sure the inside of the ring lines up with the outside of the circle.

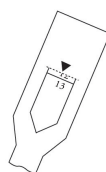


**Method B**

- Cut out the sizer. Make a slot in the sizer by cutting along the dashed line.
- Roll the sizer into a circle with the numbers on the outside.
- Insert the pointed end into the slot (Image 1)
- Place the sizer around the finger to be measured and pull the pointed end through the slot until the paper is snug around your finger.
- Read finger size on the scale.



In this example, The ring size is 12



In this example, The ring size is 12 1/2



Image 1