# SIZE GUIDE 

## parauppaio



## RING SIZE

Cut out a piece of paper and circle it over the finger you want to wear the ring on. Draw a line where the paper is closed to mark the circumference of your finger. Measure the size of the paper up to where you have marked the line and find your size according to the measurement in the second column 'Circumference' in the following table:


|  |  |  |
| :---: | :---: | :---: |
| SIZE | CIRCUMFERENCE | DIAMETER |
| 10 | 50 mm | 15,9 mm |
| 12 | 52 mm | 16,5 mm |
| 14 | 54 mm | 17,1 mm |
| 16 | 56 mm | 17,8 mm |
| 18 | 58 mm | 18,4 mm |
| 20 | 60 mm | 19 mm |
| 21 | 61 mm | 19,3 mm |
| 22 | 62 mm | 19,6 mm |
| 24 | 64 mm | 20,3 mm |
| 26 | 66 mm | 21 mm |
| 28 | 68 mm | 21,6 mm |
| 30 | 70 mm | 22,3 mm |
| 32 | 72 mm | 22,9 mm |
| 34 | 74 mm | 23,5 mm |

# BRACELET SIZE 

Wrist gauge:

1. Cut the meter along the edge and cut the dotted line (CUT HERE)
2. Put your hand through the gauge, adjust the gauge to your wrist, and pull until you feel comfortable.
3. The number in centimeters aligned to the edges is your wrist size.


Please note that the wrist sizer is only a guideline and may not provide an exact size.

You can also use a tape measure, tape or string. Wrap it around your wrist and measure the length with a ruler as in the 'Ring Size' explanation. Find your size according to the measurement in the second column 'Centimeters' in the following table:

| SIZE | CENTIMETERS |
| :---: | :---: |
| XS | 17 cm |
| S | 18 cm |
| M | 19 cm |
| L | 20 cm |
| XL | 21 cm |
| XXL | 22 cm |
| XXXL | 23 cm |

