

PRAISE - CAPUCINNE

RING SIZING GUIDE

Choose from our three accurate measuring techniques to help you pick the right rings. **For accuracy, please ensure that PDF is printed at 100%.**

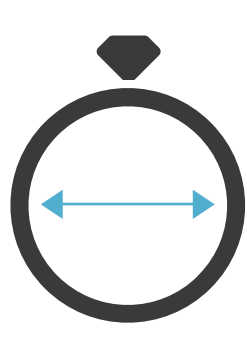
FIND THE PERFECT FIT

Finding the perfect fit is sometimes not that easy. Whether you are treating yourself to one of our rings or are looking to surprise your loved ones, we're here to make sure the ring slides smoothly on your finger and stays put where it has to.

We use US & Canada ring sizing throughout our website - if you know your ring size in other country's sizing, please use our conversion chart to see which US & Canada ring size fits best.

DIAMETER		INSIDE CIRCUMFERENCE		USA & CANADA	AU & UK	EU	JAPAN
MM	INCHES	MM	INCHES				
14.05 MM / 0.553"		44.14 MM / 1.74"		3	F	44	4
14.25 MM / 0.561"		44.77 MM / 1.76"		3 1/4	F 3/4	-	-
14.45 MM / 0.569"		45.40 MM / 1.79"		3 1/2	G 1/4	-	-
14.65 MM / 0.577"		46.02 MM / 1.81"		3 3/4	H	46 1/2	-
14.86 MM / 0.585"		46.68 MM / 1.84"		4	H 1/2	-	7
15.04 MM / 0.592"		47.25 MM / 1.86"		4 1/4	I	47 3/4	-
15.27 MM / 0.601"		47.97 MM / 1.89"		4 1/2	I 1/2	-	8
15.53 MM / 0.611"		48.79 MM / 1.92"		4 3/4	J 1/4	-	-
15.70 MM / 0.618"		49.32 MM / 1.94"		5	J 1/2	-	9
15.90 MM / 0.626"		49.95 MM / 1.97"		5 1/4	K 1/4	-	-
16.10 MM / 0.634"		50.58 MM / 1.99"		5 1/2	L	51 3/4	-
16.30 MM / 0.642"		51.21 MM / 2.02"		5 3/4	L 1/4	-	-
16.51 MM / 0.650"		51.87 MM / 2.04"		6	M	52 3/4	12
16.71 MM / 0.658"		52.50 MM / 2.07"		6 1/4	M 1/2	-	-
16.92 MM / 0.666"		53.16 MM / 2.09"		6 1/2	N	54	13
17.13 MM / 0.674"		53.82 MM / 2.12"		6 3/4	N 1/2	-	-
17.35 MM / 0.683"		54.51 MM / 2.15"		7	O	55 1/4	14
17.45 MM / 0.687"		54.82 MM / 2.16"		7 1/4	O 1/2	-	-
17.75 MM / 0.699"		55.76 MM / 2.20"		7 1/2	P	56 1/2	15
17.97 MM / 0.707"		56.45 MM / 2.22"		7 3/4	P 1/2	-	-
18.19 MM / 0.716"		57.15 MM / 2.25"		8	Q	57 3/4	16
18.35 MM / 0.722"		57.65 MM / 2.27"		8 1/4	Q 1/2	-	-
18.53 MM / 0.729"		58.21 MM / 2.29"		8 1/2	Q 3/4	-	17
18.69 MM / 0.736"		58.72 MM / 2.31"		8 3/4	R 1/4	-	-
18.89MM / 0.748"		59.34 MM / 2.35"		9	R 3/4	-	18
19.22MM / 0.757"		60.38 MM / 2.38"		9 1/4	S 1/4	-	-
19.41 MM / 0.764"		60.98 MM / 2.40"		9 1/2	S 3/4	-	19
19.62 MM / 0.772"		61.64 MM / 2.43"		9 3/4	T 1/4	-	-
19.84 MM / 0.781"		62.33 MM / 2.45"		10	T 1/2	-	20
20.02 MM / 0.788"		62.89 MM / 2.48"		10 1/4	U	-	21
20.20 MM / 0.797"		63.46 MM / 2.50"		10 1/2	U 1/2	-	22
20.44 MM / 0.805"		64.21 MM / 2.53"		10 3/4	V 1/4	-	-
20.68 MM / 0.814"		64.97 MM / 2.56"		11	V 1/2	-	23
20.85 MM / 0.821"		65.50 MM / 2.58"		11 1/4	W 1/4	-	-
21.08 MM / 0.830"		66.22 MM / 2.61"		11 1/2	W 3/4	-	24

MEASURE AN EXISTING RING



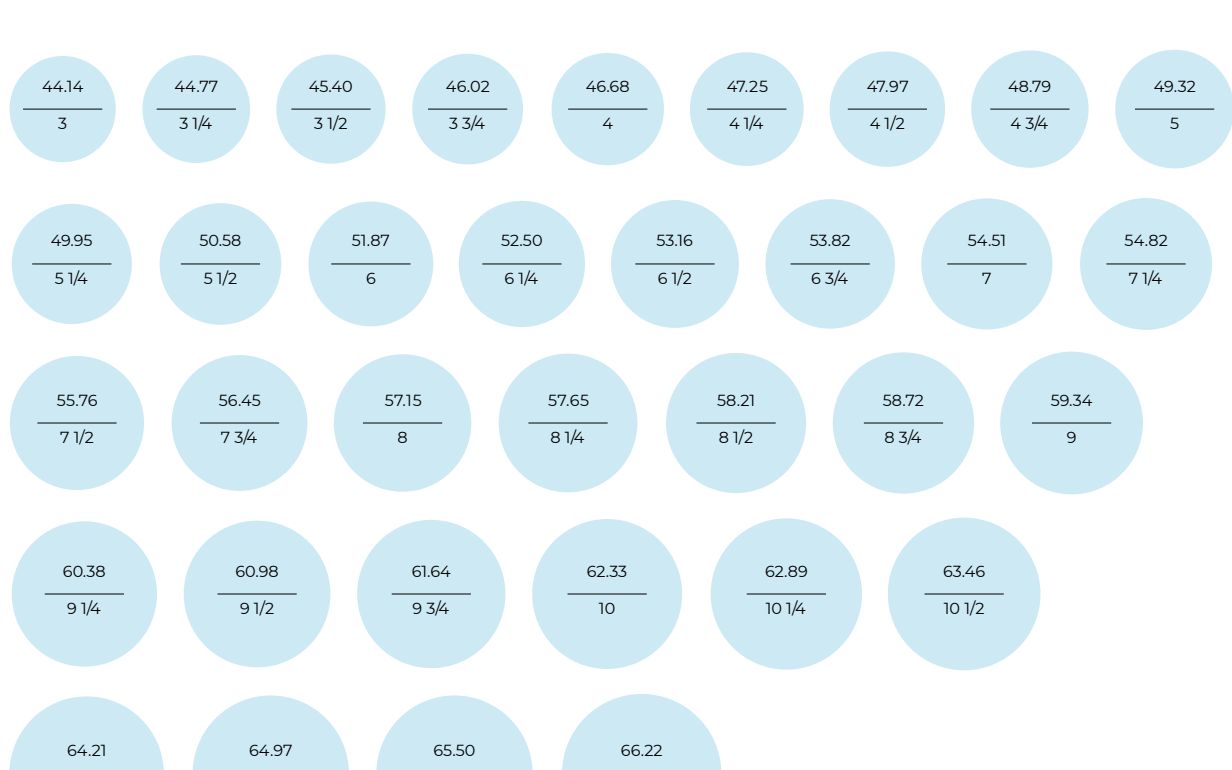
INTERNAL DIAMETER (MM)
RING SIZE

- Select an existing ring that fits the desired finger.
- Measure the internal diameter of the ring (in mm).
- Use the below chart to determine your ring size.
- Use the below chart to determine your ring size.



MEASURE YOUR FINGER

- Wrap a strip of paper around your finger where you'd like your ring to be.
- Make sure that the paper is pulled snug to your finger, the tighter the better, to find your best fit.
- Mark the spot where the paper meets and measure the distance with a ruler (mm).
- Use the below chart to determine your ring size.



TIPS & TRICKS

Measure your fingers at the end of the day when they're at their largest.

Cold weather can shrink your fingers up to half a size, so make sure they're warm.

Lastly, alcohol and salt can make your fingers swell, so refrain from measuring them after cocktails and appetizers.