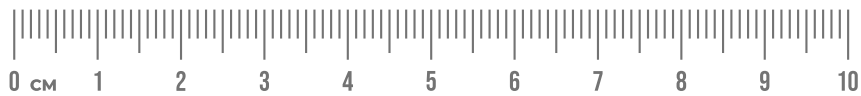


## RING SIZE GUIDE



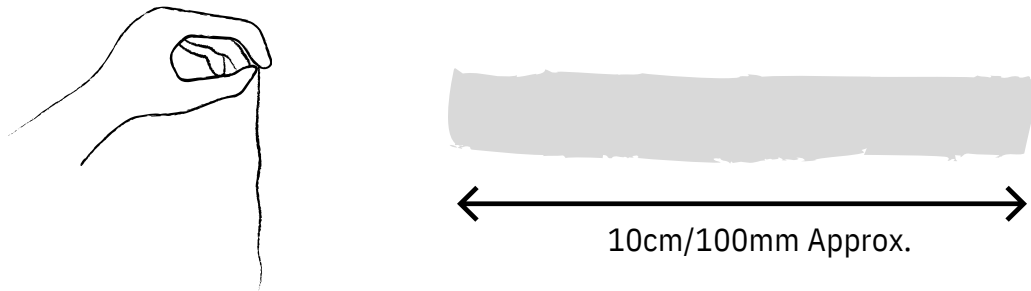
### Precautions to ensure your accuracy and comfort!

- Ensure that the string or paper strip is not too stretchy or loose, as this can affect the accuracy of the measurement.
- Make sure the ruler is in millimeters or centimeters, as ring sizes are typically measured in these units.
- Use a ring that fits comfortably on the finger you intend to measure. Avoid rings that are too tight or too loose.
- Avoid Measuring When Your Fingers are Swollen or Cold
- Your finger size can change throughout the day based on temperature, humidity, or activity. Measure your finger when it is at a normal temperature.
- Measure when your hands are at room temperature, not after working out or in cold weather.
- Consider Width for Rings: If you're measuring for a wide ring, consider that a wider band may require a slightly larger size than a thinner one.
- Comfort is Key: When measuring, remember that your ring should fit comfortably. Rings should slide on and off easily, but not be loose enough to fall off.

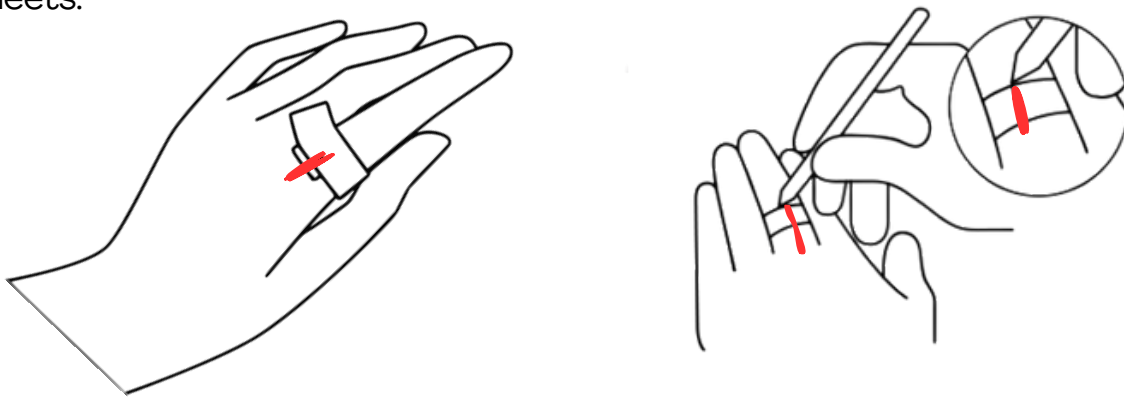


## Method 1: Using a String or Paper Strip

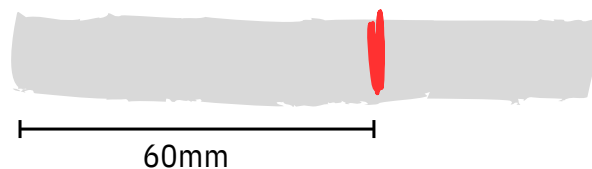
1. Cut a Strip – Take a piece of string, floss, or a thin strip of paper (about 10 cm / 100mm long).



2. Wrap Around the Finger – Wrap it around the base of your finger where the ring will sit and Mark the Overlap using a pen to mark where the string or paper meets.



4. Measure the Length – Use a ruler to measure the length in millimeters (mm).



5. Find Your Ring Size – Compare the measurement with a standard ring size chart. (Attached below- SIZE CHART-1)

# SIZE CHART-1

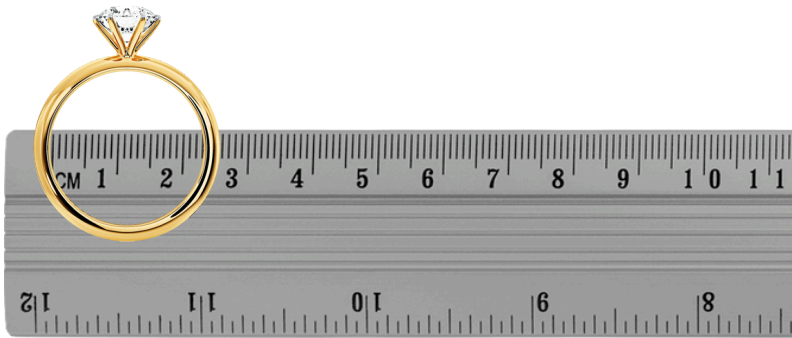
Ring Size (Indian)	Circumference	
	Inches	MM
1	1.61	41.01
2	1.64	42.7
3	1.69	42.9
4	1.72	43.6
5	1.76	44.8
6	1.81	46.1
7	1.87	47.4
8	1.89	48
9	1.92	48.7
10	1.97	50
11	2.02	51.2
12	2.04	51.9
13	2.09	53.1
14	2.14	54.4
15	2.16	55.1
16	2.22	56.3
17	2.24	57
18	2.3	58.3
19	2.32	58.9
20	2.37	60.2
21	2.39	60.8
22	2.44	62.1
23	2.47	62.7
24	2.52	64
25	2.54	64.6
26	2.59	65.9
27	2.65	67.2
28	2.67	67.8
29	2.72	69.1
30	2.8	71



## Method 2: Using existing ring

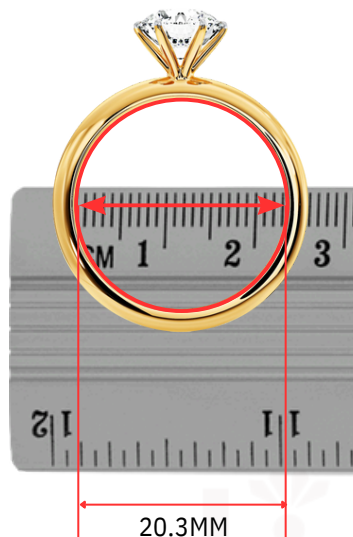
Here is another chart that can be used to determine the appropriate ring size. It measures the inside diameter of a ring in millimeters. This method is typically used to double-check your results from the paper method. Additionally, you can use the ring that you wear daily and compare its inside diameter with the chart below for further confirmation.

1. Take a finger ring, place it on the scale.



2. Measure the inner diameter.

(Make sure the left inner side starts from 0mm)



3. Use the following chart to determine your ring size. (SIZE CHART-2)

Indivara  
A product of The Muthoot Group

# SIZE CHART-2

Ring Size (Indian)	Diameter	
	Inches	MM
1	0.51	13.1
2	0.52	13.3
3	0.54	13.7
4	0.55	13.9
5	0.56	14.3
6	0.58	14.7
7	0.59	15.1
8	0.6	15.3
9	0.61	15.5
10	0.63	15.9
11	0.64	16.3
12	0.65	16.5
13	0.67	16.9
14	0.68	17.3
15	0.69	17.5
16	0.71	17.9
17	0.71	18.1
18	0.73	18.5
19	0.74	18.8
20	0.75	19.2
21	0.76	19.4
22	0.78	19.8
23	0.79	20
24	0.8	20.4
25	0.81	20.6
26	0.83	21
27	0.84	21.4
28	0.85	21.6
29	0.87	22
30	0.88	22.3