GEMNITE

FIND YOUR RING SIZE

PRINT ON A4 AT 100% / ACTUAL SIZE. Do not use Fit to page.

Check this line with a real ruler before measuring:



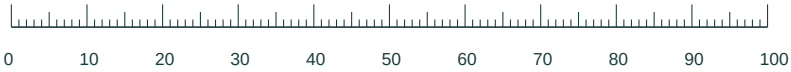
50 mm

1. Measure your finger

Cut out the blank strip below. Wrap it snugly, without pulling tight, around your finger.
Mark the overlap at the START edge. Flatten it and measure from START to your mark.
Check it passes comfortably over your knuckle. Repeat the measurement.

START

Millimetre ruler: use after cutting and marking the strip



0 10 20 30 40 50 60 70 80 90 100

2. Or compare a ring that already fits

Place a ring for the same finger over a circle. Match the inside edge of your ring to the circle. These circles are actual size only when the print scale is correct.



14.9 mm | 15.7 mm | 16.5 mm | 17.3 mm | 18.1 mm | 18.9 mm | 19.8 mm

US ring sizes - approximate measurements

US SIZE	INSIDE DIAMETER	CIRCUMFERENCE
4	14.9 mm	46.8 mm
5	15.7 mm	49.3 mm
6	16.5 mm	51.9 mm
7	17.3 mm	54.4 mm
8	18.1 mm	57.0 mm
9	18.9 mm	59.5 mm
10	19.8 mm	62.1 mm

This is a sizing aid, not a guaranteed fit. Screen display is not actual size.
Between sizes or unsure? Ask a jeweller to confirm your fit before ordering.
Choosing the wrong size can mean paying return and replacement courier costs.

Measurement reference: Tiffany & Co., tiffany.com/size-guide/ (16 November 2026).