

The Ring Sizing Guide

Three ways to find a ring size at home, a printable measuring strip, and the factors that make a "correct" size wrong.

Ring sizing goes wrong more often than any other part of buying jewellery, and almost always for the same reason: the measurement was taken once, at the wrong time of day, on the wrong finger.

This guide gives you three methods, a printable strip, and — more usefully — the conditions that change the answer.

Measure the actual finger, on the actual hand. Fingers on your dominant hand are commonly up to half a size larger. The same finger on each hand rarely matches, and the difference is enough to matter.

Method one — the printable strip

The most accurate of the home methods, provided the page prints at true size.

1. Print the last page at 100% scale — **not** "fit to page". Check it with the ruler printed on the sheet before using it.
2. Cut along the solid line to free the strip.
3. Slide the pointed end through the slot to make a loop.
4. Place it over the finger and slide it down to the base, past the knuckle.
5. Tighten until it is snug but can still be worked off over the knuckle with mild resistance.
6. Read the number at the slot. That is your size.

Method two — measure a ring you already own

Best when you have a ring that fits the same finger well. Place it on the printed circle chart and match the inside edge to the circle whose line disappears just inside it. Measure the inside diameter, not the outside — the band thickness will otherwise push you a size too large.

Method three — string or paper strip

The fallback when you cannot print. Wrap a strip of paper or a piece of non-stretch string around the base of the finger, mark where it overlaps, lay it flat and measure the length in millimetres. That length is the circumference; the conversion table below turns it into a size.

Do not use thread or elastic. Anything with stretch reads small, and this is the single most common cause of a ring that will not go past the knuckle when it arrives.

Circumference to US size

Inside circumference (mm)	Inside diameter (mm)	US size
44.2	14.1	3
45.5	14.5	3.5
46.8	14.9	4
48.0	15.3	4.5
49.3	15.7	5
50.6	16.1	5.5
51.9	16.5	6
53.1	16.9	6.5
54.4	17.3	7
55.7	17.7	7.5
57.0	18.1	8
58.3	18.5	8.5
59.5	18.9	9
60.8	19.4	9.5
62.1	19.8	10
63.4	20.2	10.5
64.6	20.6	11
65.9	21.0	11.5
67.2	21.4	12

The five things that change the answer

1. Time of day

Fingers are smallest in the morning and largest in the evening. Measure at the end of the day, when your hands are at their normal warm resting size, and measure more than once.

2. Temperature

Cold hands can read a full size smaller. Never measure straight after being outside in winter or holding a cold drink.

3. Knuckle size

If your knuckle is noticeably wider than the base of your finger, size to slide over the knuckle, then expect some spin. A ring that fits the base perfectly but will not pass the knuckle is unwearable; a slightly loose one can be

sized or fitted with a bead.

4. Band width

Wide bands fit more tightly than narrow ones at the same nominal size. For anything over about six millimetres, go up a quarter to a half size.

5. Season and circumstance

Heat, salt, exercise and long flights all swell fingers. If you are buying for someone who will wear the ring daily, size for their ordinary state rather than their smallest.

Buying as a surprise

Borrow a ring they already wear on the intended finger and measure it with method two — by far the most reliable option. If that is not possible, ask someone with similar hands to try rings on, and when in doubt size slightly up. A ring that is a little large can be made smaller easily; one that is too small is a harder and sometimes impossible alteration on certain settings.

Common sizes are not a substitute for measuring, but if you are entirely without information, mid-range sizes are the safest guess — and buy from somewhere with a clear resizing or exchange policy.

When resizing is and is not possible

Worth knowing before you order rather than after, because it changes how carefully you need to measure.

Ring type	Resizing outlook
Plain band, precious metal	Straightforward in both directions, usually a size or two
Solitaire with a plain shank	Generally straightforward
Stones set part-way down the shank	Possible, but limited by where the setting stops
Full eternity band	Normally cannot be resized — it must be remade
Tension setting	Normally cannot be resized; the tension is the setting
Inlay, channel or pave to the base	Difficult and sometimes not advisable
Titanium, tungsten, ceramic	Cannot be resized — exchange only
Antique or heirloom pieces	Take specialist advice; heat can damage some stones

Signs a ring does not fit properly

- **Too tight:** a deep indentation that stays after removal, discomfort by evening, or genuine difficulty getting it off with hand cream.
- **Too loose:** it spins so the setting sits underneath, or it moves past the knuckle when your hands are cold. A little rotation is normal; sliding off is not.

- **About right:** goes on with mild resistance over the knuckle, sits comfortably at the base, and comes off with a slight twist rather than freely.

If a ring is stuck, raise the hand, cool it, and use soap or lubricant while twisting gently past the knuckle. Do not force it repeatedly — swelling makes it worse quickly. A jeweller can remove a stuck ring safely, and in an emergency so can a medical professional.

Before you order

- Measure three times, on different days, at the end of the day.
- Confirm which hand and which finger the ring is for.
- Note the band width you are buying and adjust upward if it is wide.
- Check the resizing policy — especially for eternity bands and tension settings, which frequently cannot be resized at all.

Find the piece

Browse the Perella Jewelry collection — and the free Jewelry Care Guide covers keeping it looking right once it arrives.

General guidance only. Home measurement is an estimate; for engagement rings, heirloom pieces or anything that cannot be resized, have the finger measured by a professional jeweller with a proper ring mandrel and sizer set. Some settings — eternity bands, tension settings, and certain gemstone or inlay designs — cannot be resized after manufacture. Confirm the resizing and returns policy before ordering, and consult a jeweller about antique or treated pieces.