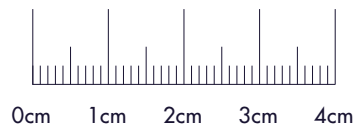


# Ring size guide

## The SĀMAĀ Diamonds ring size guide

How to measure your finger at home

1. Pick the finger you desire the ring for.
2. Wrap a strip of paper around your finger where you'd like your ring to be. Make sure to find your best fit.
3. Mark the spot where the paper meets and measure the distance with a ruler or a measuring tool in millimeter (mm)

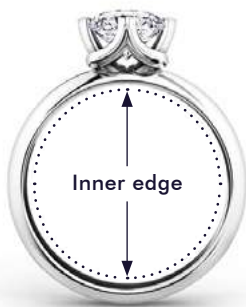


## How to use the SĀMAĀ Diamonds ring size guide

### Instructions

1. Print the ring size guide and check scale (see above)
2. Place a pre-owned ring on the closest matching sized circle on the Ring Size Chart on page 2. The inner edge of the ring should be perfectly aligned with the outer edge of the circle. This will be your ring size.
3. If the ring falls between two sizes, order the larger size.
4. If needed compare your result to the International Conversion Chart on page 3.

Please note that different countries use different sizes, so please compare and convert your ring size using the International Conversion Chart on page 3.



## Ring Size Chart - India & UAE Sizes

size 4 14.01 mm	size 5 14.33 mm	size 6 14.65 mm	size 7 14.97 mm	size 8 15.29 mm	size 9 15.61 mm
size 10 15.92 mm	size 11 16.24 mm	size 12 16.56 mm	size 13 16.88 mm	size 14 17.20 mm	size 15 17.52 mm
size 16 17.83 mm	size 17 18.15 mm	size 18 18.47 mm	size 19 18.79 mm	size 20 19.11 mm	size 21 19.43 mm
size 22 19.75 mm	size 23 20mm	size 24 20.06 mm	size 25 20.60 mm	size 26 21.02 mm	
size 27 21.34 mm	size 28 21.6 mm	size 29 21.97 mm	size 30 22.29 mm	size 31 22.61 mm	
size 32 22.9 mm	size 33 23.2 mm	size 34 23.5 mm	size 35 23.9 mm	size 36 24.2 mm	

## International Conversion Chart

Diameter (mm)	United States & Canada	India & UAE	Circumference (mm)
14.01	3	4	44.14
14.33		5	
14.5	3½		45.40
14.65		6	
14.97	4	7	46.68
15.1			
15.29	4½	8	47.97
15.5			
15.61	5	9	49.32
15.92		10	
16.1	5½		50.58
16.24		11	
16.56	6	12	51.87
16.7			
16.88	6½	13	53.16
17.1			
17.2	7	14	54.51
17.52		15	
17.7	7½		55.76
17.83		16	
18.15	8	17	57.15
18.2			
18.3			
18.47	8½	18	58.21
18.79		19	
19.0	9		59.34
19.11		20	
19.43	9 ½	21	60.98
19.6			
19.75	10	22	62.33
20.0		23	
20.06	10½	24	63.46
20.38			
20.6	11	25	64.97
20.70			
21.02	11½	26	66.22
21.2			
21.34	12	27	67.51
21.6		28	
21.66	12½		68.77
21.97		29	
22.29	13	30	70.15
22.4			
22.61	13½	31	71
22.9		32	
23.2		33	
23.5		34	
23.9		35	
24.2		36	

## Useful tips

There are a few environmental and physical factors that should be taken into consideration before deciding on the size of the ring you want to buy, but remember that when it comes to guessing your partner's ring size, guess on the large side as it's easier to size a ring down.

### Average ring sizes

Keep in mind the average ring size range for women is between 9 and 14 (India), while sizes commonly range from 17 to 22 (India) for men. If you have no other information available, it's best to choose between these ranges.

### Time of day

An ideal time to measure their finger size is in the evening. Most people's fingers tend to be at their largest in the evening and smaller in the morning. Measuring your partner's finger size in the evening will guarantee a comfortable fit.

### Optimal temperature

Fingers tend to react to temperatures, and can change size depending on the weather. The cold winter air will shrink fingers while the opposite happens in summer or when it's warm and humid. Avoid measuring finger size outside in the very cold or very hot.

### Fingers expand and contract

Other factors can cause fingers to grow such as exercising, water retention, pregnancy, ageing, and arthritis. Weight loss and low temperatures can cause fingers to decrease in size.

### Thicker bands

Thicker ring bands (larger than 6mm) will fit tighter. It is advised to always go for half a size up when purchasing a thicker band, for the ring to be comfortable.



Please note that the information in the guide is provided for guidance only and SĀMAĀ Diamonds is not responsible for any errors that occur as a result of using this guide. For any inquiries about customized ring size, please get in touch with us at [contact@samaadiamonds.com](mailto:contact@samaadiamonds.com).