



## Ring Sizing Guide

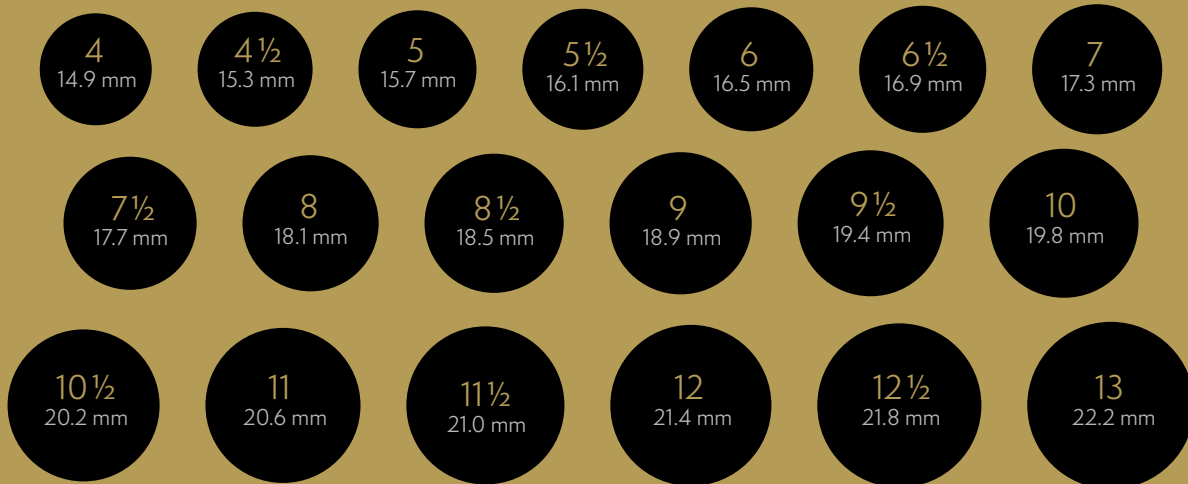
The FRIDA ring sizer must be printed on a full letter (8 ½ x 11 inches) size page.  
To ensure printing accuracy, place a credit card on the line below.  
If the card fits, you are ready to begin.



### Option 1: Measure By Matching Your Ring

Take an existing ring that fits on the finger you wish to wear your new FRIDA ring.  
Place your ring on one of the sizing circles.

The correct size will be apparent when there is no background colour (gold) visible, only the edge of the black circle.  
If your preferred size falls between two sizes (e.g., 6 ½ -7), we suggest a quarter size increment increase (e.g., 6 ¾).



### Option 2: Measure Using The FRIDA Ring Sizer

After you cut out the ring sizer, carefully cut a slit where it indicates "cut here".

Wrap the ring sizer around the base of your finger, and pull the tapered end through the opening.

Please note, rings need to fit the 'average' size of your finger, thus allowing for variations in temperature. When it is hot, fingers tend to swell and vice versa. Therefore, we suggest a ring size that slides on and off relatively easily. Ring size may also vary, depending on the design of the ring.



Please note, the FRIDA ring sizer is an indicative guide and therefore may not be an exact measure.

The most accurate fitting can be offered by your local jeweler who can provide a size by measuring your finger or another ring of the correct size.

Should you need assistance, please contact us.