

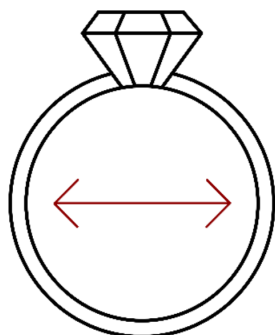


Find Your Ideal Fit

You can find your ring size using either of the following two methods, depending on what's most convenient for you:

Option 1: Measure with a Ruler (No Printing Required)

If printing isn't feasible, you can easily measure your ring size using a simple ruler:

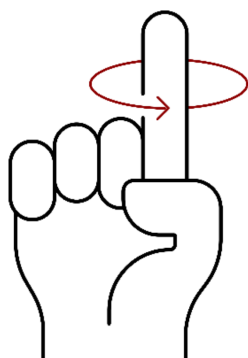


1. Take a ring that already fits comfortably.
2. Place the ring on a flat surface.
3. Use a ruler to measure the inner diameter of the ring from one inner edge to the opposite inner edge, across the center.
4. Record the measurement in millimeters (mm).
5. Refer to the International Conversion Chart on Page 3 to find the corresponding ring size.

This is a quick and easy method that works without needing to print anything.

Option 2: Use the Printed Ring Size Chart

If you prefer using a visual chart, follow these steps:

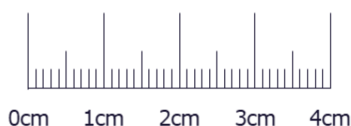


1. Print the guide after confirming the printed scale (see above).
2. Take a ring that fits you well.
3. Place it over the printed circles on Page 2.
4. The inner edge of your ring should align perfectly with the outer edge of the circle.
5. The best-fitting circle represents your ring size.
6. If your ring falls between two sizes, we recommend choosing the larger size for better comfort.




















Printing Settings: Embrace Diamonds Ring Size Guide

Before proceeding, use a ruler to confirm that the printed sample below measures exactly 40mm. To do this, go to your printer's settings and make sure 'Page Scaling' is set to 'Actual Size' or '100%' — do not choose 'fit to page' or 'shrink to fit'.

Note: Ring size measurements will not be accurate if this step is skipped or done incorrectly.



Ring Size Chart - Indian Size

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

International Conversion Chart

Diameter (mm)	India	USA
14.01	4	3
14.33	5	5
14.5	5	3½
14.65	6	6
14.97	7	4
15.29	8	4½
15.61	9	5
15.92	10	5.5
16.24	11	6
16.56	12	6
16.88	13	6½
17.1	13	7
17.2	14	7
17.52	15	7.5
17.83	16	8
18.15	17	8½
18.47	18	9
18.79	19	9
19.11	20	9½
19.43	21	10
19.75	22	10½
20	23	11
20.06	24	11½
20.6	25	12
20.7	26	12

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 49 and 54 (US), while sizes commonly range from 57 to 62 (US) 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.

Bracelet Sizing

Wrap It Around Your Wrist for the Perfect Fit



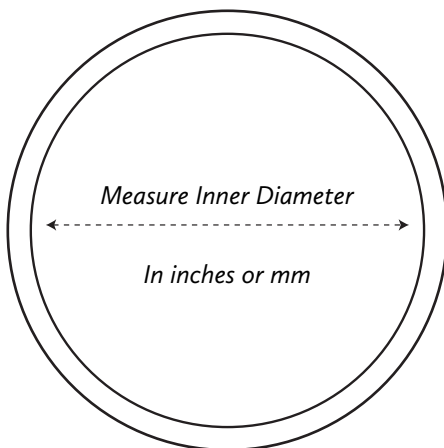
For the perfect bracelet fit, follow these steps:

1. Take a tape measure, string, or paper.
2. Wrap it around your wrist, marking where it overlaps.
3. Measure the length and refer to the size chart above to find your ideal bracelet size.

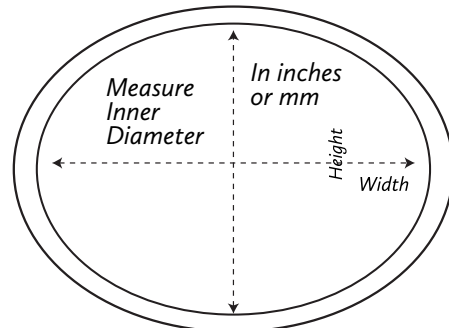
How to take Bracelet measurement

1. Use any of your current bangles that fits comfortably. Before taking measurement, ensure that the bangle is not out of shape. Only inner diameter is to be measured.

For Round Bangle



For Oval Bangle/Bracelet

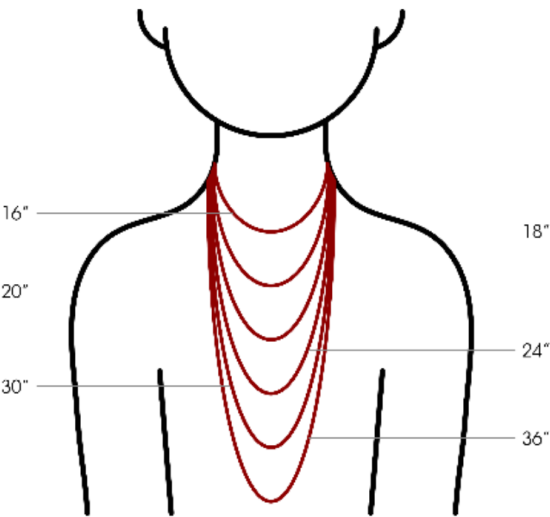


2. Once measurements are taken, check the corresponding bangle size given in the table below.

Bangle Size (Indian)	Diameter (Inches)	Diameter (MM)
2.0"	2.0"	50.8
2.1"	2.06"	52.4
2.2"	2.12"	54
2.3"	2.19"	55.6
2.4"	2.25"	57.2
2.5"	2.31"	58.7
2.6"	2.37"	60.3
2.7"	2.44"	61.9
2.8"	2.5"	63.5
2.9"	2.56"	65.1
2.1"	2.62"	66.7
2.11"	2.7"	68.3

Necklace Length Guide

Find the Perfect Length for Every Occasion



1. To select the perfect necklace or pendant length:
2. Cut a piece of string to the desired necklace length.
3. Place it around your neck to visualize how it will fall.
4. Experiment with different lengths to find the ideal one for layering or a statement piece.

Necklace Length Guide

Length (in)	Length (cm)
16	40.5
18	45.75
20	50.75
24	61
30	76.25
36	91.5

Gifting Tips



Between Sizes?

If you are uncertain between two sizes, it's recommended to opt for the larger size. It's easier to resize down than up.

For Surprises?

If you're unsure of someone's size, bring one of their jewelry pieces to an Embrace store for professional help.

Need Expert Assistance?

Connect with our team virtually or in-store for personalized advice to ensure the perfect fit.

The Embrace Experience



Need Expert Assistance?

Personalized help for a seamless jewelry experience—every detail counts.

[Contact Us](#)



Book an Appointment

One-on-one expert guidance to craft your perfect piece, just for you.

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Instant assistance, expert advice, and seamless support—just a message away.

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Diamond Purchase Guide

Navigate your diamond journey with confidence, clarity and cut.

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