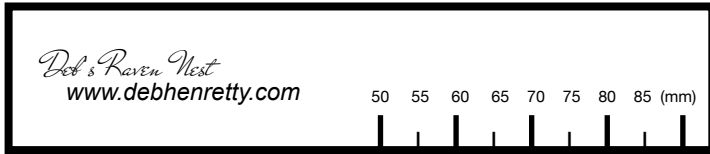
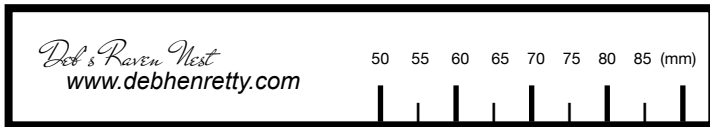


Deb's Raven Nest - Sizing Chart

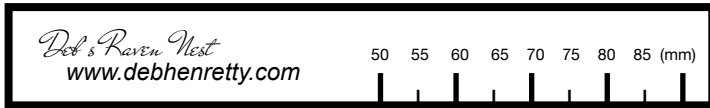
Wide Band 3/4" (19 mm) and up



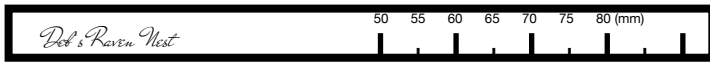
Medium Band .6" (15.24 mm) - .74" (17.5 mm)



Small Band .5" (12.7 mm) - .6" (15 mm)



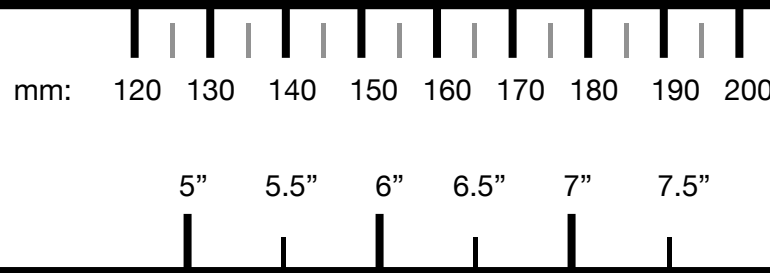
Narrow Band .2" (5 mm)



Not sure what size? This printable will help with rings, cuffs, bangles & bracelets. Some additional tips.

- **RINGS...** You want your ring to be comfortable. If your hands tend to swell during the day, measure at night. If you have large knuckles, take that into consideration as well. Your ring should not be so loose it falls off... or so tight you can't remove it.
- The width of a ring makes a difference. I have provided four ring sizers. Use the one closest to the width of the ring band you are considering for the best fit.
- **CUFFS** have an opening. My sizer is for a wider cuff style but will work just fine to measure for a narrow cuff as well. Just fold it in half!
- A cuff gives you a bit of leeway in sizing as you can adjust it. Adjust it to fit comfortably. After that, avoid bending your cuff. You should put your cuff on from the side of your wrist. Place one end in the fleshy area on the back of you hand, just above where your wrist bone is. Then roll the cuff on to your wrist.
- **BANGLES & BRACELETS** are not the same. A bangle is one piece of metal and must fit over the widest part of your hand. A bracelet has a clasp. Some like a bracelet to drape down over their hand, others prefer is to fit more snugly. For a snug fit, make sure to add 1/2" to your measurement so your wrist can bend freely.
- **NECKLACES** offer so many variables...Neck size, chest size, where you want a pendant to sit. I recommend my clients take a long piece of yarn or string, attach some weight on it (a key will work), and go from there to measure the length they like. For myself, I have an extra long adjustable chain to wear at any length I want!

Cuff Measurement Measure your wrist and subtract 1" (the average gap in a cuff style).



Bangles and Bracelets! For a bangle, measure as tightly as possible just below the widest part of your hand. For a bracelet, measure your wrist and add 1-2" for drape.

