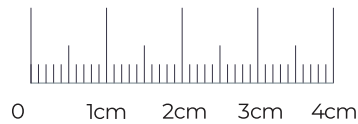


R O C K R U S H

Bangle Sizing Guide

Please Note: Before printing, make sure that the page scaling is to "none" in your print options. Make sure you are printing on standard 8 1/2 x 77 size paper (A4).



Procedure to measure bangle size:

There is a chart given below, that will be extremely helpful for you to determine the bangle size that you need. Measure your hand, you will need a measuring tape or a piece of paper and a ruler. Bring your thumb and little finger together and measure where your hand is the widest as shown in the picture.

Produce 1:

- Cut a thin strip of paper or thread.
- Bring your thumb and little finger together.
- Wrap where your hand is the widest.
- Mark the meeting spot of the thread/paper end.



R O C K R U S H

Bangle Sizing Guide

Bangle Size (Indian)	Circumference	
	Inches	MM
2-2	6.68	169.7
2-4	7.07	179.6
2-6	7.46	189.5
2-8	7.85	199.4
2-10	8.24	209.3
2-12	8.64	219.5
2-14	9.03	229.4
3	9.42	239.3

Procedure 2:

Here is another chart that can also be considered in determining the appropriate bangle size. Measure the inside diameter of a bangle that you already own. It measures inside the diameter of such bangle in millimeters. This is normally used for double checking your results from the usual paper method. Apart from this, you can also make use of the bangle that you wear daily and cross check the same with below chart.

- Take a bangle and place it on a scale

Bangle Size (Indian)	Circumference	
	Inches	MM
2-2	2.12	54
2-4	2.25	57.2
2-6	2.37	60.3
2-8	2.5	63.5
2-10	2.62	66.7
2-12	2.75	69.9
2-14	2.87	73
3	3	76.3