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Contemporary handcrafted \& custom made sterling silver jewellery

## Bangle, Bracelet \& Cuff Sizing

## The difference:

Just a quick word about the difference between these three types of wrist adornments:
A Bangle, although available in differing shapes, is complete, solid, and to a degree inflexible. Bangles need to be comfortably slipped over the hand to rest loosely at the wrist, without slipping off over the hand.

A Bracelet is a flexible decoration for the wrist that is attached much like a necklace with a clasp of some kind and should fit at the wrist just touching the top of your hand.

A Cuff is a ' $c$ ' shaped piece that slides onto your wrist sideways from the thumb side and rests on the wrist with a gap on the inside of the wrist. They are usually flexible enough to fit a wide range of wrist sizes.

## Measuring for a Bangle, Bracelet or Cuff:

If you already have a bangle that is the perfect fit, or if you are ordering a gift for someone else and cannot measure the wrist, place a flexible tape measure along the inside edge of an existing bangle to measure the inside circumference. You can also measure the inside diameter at the existing bangle's widest point.

To determine your bangle size, follow these steps:
STEP 1: Bring fingers together and your thumb to your little finger, as you would if you were putting on a bangle.

STEP 2: Using tape measure, wrap it around your hand at the widest point. The measurement will be the circumference of your hand.

STEP 3: Compare your hand circumference to the chart below. Order your selected piece with a diameter that is the next size up from your actual hand measurement.

| DIAMETER |  | CIRCUMFERENCE |  | SIZE |
| :---: | :---: | :---: | :---: | :---: |
| Inches | CM | Inches | CM |  |
| $23 / 8^{\prime \prime}$ | 6.0 | $71 / 2^{\prime \prime}$ | 19.05 | Small |
| $25 / 8^{\prime \prime}$ | 6.65 | $81 / 4^{\prime \prime}$ | 20.89 | Medium |
| $23 / 4^{\prime \prime}$ | 7.0 | $83 / 5^{\prime \prime}$ | 21.84 | Large |

'Ideal' fitting is a very personal thing and varies greatly. For your ideal fitting you can use the table below to guide me in making your order - I would usually recommend the middle 'comfort' fit.

| FITTING GUIDE | ADD TO WRIST SIZE |  |
| :--- | :--- | :--- |
| Snug Fit | $1 / 4^{\prime \prime}$ to $1 / 2^{\prime \prime}$ | 6.35 mm to 12.7 mm |
| Comfort Fit | $3 / 4^{\prime \prime}$ to $1^{\prime \prime}$ | 19 mm to 25.4 mm |
| Loose Fit | $11 / 4^{\prime \prime}$ | 31.75 mm |

