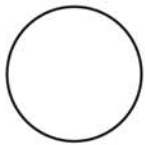
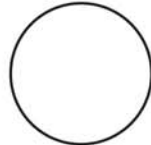




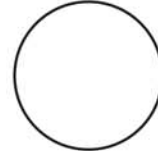
If you already own a ring, please place it over each of the circles in turn. When the inner diameter of your own ring is barely visible that will be your ring size.



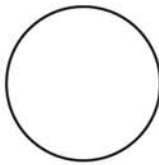
UK: P  
US: 7.5  
JP: 15  
EU: 56



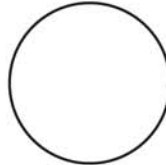
UK: R  
US: 8.5  
JP: 17  
EU: 59



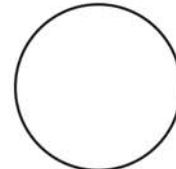
UK: T  
US: 9.5  
JP: 19  
EU: 61



UK: V  
US: 10.5  
JP: 22  
EU: 64

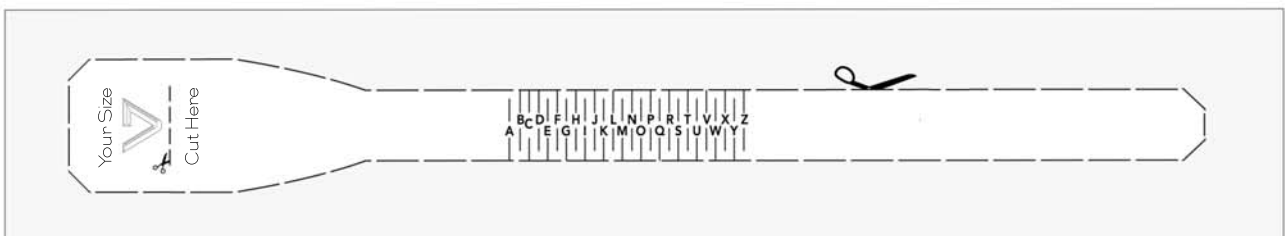


UK: X  
US: 11.5  
JP: 24  
EU: 66



UK: Z  
US: 12.5  
JP: 26  
EU: 69

If you do not already own a ring, you can either use the below cut out guide or alternatively please email us at [customer care@sevenlondon.com](mailto:customer care@sevenlondon.com) with your address details and we will send you a free ring sizer.



It's important that the line above measures 40mm

1. Please make sure that the ring sizer can move on and off your finger comfortably
2. Try and take the measurement both in the morning and evening as your finger size will vary slightly.

If you do not have an existing ring and are based in the UK, please email us at

[customer care@sevenlondon.com](mailto:customer care@sevenlondon.com)

with your address details and we will send you a free ring sizer.