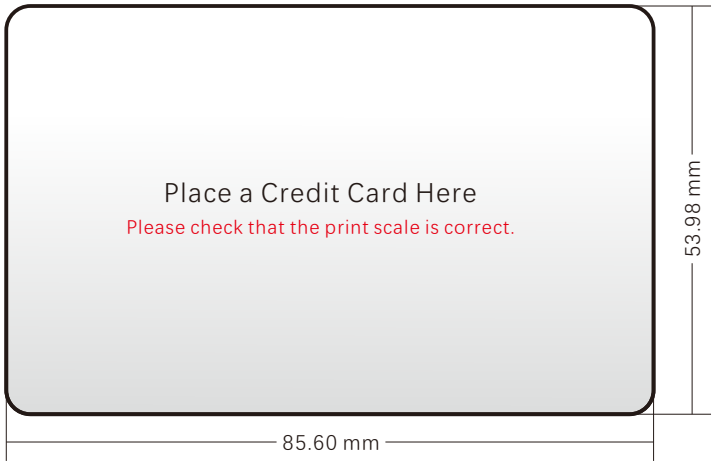
Dowling

Ring Size Guide

Find Your Perfect Ring Size with Ease

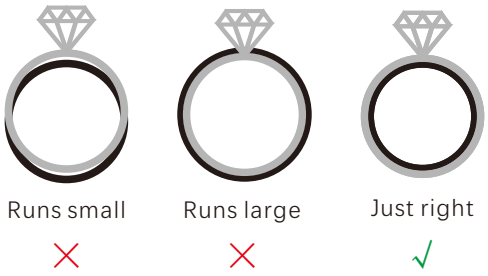
Not sure what ring size you need? Don't worry!
You can compare an existing ring with the size chart
below or use our printable ring sizer to easily find the right fit.

Before Printing:Print on A4 paper and select ** "Actual Size" or "100% Scale" ** in your printer settings.
Do not select "Fit to Page" or "Scale to Fit," as this may affect measurement accuracy.

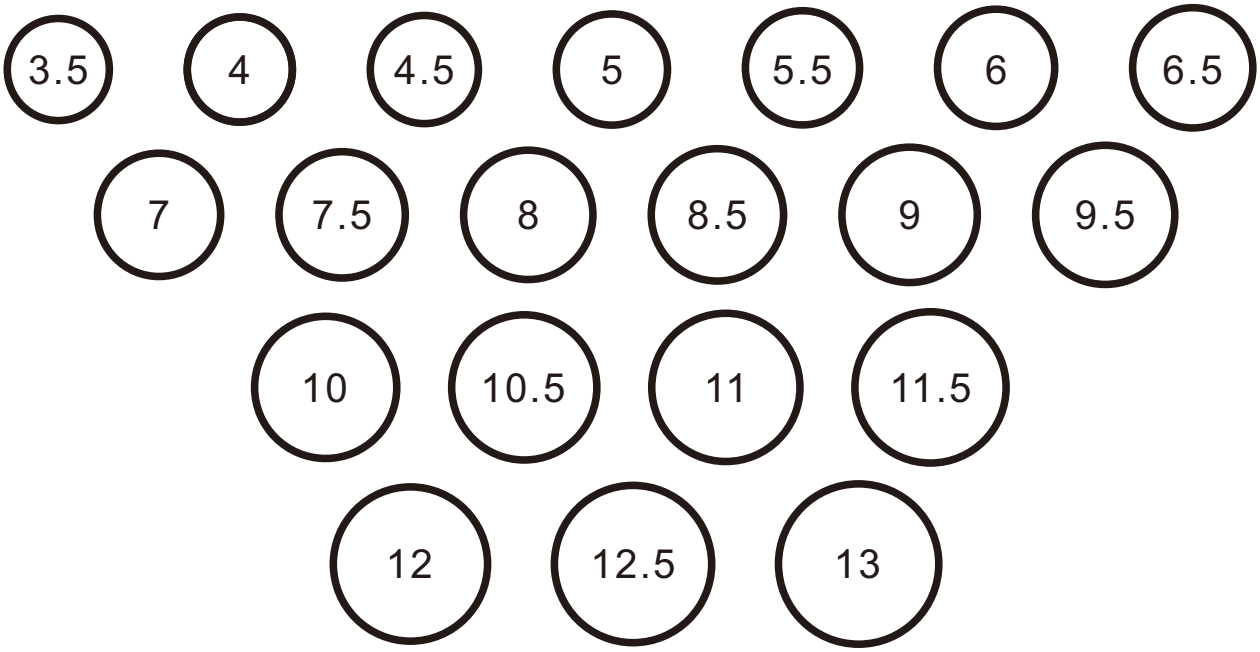


Method 1: Measure Using an Existing Ring

1. Choose a ring that fits comfortably.
2. Place the ring over the circles below and compare its **inner edge** with the circle outlines.
3. Find the size that best matches the inside of your ring.
4. If your measurement falls between two sizes, we recommend choosing the larger size.。



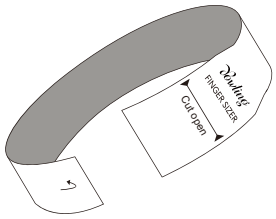
Tip:Make sure the inner edge of your ring aligns with the circle outline.
Do not measure using the outer edge of the ring.



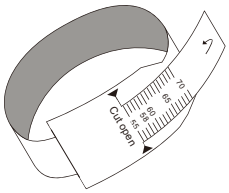
Rings Size Guide

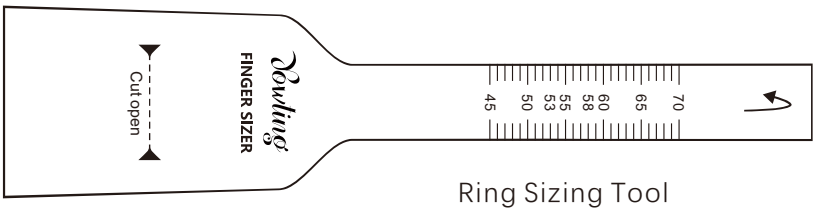
Method 2: Use the Printable Ring Sizer

1. Cut out the ring sizer along the dotted lines.
2. Carefully cut a small slit where indicated by “Cut Here.”
3. Wrap the strip around the finger you want to measure and insert the pointed end through the slit.
4. Gently pull the strip until it fits snugly and comfortably, making sure it can slide over your knuckle.
5. Read the measurement on the strip to find your ring size.



Tip: If your measurement falls between two sizes, we recommend choosing the larger size.





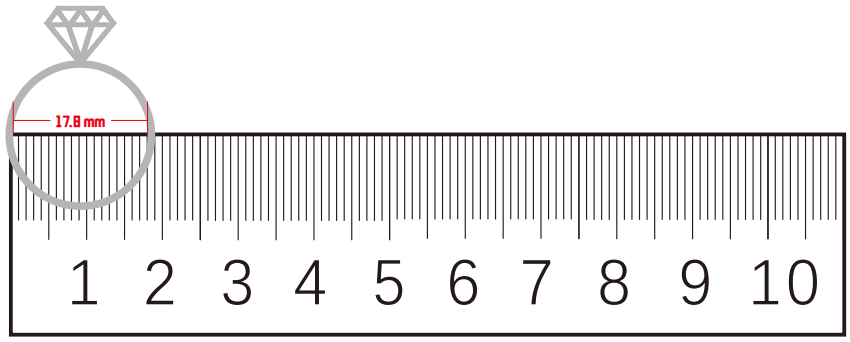
Ring Sizing Tool

YowTing (US) Size	Inner Circle(mm)		UK.AU IE.NZ	FR	DE.RU.UA	CN.JP IN.BR.IL	IT.ES NL.CH
	Diameter	Circum					
3.5	14.5	45.5	G 1/2	45.5	14.50	6	5.50
4	14.9	46.8	H 1/2	47	15	7	6.75
4.5	15.3	48.0	I 1/2	48	15.25	8	8
5	15.7	49.3	J 1/2	49.5	15.75	9	9.25
5.5	16.1	50.6	L	50.5	16	10	10.50
6	16.5	51.8	M	52	16.50	11	12
6.5	16.9	53.1	N	53	17	13	13
7	17.3	54.3	O	54.5	17.25	14	14.50
7.5	17.7	55.6	P	56	17.75	16	16
8	18.1	56.8	Q	57	18	17	17
8.5	18.5	58.1	R	58.5	18.50	18	18.50
9	18.9	59.3	S	59.5	19	19	19.75
9.5	19.4	60.9	T	61	19.50	20	21
10	19.8	62.2	T 1/2	62.5	20	21	22.25
10.5	20.2	63.4	U 1/2	63.5	20.25	23	23.50
11	20.6	64.7	V 1/2	65	20.75	24	25
11.5	21	65.9	W 3/4	66	21	25	26
12	21.4	67.2	Y	67.5	21.25	26	27.50
12.5	21.8	68.5	Z	69	21.75	27	28.75
13	22.2	69.7	Z+1	70	22	28	30

Yowting

Rings Size Guide

Method 3: Measure Using an Existing Ring



1.Choose a ring that fits comfortably.
2.Use a ruler to measure the inner diameter of the ring
(the distance from one inner edge to the other, excluding the thickness of the band).
3.Use the measurement to find your corresponding ring size in the chart below.

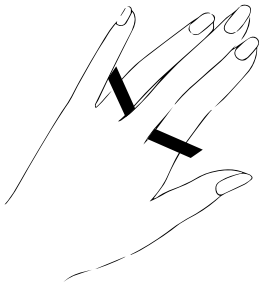
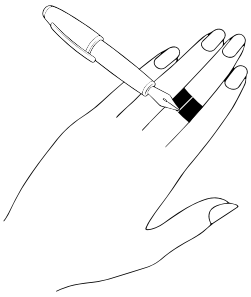
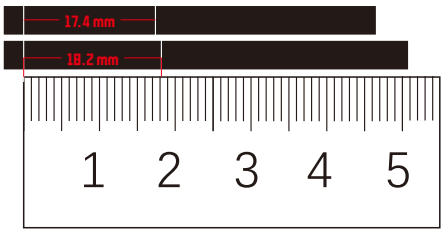
Tip: Make sure the ruler passes through the center of the ring. Measure in millimeters (mm).
If your measurement falls between two sizes, we recommend choosing the larger size.

YowTing (US) Size	Inner Circle(mm)		UK.AU IE.NZ	FR	DE.RU.UA	CN.JP IN.BR.IL	IT.ES NL.CH
	Diameter	Circum					
3.5	14.5	45.5	G 1/2	45.5	14.50	6	5.50
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5	15.7	49.3	J 1/2	49.5	15.75	9	9.25
5.5	16.1	50.6	L	50.5	16	10	10.50
6	16.5	51.8	M	52	16.50	11	12
6.5	16.9	53.1	N	53	17	13	13
7	17.3	54.3	O	54.5	17.25	14	14.50
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10	19.8	62.2	T 1/2	62.5	20	21	22.25
10.5	20.2	63.4	U 1/2	63.5	20.25	23	23.50
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11.5	21	65.9	W 3/4	66	21	25	26
12	21.4	67.2	Y	67.5	21.25	26	27.50
12.5	21.8	68.5	Z	69	21.75	27	28.75
13	22.2	69.7	Z+1	70	22	28	30

Yowting

Rings Size Guide

Method 4: Paper Strip Measurement Method

①	②	③
		
Wrap a thin strip of paper around the base of the finger where you'll wear the ring. Make sure it fits comfortably, then mark where the paper overlaps.	Wrap another strip of paper around the widest part of the same finger's knuckle. Mark where the paper overlaps.	Lay both strips flat and measure the marked lengths with a ruler in millimeters (mm). Calculate the average of the two measurements, then use the size chart below to find your ring size.

TIP:Keep your finger straight and relaxed. The paper should fit snugly without being too tight.
If your knuckle is noticeably larger than the base of your finger, make sure the selected size will slide comfortably over your knuckle.

YowTing (US) Size	Inner Circle(mm)		UK.AU IE.NZ	FR	DE.RU.UA	CN.JP IN.BR.IL	IT.ES NL.CH
	Diameter	Circum					
3.5	14.5	45.5	G 1/2	45.5	14.50	6	5.50
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6	16.5	51.8	M	52	16.50	11	12
6.5	16.9	53.1	N	53	17	13	13
7	17.3	54.3	O	54.5	17.25	14	14.50
7.5	17.7	55.6	P	56	17.75	16	16
8	18.1	56.8	Q	57	18	17	17
8.5	18.5	58.1	R	58.5	18.50	18	18.50
9	18.9	59.3	S	59.5	19	19	19.75
9.5	19.4	60.9	T	61	19.50	20	21
10	19.8	62.2	T 1/2	62.5	20	21	22.25
10.5	20.2	63.4	U 1/2	63.5	20.25	23	23.50
11	20.6	64.7	V 1/2	65	20.75	24	25
11.5	21	65.9	W 3/4	66	21	25	26
12	21.4	67.2	Y	67.5	21.25	26	27.50
12.5	21.8	68.5	Z	69	21.75	27	28.75
13	22.2	69.7	Z+1	70	22	28	30