



Sizing Guide for Cuffs and Bangles

Workshop reference for measuring hand and wrist sizes accurately

This guide is designed for makers who need a clear, repeatable process for determining cuff and bangle sizing. Use these measurement steps to record accurate hand and wrist dimensions before building, fitting, or adjusting each piece.

1. For bangle sizing, have the wearer bring the thumb across the palm toward the base of the little finger to create the widest fitting point of the hand.
2. Wrap a flexible measuring tape around the knuckles and across the thumb at that widest point to capture the hand circumference.
3. Record the measurement and use it to determine the correct inside diameter or corresponding size from your bangle sizing chart.
 1. For cuff sizing, wrap a flexible measuring tape around the smallest part of the wrist, just above the wrist bone.



WRIST SIZING CHART MEASUREMENTS

Size	Inches	Centimeters
Tiny	4.5 - 5 in	11.4 - 12.7 cm
Petite	5.0 - 5.5 in	12.7 - 14.0 cm
Small	5.5 - 6.0 in	14.0 - 15.2 cm
Medium	6.0 - 6.5 in	15.2 - 16.5 cm
Large	6.5 - 7.0 in	16.5 - 17.8 cm
Extra Large	7.0 - 7.5 in	17.8 - 19.0 cm

2. Record the wrist measurement and compare it to your cuff sizing chart, allowing for the desired fit and opening gap.



If a flexible tape is not available, use a strip of paper or string to take the measurement at the wrist or hand.

1. Mark the overlap point clearly with a pen or fine marker once the fit is correct.
2. Lay the string or paper flat against a ruler to determine the exact length.
3. Use that length as the working measurement for fabrication, patterning, or final size confirmation.
4. Match the recorded measurement to the appropriate sizing chart for the jewelry type you are making.

Sizing Notes

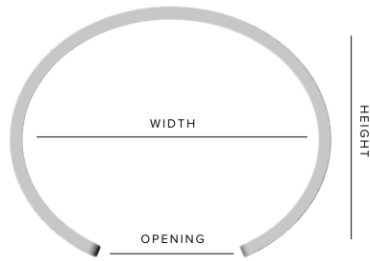
Metal thickness should be considered when determining final size, especially for closed bangles and wider cuffs. Thicker or more heavily domed stock can reduce the interior feel of the piece, which may make the fit tighter than expected even when the measured size is correct.

As a general rule, always size from the interior measurement, then account for metal thickness, band width, shape, and cuff opening when refining the fit. These factors matter most when the fit is intended to be close or when you are working in smaller sizes.

When possible, test fit a sample in the same gauge and profile before completing final fabrication. Small adjustments at this stage can improve comfort, clearance, and overall wearability.



Sizing



Size	Width	Height	Opening	Fits Wrist
150MM	52.6MM	42.65MM	21MM	5.1 - 5.5 INCHES
160MM	56.1MM	45.5MM	23MM	5.5 - 5.9 INCHES
170MM	59.65MM	48.35MM	25MM	5.9 - 6.3 INCHES
180MM	63.1MM	51.2MM	28MM	6.3 - 6.7 INCHES
190MM	66.6MM	54.05MM	31MM	6.7 - 7.1 INCHES

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