

How to Measure for Bangle Size

Bangles are measured or sized by their diameter in inches. If you have good fitting [bangles](#) already then you can simply measure the diameter of those to find your size, otherwise, especially for fixed size bangles, you'll need a tape measure or a strip of paper for measuring and here're what you'll need to do:

1. Hold your hand as if you were putting on a bangle. Bring all of your fingers together with your thumb and little finger touching.
2. Measure around the hand at the widest point with a tape measure or a strip of paper. Be sure to pull the paper or tape measure snug against your skin. Mark the paper with a pen and measure it with a ruler. This measurement is the circumference of your hand.
3. Use the following chart to determine the diameter of your hand, based on the circumference. After determining the diameter, choose a bangle that's at least 1/4 inch larger in diameter than the diameter measurement of your hand.
4. See chart below for correct Bangle size.

Convert Hand Circumference to Diameter

For those with thin wrists, you may want to try a different bangle sizing technique. This can be done by measuring the width of your closed fist from the top center of one knuckle to the other. And then, select the closest bangle size to your measurement.

- 7-1/2 inches equals approximately 2-3/8 inches in diameter – small
- 8-1/4 inches equals approximately 2-5/8 inches in diameter – medium
- 8-5/8 inches equals approximately 2-3/4 inches in diameter – large

Size	Circumference Inches	Circumference mm	Circumference cm
1	4.72	120	12.0
2	4.92	125	12.5
3	5.12	130	13.0
4	5.31	135	13.5
5	5.51	140	14.0
6	5.71	145	14.5
7	5.91	150	15.0
8	6.10	155	15.5
9	6.30	160	16.0
10	6.50	165	16.5
11	6.69	170	17.0
12	6.89	175	17.5
13	7.09	180	18.0
14	7.28	185	18.5
15	7.48	190	19.0
16	7.68	195	19.5
17	7.87	200	20.0
18	8.07	205	20.5
19	8.27	210	21.0
20	8.46	215	21.5
21	8.66	220	22.0
22	8.86	225	22.5
23	9.06	230	23.0
24	9.25	235	23.5
25	9.45	240	24.0
26	9.65	245	24.5
27	9.84	250	25.0