

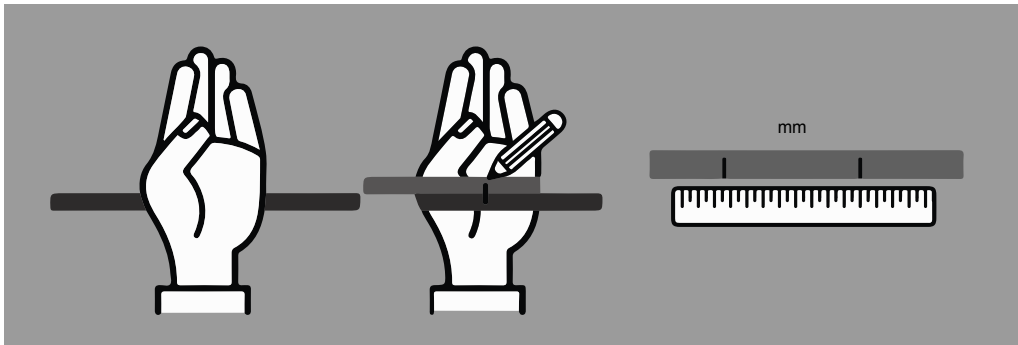
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METHOD 1

Wrap a thin strip of paper around your hand's widest part. Mark the meeting point with a pen.
Now measure the length with a scale /tape.

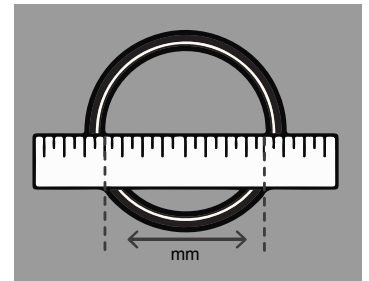
Now you have the bangles circumference.



METHOD 2

Take a scale and bangle you already have, place the ruler at centre and measure the largest distance between the inner edges inside the bangle, in mm.

Now you have the bangle's inner diameter



Now use the below chart to find out your bangle size

CIRCUMFERENCE (in mm)	DIAMETER (in mm)	BANGLE SIZE
169.4	54	2 - 2
179.6	57.2	2 - 4
189.5	60.3	2 - 6
199.4	63.5	2 - 8
209.3	66.7	2 - 10
219.5	69.9	2 - 12
229.4	73	2 - 14
239.3	76.2	2 - 16