



**Purpose
Stones**

Sharing Earth's Energy

Size	Fits Wrist Size
XS	6" (fitted) - 6 ½" (loose)
Small	6½" (fitted) - 7" (loose)
Medium	7½" (fitted) - 8" (loose)
Large	8" (fitted) - 8½" (loose)
XL	8½ (fitted) - 9" (loose)

MEASURING YOUR WRIST OR ANKLE

If you have a soft measuring tape:

Use it to wrap around your wrist or ankle. Make sure that the tape measure goes around your **wrist bone** and makes contact with your skin all the way around. Same for your ankle making sure to measure when your ankle is flexed.

Record the measurement(s) where the tape measure markings cross the starting point. See example below.



If you don't have a soft measuring tape:

Print this document and use a ruler to confirm that the "tape measure" to the right is accurate and is exactly nine inches. If there is a discrepancy then your printer settings must be corrected.

When printing, make sure that the SCALE option is set to "none" or "no scaling". This option is in your printer dialog box or in the printer settings on your computer.

Cut and use as above.

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