

Women

	XXS	XS	S	M	L	XL	XXL
US	0	2	4	6	8	10	12
UK	4	6	8	10	12	14	16
FR	32	34	36	38	40	42	44
IT	36	38	40	42	44	46	48
JP	5	7	9	11	13	15	17

Men

	XS	S	M	L	XL	XXL
US	34	36	38	40	42	44
UK	34	36	38	40	42	44
FR	44	46	48	50	52	54
IT	44	46	48	50	52	54

Shoes

US	6	7	8	9	10	11	12	13	14
UK	3	4	5	6	7	8	9	10	11
FR	37	38	39	40	41	42	43	44	45
IT	36	37	38	39	40	41	42	43	44

Rings

FR	49	50	51	52	53	54	55	56	57	58	59	60
IT	10	11	12/13	13	14	15	16	17/18	18	18/19	19/20	20