

# Blue Nile CUT&POLISH

Jewelry Education, Trends, and Tips

[Bluenile.com](#) ▾ [Blog](#) [Diamonds & Jewelry 101](#) [Love is Brilliant](#) [Customer Stories](#) [Fashion & Style](#)

## 14K Vs. 18K Gold: Which Is Better?



### In This Blog



Since gold is a softer metal on its own, it's often combined with additional metals in a process called alloying to strengthen the finished [gold jewelry](#).

Alloying improves the strength of the jewelry and also makes it more affordable. 14k gold and 18k gold are popular options for fine jewelry.

As with all jewelry, it's ultimately a personal decision that should match your style, values and budget.

### Understanding Gold Jewelry Karat Values



📅 April 25, 2025  
👤 Elizabeth Hadden  
📁 Diamonds & Jewelry 101  
📌 Gold Jewelry

Share: [f](#) [t](#) [in](#) [@](#)

### More Posts



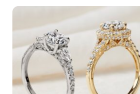
[How to Find Responsibly Sourced Jewelry & Conflict-Free Diamonds](#)



[Popular Graduation Jewelry Gifts & Graduation Gift Guide](#)



[Which Hand Does the Wedding Ring Go On?](#)



[The Ultimate Guide to Buying Vintage Engagement Rings](#)

Receive \$50 off your next order!

Sign up now to receive exclusive offers and promotions.

Sign Up





Gold necklaces, earrings, bracelets, rings, and other jewelry styles all have their own karat values that represent the amount of gold in jewelry metals.

Karat measures the purity or fineness of gold based on parts per thousand (ppt), with pure gold holding the full 24 parts in gold. 18k gold, on the other hand, is 18 parts gold and 6 parts alloying metals. 14k gold is 14 parts pure gold and 10 parts alloying metals. The higher the karat number, the more gold in the jewelry.

24k gold, the highest value for gold jewelry, is incredibly soft (you can even bend it with your bare hands!) and has a buttery yellow color. Since it's so delicate, 24k gold jewelry is not as popular as the more durable 18k and 14k options.

14k and 18k gold jewelry are popular for everyday and luxe fine jewelry given their beauty and strength.

**The Main Differences Between 14K Vs. 18K Gold**

To make the key differences between 14 karat gold and 18 karat gold easy to understand, we've broken it down by purity, appearance durability and price.

Metal	Purity	Appearance	Durability	Price
14K Gold	58.3% pure gold	A lighter yellow color	Perfect for frequent wear	More affordable than higher karat values
18K Gold	75% pure gold	Richer yellow color	Softer, so may be more susceptible to light scratching	Heavier gold content results in higher prices for this more luxurious option

**The Types Of Alloys Used For Gold**

14k gold is alloyed with 41.7% added metals, while 18k gold jewelry only has alloy metals in 25% of its composition.

Typically, both types will use the same alloy metals, just in different amounts. Common metals alloyed with pure gold include silver, copper and zinc. These are durable metals that improve the strength of gold.

**Appearance**





Another notable difference between 14k and 18k gold is how these metals look, especially for [yellow gold jewelry](#). 18k gold will have a richer yellow shade while 14k gold will usually have a lighter yellow color with added tones present.

The visual differences between both 14k and 18k are generally less noticeable in white gold, rose gold or black gold. For [rose gold jewelry](#), 18k may have a softer pink compared to the more vibrant pink shades in 14k rose gold jewelry due to copper content differences. In [white gold jewelry](#) the visual differences are even smaller due to the rhodium plating used to give this jewelry its signature color.

Variations in the precise alloying between individual jewelry pieces can also impact how they look. Some 14k gold pieces may be alloyed in a way that gives them a richer gold color often associated with 18k gold. It all depends on that piece's unique alloying.

### **Durability**

Although it's considered more luxurious, 18k gold jewelry is softer than 14k gold jewelry, so it may be prone to more scratching, especially by harder metals.

14k gold is more durable for frequent wear. It's an everyday metal that can be worn without as much caution as 18k gold.

Though 18k gold contains more pure gold than 14k, both are exceptionally popular. And both metals are durable, especially when compared to 20k, 22k or 24k gold.

### **Price**

Due to its higher gold content, 18k gold jewelry costs more than 14k gold jewelry.

### **Hypoallergenic Qualities**





18k gold has a lower concentration of alloyed metals, making it a more popular fit for [hypoallergenic jewelry](#). Depending on your metal sensitivities, you may want to consider [platinum jewelry](#) as well.

### FAQs About 14K Vs. 18K Gold

– What is 14k gold?
14k gold is an alloy that's 58.3% pure gold and 41.7% added metals like copper, silver and zinc. 14k is 14 parts gold and 10 parts alloying metals.
+ What is 18k gold?
+ Can I wear 18k gold everyday?
+ Which gold is better?
+ Is gold durable?
+ What kind of gold jewelry does Blue Nile sell?
+ Can you wear 14k gold everyday?
+ Which lasts longer, 14k or 18k gold?

### Choosing Between 18K And 14K Gold

When it comes to jewelry, 14k and 18k are beautiful metals that bring durability and strength. The visual differences between the two are often subtle, especially in colors beyond yellow gold.

Ultimately, gold jewelry is a personal choice that should reflect what is most important to you. Both types of gold are popular for [engagement rings](#), women's [jewelry](#), men's [jewelry](#), [gifts](#), and other styles.

### Related Reading

[The Truth About Gold Plated Jewelry](#)

[How to Design a Custom Engagement Ring](#)

[Carat Vs Karat](#)

[Gold Finder Quiz](#)

[Does Gold Tarnish?](#)

[Can White Gold Change Color?](#)

## About the Author

Elizabeth Hadden is a GIA AJP (Applied Jewelry Professional) and vintage jewelry hobbyist with a special admiration for Georgian-era pieces. In addition to a growing jewelry collection of odd charms and offbeat designs, she has a bachelor's in English. She combines her love of the history behind jewelry with an appreciation for modern takes on popular motifs.

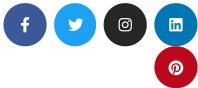
All Posts

« Previous  
Wedding Ring Engraving Ideas

The Ultimate Guide To Buying Vintage Engag...  
Next »

---

## Blue Nile



- ▶ **Customer Care**
  - 1-888-565-7641
  - Contact Us
  - FAQs
  - Help Topics
  - Returns
  - Give Us Your Feedback
- ▶ **Why Blue Nile**
  - Returns Are Free
  - Conflict Free Diamonds
  - Diamond Price Matching
  - Diamond Upgrade Program
  - Free Lifetime Warranty
  - Free Secure Shipping
  - Free Boxes & Gift Cards
  - Jewelry Insurance
- ▶ **About Blue Nile**
  - Diamond Sustainability
  - Customer Reviews
  - Blue Nile Blog
  - Locations
  - Get \$50 Off

Terms & Conditions

Privacy Notice

Site Map

Accessibility

Do Not Sell My Personal Information