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Jewelry Education, Trends, and Tips

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Your New Jewelry Essential: Ring Spacers




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In This Blog



One of the most flexible, useful and crucial pieces of jewelry can look simple enough. A small band that's no bigger than 2.5mm wide might not seem like an impactful piece of jewelry, but these rings are considered essential for many stacking styles.

Thin rings, also known as ring spacers or spacer bands, are narrow and low-profile bands that are designed to fit perfectly in larger band stacks or sets. They are worn alongside at least two other [rings](#). These thin rings can be some of the most important jewelry pieces when you're wearing multiple rings together.



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Spacer bands are an often-overlooked jewelry staple that can make stacking easy and worry-free, helping to protect gemstones and more intricate band designs. Learn more about these bands, their benefits and what to look for when shopping for ring spacers.

What Are Ring Spacers?



In the jewelry world, a ring spacer is a thin band that's worn as part of a [ring stack](#). It is usually a metal-only band that's 2.5 millimeters (about 0.1 in) or smaller in size with a low profile. These thin, metal bands are perfect for mixing and matching between larger more ornate rings. Spacer rings are a popular style for [wedding ring](#) sets, adding a buffer between curved bands or rings with [diamonds](#) and [gemstones](#).

Ring spacers are also known as thin stacking bands, spacer rings and engagement ring spacers.

Benefits Of Ring Spacer Bands



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Ring spacers can add beauty to any ring stack while also helping to prevent damage to certain band styles. These thin, stackable rings offer benefits such as increased ring set security, reduced stress between gemstones, visual uniqueness for styling, and increased comfort.

Looking to add a spacer band to your [jewelry](#) wardrobe? Learn more about the biggest benefits of these staple pieces.

Reduces Friction In Ring Stacks



Many rings featuring diamonds or gemstones can have delicate settings that, over time, may warp or chip as a result of friction from wearing these bands directly next to each other. [Eternity rings](#) are a great example of these styles. Many eternity bands have open settings for [diamond girdles](#) that support optimal brilliance for the ring's gems. While these styles are ideal for wearing on their own, extra considerations should be taken when stacking rings with exposed gemstones or diamonds.

Over time, friction between direct contact diamonds and gemstones can damage the stones, their settings or even the ring itself by warping the band. This is where ring spacers can help.



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If you are stacking rings together and you're worried about prolonged friction damaging the settings, diamonds or gemstones, a spacer band can bring peace of mind. Adding a thin, low-profile metal ring spacer between two gemstone bands can protect the gemstones from friction

and damage. The spacer band acts as a buffer between the two other bands.

Fills Gaps In Ring Sets

Shop the Look: [Spiral Stackable Wedding Ring In 14k Rose Gold \(2mm\)](#)

Some wedding, fashion and [engagement rings](#) can have unique shapes, such as [curved rings](#). When stacking multiple rings together, you may find that there are small gaps between some of the bands. Thin engagement ring spacers and filler rings can fill gaps to help create a full stack.

Adds Style To Stacks

Ring spacer bands are a subtle way to add extra personality to your jewelry look. While we offer plain metal ring spacers, we also offer designs with added embellishments like hand-finished details, unique textures and special designs. Explore our narrow [gold rings](#) and [platinum rings](#) to find stylish spacer bands that showcase your style.

Helps Looser Rings Fit More Comfortably

Shop the Look: [Plain Curved Matching Wedding Ring In 18k White Gold \(1.8 Mm\)](#)

If your [ring size](#) has changed or you're wearing rings that are just a little too big, ring spacer bands can help. Adding a ring spacer for loose rings at the end of your stack can help eternity bands or other [rings that can't be resized](#) fit more snugly by increasing the overall width of your stack and adding a better-fitting end ring to the set.

Fashion, wedding and engagement ring spacer bands can also help reduce ring spinning by making the full stack fit more accurately. These thin spacer rings are a great solution for reducing [solitaire engagement ring](#) spinning or improving the fit of slightly loose [anniversary rings](#).

Top Questions And Answers About Ring Spacer Bands

— What do ring spacers look like?

Ring spacers are thin bands that are typically no larger than 2.5mm (about 0.1 in) wide. They are most commonly metal-only rings, but they can feature added textures or shapes for a unique look.

+ How thick are ring spacers?

+ What is a ring spacer for?

+ Is this jewelry required for ring stacking?

+ What is the purpose of a spacer band?

Ring Spacer Shopping Tips

As with all jewelry shopping, it's important to shop for ring spacers at [jewelry stores](#) you trust. At Blue Nile, we offer high-quality spacer rings for [fashion ring](#) stacks, wedding sets and for accessorizing with women's and [men's engagement rings](#). Keep the following tips in mind when shopping for your spacer rings:

1. Double check your ring size fit, sometimes when stacks are larger, it's a good idea to size up anywhere from $\frac{3}{4}$ to $\frac{1}{2}$ a size. [Contact our jewelry experts](#) to find your perfect spacer ring fit.
2. Choose a matching [jewelry metal](#), especially for the fineness of your ring. So, for example, if you're stacking with [14k gold wedding rings](#), you'll want your spacing ring to be 14k gold as well. This helps to further reduce any friction between the rings.
3. Have fun with it! You can mix and match [gold colors](#), ring textures and even ring shapes to put together your perfect look.

Ready to find the perfect ring spacer? You can visit our local jewelry stores or find your fit from our wide selection of high-quality gold, platinum and [silver rings](#).

Related Reading

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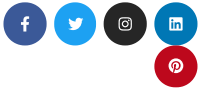
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About the Author

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.

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