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When NOT to wear your engagement ring

The six times you should take your engagement ring off

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Submitted by: Clemmie Millbank

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You need to care for your engagement ring. Image: iStock

You've just got your sparkly new diamond ring and you should be wearing it everywhere right? Wrong! There are some times when you should definitely take your engagement ring off...

When you go swimming

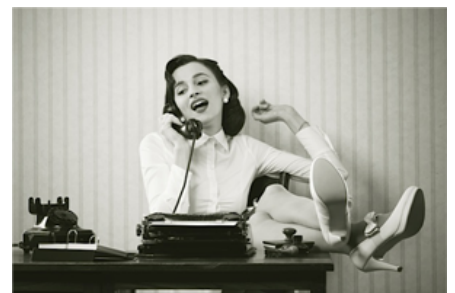
Don't even think about wearing your ring when you're swimming! Cold water can cause your hands to shrink making it easier for your ring to slip off and chlorine will damage that precious stone and setting.

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When you're cleaning

It's pretty likely that you'll bang and scruff your ring while cleaning behind the kitchen cupboards, plus all those harsh chemicals (especially bleach) will cause damage to the metal.

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You know what really ruins an engagement ring? Yep, paint splatters. Paint will get into the nooks and crannies of your ring and chemicals like white spirit will damage it too. Just take it off first.

When you're moisturising

It might make your skin look gorgeous and glowing but moisturiser will slowly dull and tarnish your engagement ring over time.

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When you're working out

Particularly if you're doing weights or putting pressure on your hands in any way. The metal of your ring is actually pretty soft and can become warped with repeated pressure. Plus, sweaty hands equals slippery fingers and more chance of losing your lovely diamond.

On your wedding day

It makes things a whole lot easier in the ceremony if you don't have your engagement ring on your ring finger (maybe pop it another finger instead). You can always put it on top of your band later.

Need some more help? Here are the first nine things to do after you get engaged and eight things you should now about your partner before getting engaged...

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