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A mood ring is a ring which encloses a thermochromic element, like liquid crystal. The ring alters color in answer to the body temperature of its wearer. The color is said, by some proponents, to point to the emotional state of the wearer. The mood ring was invented in 1975 by two great New York inventors, Josh Reynolds and Maris Ambats, who bonded liquid crystals with quartz stones set into rings. They at first retailed for $45 for a "silvery setting" and $250 for gold, and first sold at Bonwit Teller, quickly becoming a fashion in the 1970s.

A mood ring is a particular liquid crystal thermometer, wearable on the finger. The ring is characteristically ornamented with a faux gemstone (typically made of quartz or glass) which is either a apparent capsule filled with thermochromic liquid crystal, or has a thin sheet of liquid crystal sealed beneath. Changes in temperature cause the crystal to reflect dissimilar wavelengths of light which changes the color of the stone. The liquid crystal utilized in mood rings is generally set up to exhibit a "neutral" color at the standard human skin temperature, which is just about 98.6 Â°F (37.0 Â°C).

Mood ring is a finger ring is a circular band worn as a sort of ornamental jewellery around the finger; it is the most ordinary current meaning of the word ring. Other kinds of metal bands worn as ornaments are also recognized as rings, like toe rings, earrings arm rings and neck rings.

Rings can be of approximately any material: metal, wood, plastic, bone, gemstone, glass to name a few. They can be set with a stone of some kind, which is frequently a precious or semi-precious gemstone like diamond, sapphire, ruby or emerald, but can also be of almost any kind of material.

The theory at the back the idea that the rings indicate the wearer's temper is based on a claim that body heat changes with the emotional state of the wearer. Human body temperatures are recognized to differ by small amounts (less than 5Â°C) over the circadian and menstrual cycles and when the body is fighting against an infection. Difference in ambient air temperature appears to have a larger consequence on the temperature of the ring than changes in the body temperature of the wearer. No direct correspondence among a particular mood and an exact color has ever been substantiated. Mood rings were a short-lived fad of the mid-1970s (like the pet rock) and were in particular admired with young girls.

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