

## EyeStyle: Get a LOOK You Love

What's the most important factor you consider when you're buying a new pair of eyeglasses? Odds are, your answer is "how they look on me." In fact, that's the number-one answer women gave to a recent Vision Council of America (VCA) survey asking that very question. Men, on the other hand, are more concerned with comfort and fit (women's number-two answer).

Mel Gehrig, OD, Optometrist with The Eye Clinic and Optics Unlimited says there are so many styles available in eye glass frames today, it's easier than ever to find a style that look good on you and provides the vision correction you need.

Start by deciding the look you want: ultra-feminine, bold, classic, retro, minimalist, ultra-modern and so on. You might decide you need more than one pair of eyeglasses: one conservative style for work and another pair for evenings and weekends. Defining the "look" you are after will help both you and your optician narrow down the choices for material, designer and shape.

According to the Vision Council of America's (VCA) *Envision Yourself* program, there are three keys to choosing the correct eyeglass frame for your face shape:

- The frame shape should contrast with the face shape.
- The frame size should be in scale with the face size.
- Eyewear should repeat your personal best feature (such as a blue frame to match blue eyes).

Also, while most faces are a combination of shapes and angles, there are seven basic face shapes: round, oval, oblong, base-down triangle, base-up triangle, diamond and square. Dr. Gehrig says today's eyewear comes in a variety of styles to suit any face shape. "A good optician can help you use these guidelines to choose your new eyeglasses."

Here are some recommendations from Optics Unlimited and VCA for which types of frames work with each shape.

### **Round**

To make the face appear thinner and longer, try angular narrow eyeglass frames to lengthen the face, a clear that widens the eyes and frames that are wider than they are deep, such as a rectangular shape.

### **Oval**

To keep the oval's natural balance, look for eyeglass frames that are as wide as (or wider than) the broadest part of the face, or walnut-shaped frames that are not too deep or too narrow.

### **Oblong**

To make the face appear shorter and more balanced, try frames that have a top-to-bottom depth, decorative or contrasting temples that add width to the face or a low bridge to shorten the nose.

### **Base-Down Triangle**

To add width and emphasize the narrow upper third of the face, try frames that are heavily accented with color and detailing on the top half or cat-eye shapes.

### **Base-Up Triangle**

To minimize the width of the top of the face, try frames that are wider at the bottom, very light colors and materials, and rimless frame styles (which have a light, airy effect because the lenses are simply held in place to the temples by a few screws).

### **Diamond**

To highlight the eyes and bring out the cheekbones, try frames that have detailing or distinctive brow lines, or try rimless frames or oval and cat-eye shapes.

### **Square**

To make the square face look longer and soften the angles, try narrow frame styles, frames that have more width than depth and narrow ovals.

Choosing the eyeglass frame color that best complements your hair, eyes and skin tones is also part of selecting the best frame for you. For example, if you have "cool" features such as blonde hair, blue eyes and fair skin, then try frames in hues of rose-brown, blue-gray, plum, magenta, pink, jade or blue.

“Most women are willing to sacrifice a little comfort for good looks and style, but with today's eyewear choices that isn't necessary,” says Dr. Gehrig. “Once you know the look you are trying to achieve, and what shape and color eyeglass frames work best with your features, there will still be hundreds of eyeglasses from which to choose. If you find something that you love, but it doesn't fit just right, tell the optician. Many times they can order the exact same eyeglasses with different length temples, adjust the nose pads and even make minor adjustments to the shape of the frames to make them fit your face more comfortably. With today's choices, there's no reason you can't have your style and comfort, too.”

*Sources: Vision Council of America  
[www.allaboutvision.com](http://www.allaboutvision.com)*