

Frame your Personality with Eye Style

If the eyes are the window to the soul, then eyewear is the window treatment, visibly framing not only your eyes, but providing a reflection of your unique style and personality. Unlike a ring or a pair of shoes, your glasses are highly visible, and instantly noticed. Theresa Fluty, certified optician with Optics Unlimited at The Eye Clinic says, “Your eyewear is front and center when it comes to making a statement about who you are. It’s important to put some thought into what this statement will communicate to others.”

If you don’t think your eyewear can make a huge difference in how people perceive you, think back to Superman. A simple pair of glasses was used to signal a complete personality change, instantly transforming a super hero into Clark Kent, a mild-mannered reporter.

Fluty says what worked for a Kent can work for you. “The key to creating the image you want is selecting the right frames to match your personality and lifestyle.”

Are you a working mom, a conservative executive, a retiree, a student or an artist? Each of these people may desire different types – or several pairs – of glasses to suit their needs. “Most people, especially women, own dozens of pairs of shoes, each suited for different looks and activities, but they don’t apply this same concept to their eyewear,” says Fluty. “If your life is built around just one look or activity, one pair may work for you, but if you are like most people and your life is broken up into several different areas, you will benefit from having more than one style of glasses.”

She says the first step in choosing frames is taking a closer look at yourself. “What are your interests? What is your occupation? How will you use your glasses? The answers to these types of questions will help you and your optician choose the eyewear that is right for you.”

Here’s a closer look at what the eyewear experts suggest in terms of frame styling, color, material and size for a variety of lifestyles:

Businessperson

If you fall into this category, a more conservative style, with recognizable shapes such as ovals, rectangles and almonds, is recommended. For the more classic person, these easy, non-complicated frame styles are much better than shapes that are new and unusual. Thin plastics and metals are also recommended. In terms of color, silver, gunmetal, brown and black work for men because these are easy, conservative tones to wear. Brown, golden tones, silver, burgundy and coffee are good for women.

Creative Person

Modern shapes, such as geometrics in thicker and larger plastics, are a good choice, but metal materials can also be creative in appearance. Today’s more fashionable larger-sized frames are also an option as are more unusual colors such as blue, green and purple and combinations such as the currently popular multicolored laminations. Fluty also recommends lasered details and finishes for artsy and creative personalities and professions.

Parents On-the-Go

Busy moms and dads don’t have a lot of time to worry about clothing and styling, so a basic, yet stylish pair of glasses will work best. For moms, ovals, upswept rectangles and soft cat-eye shapes provide easy function and still look great. Interesting colors such as plum, deep red, soft green and black can also add a fashion edge to a basic frame. Dads like frames that go with everything. Unornamented frames with gunmetal, black, silver, gold and tortoise are good choices. The double-bar bridge is back in style, which

can add subtle detailing to an otherwise boring frame. Young children can be tough on their parent's glasses, so look for durability when choosing eyewear.

Older Adults

Choosing a modern frame keeps you from aging yourself unnecessarily with your eyeglasses. Fluty says a frame shape that is uplifting for the face such as an upswept rectangle for men and a soft cat-eye for women, can take years off your appearance. Certain colors can also make you appear younger, including gunmetal, deep browns and burgundy for men and lighter, shinier hues for women. Shine adds life to the face for women, but it is best to stay away from silver, black and dark, dull colors.

Students

Without constraints such as a conservative office environment, students have a lot more freedom in terms of styling, including color and shape, so don't be afraid to experiment. Unusual shapes, bright colors, larger sizes and interesting details such as color laminations are all readily available in a variety of prices and brand names. You can go retro or mod, academic or artsy. With so many choices at different price points, you don't have to spend a lot to get a cool look.

Active individuals

Many who fall into the above categories also find the time to be active. This makes eyewear choice even more critical. You require one pair of eyeglasses for your regular work and home life, as well as something that provides safe, clear vision during athletic activities. There are many types of sports eyewear options that provide comfort and technical functions to enhance your performance. Styling can include shields for regular eyewear, wraparounds, polarized lenses for water sports, shatter-resistant for impact sports and different tints to enhance different lighting conditions.

Most people will fall into more than one of these categories, according to Fluty. "You'll move in and out of different categories as you go through different phases of your life. And there are other considerations when choosing eyewear, including your coloring, face shape, age and style preferences. A qualified optician can help you incorporate all these unique elements into your personal eyewear style."

Fluty adds that the focus should be on making your eyewear an extension of your personality. Think of your glasses as an integral part of your wardrobe. Just as you have different clothing styles for different aspects of your life, it just makes sense to have different eyewear styles as well. In fact, new glasses are a great way to update your look without buying a whole new wardrobe. Take the time to choose styles that will put the perfect finishing touch on your look."

To learn more about how to find your "eye style," visit any Optics Unlimited in Lake Charles, Sulphur, DeRidder or Jennings. Each is located next to The Eye Clinic office, and features the unique iPoint kiosk computerized system that lets you see how you look in different frame styles on a computer screen.