

How to Select Glasses:

Determine your FACE SHAPE:

Oval face

- easiest can wear any shape that fits proportionally look for eyeglass frames that are as wide as (or wider than) the broadest part of your face

Round face

- A round face has curved lines with the width and length in the same proportions and no angles. To make a round face appear thinner and longer, try angular narrow eyeglass frames to lengthen the face, a clear bridge that widens the eyes, and frames that are wider than they are deep, such as a rectangular shape.
- usually a square frame
- colour gradiency top to bottom

Square face

- rounded or oval frame

Triangular - person with wide/high cheek bones

- best suited to thin frames with rounded bottoms

Oblong face

- An oblong face is longer than it is wide and has a long straight cheek line and sometimes a longish nose. To make an oblong face appear shorter and more balanced, try frames that have more depth than width, decorative or contrasting temples that add width to the face, or a low bridge to shorten the nose.
- Wide frames, straight along top and round at bottom

Thin Face

- Straight bar at top of frame will widen face

Wide Face

- Narrow vertically

Darker Frames – have a more pronounced effect

Lighter colour frames – give more of a contrast

Skin Tone

Skin tone is the prime element in determining coloring. All complexions fall into one of two color bases — blue (cool) or yellow (warm). A cool complexion has blue or pink undertones, and a warm complexion has a "peaches and cream" or yellow cast. Olive skin is considered cool because it is a mixture of blue and yellow. (Blue-based complexions are more common than the yellow-based warm complexions. About 60 percent of the population are "cools.")

Eyes

Eye colours usually are a secondary element in determining coloring because of the many variations of eye color. For example, blue eyes can range from a cool almost-violet to a pale blue-gray, which is warm. Brown eyes can vary from a light cedar shade (warm) through a medium-brown to a cool almost-black.

Hair

Hair colors also are considered warm or cool. Strawberry blond, platinum, blue-black, white, salt-and-pepper and "dishwater" brown are cool. Warm hair colors include golden blond, flat black, brown-gold, "carrot" and "dirty" gray.

Once you have determined if the patient is either "warm" or "cool," then you can find the eyeglass frame colors that will suit them the best.

Some examples of frame colors best for warm coloring are: camel, khaki, gold, copper, peach, orange, coral, off-white, fire-engine red, warm blue and blond tortoise.

For cool coloring, the best eyeglass frame hues are black, rose-brown, blue-gray, plum, magenta, pink, jade, blue and amber (darker) tortoise.