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The Right Eyeglasses For Your Face Shape

How to pick the perfect pair

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I remember being teased throughout high school thanks to my dorky, thick framed glasses. I wished I had 20/20 vision just like the rest of my peers so I could scrap my glasses once and for all. But times have changed. Now, I'm seeing people who have perfect vision wearing glasses just to complement their style. It's really gone from being a medical necessity (and cause for teasing) to a popular fashion accessory. So before jumping on the frame bandwagon, here's a list of key components to look for when hunting for the right frame.

Size

Frames can complement a face perfectly so long as the size is proportionate. How do you know if the size is right for you? Your eyes should be centered in each lens, and the width of the frame shouldn't be wider than the widest part of your face (your jaw line or cheeks). Go for a lightweight frame. Heavy frames tend to leave unflattering indents in the bridge of your nose - not a great look no matter how cute your frames are - and can even cause headaches.

Shape

Right now, cat-eye frames are really hot (we have *Mad Men* to thank for that). Just keep in mind that a frame should contrast your face shape. So if you have a round face, go with a rectangular frame or any frame with angles. It will add dimension to your face. If your face is long, go for a round frame, to add width to your face. And if your face is oval shaped then you lucked out because oval shaped faces can pull off any frame.

Trend

The cat eye look is definitely hot right now according to Beverly Suliteanu at Westcan Optical. But, Beverly advises the trend it will likely peter out soon because the frame is so aggressive and strong, not many women can pull off the look. It will of course make a killer comeback after a few years - so don't feel guilty about buying them. As far as colours go, you can't go wrong with teals, melons, berries, bright colours as accents only, and purple (popular for many years).

Have Fun

If there's one thing the nerd in me can tell you is, have fun with your frames. If you're conservative, try stepping out of the box and pick a colour you wouldn't normally go for, and if you feel gutsy, try a funky shape? Whatever you choose, try on between-three-to-six different frames before settling down (think of it as your marriage candidate, you don't want to just go with the first dude you kissed). Lastly, as Beverly put it, think of your frames like a pair of shoes, you don't want to wear the same ones every day, so spoil yourself with two or three for variety.

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