



How to choose the right frames for your face



The right size and colour

The size of your frames should be in scale with your face. Avoid large glasses if you have a small face and steer clear of small frames if your face is larger.

That's size sorted, now let's talk colour. As a general rule people with darker hair and complexions can get away with bolder colours. That said, blondes can look great in black frames.

Choosing glasses the same colour as your eyes can work well, but they should also complement your hair colour and skin tone. If your skin has blue undertones you have a cool base, so try frames in cool colours, like blue, grey, red, pink, jade-green, silver and black.

If you have a more yellow/peach skin tone you have a warm base. Good colour choices for you are green, yellow, orange, warmer red, gold and copper brown. Almost everyone looks great in onyx or chocolate. Rimless styles work well if you're after an understated, professional look.

With so many colours available, choosing the perfect pair can be difficult. So why stop at one? Lots of people own more than one pair of glasses, so they can

change their frames to match their mood - or their wardrobe. Whatever you decide, make sure you're happy with your choice and wear your glasses with pride!



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Finding the right frames for your face is important. The better you feel in your glasses, the more likely you are to wear them.

Because we are independently owned optometry practices, we have access to thousands of different frames and are not limited to certain brands and styles. It's great to have such a wide range to choose from, but how do you know what suits you?

Here are a few simple rules to follow to make finding the right frames for you a whole lot easier:

- **Contrast** - the frame shape should contrast with the face shape.
- **Balance** - the size of your frames should be in scale with the face size.
- **Match** - the colour you choose should match your best feature (e.g. blue frames with blue eyes).

The right shape

The frame shape you choose should contrast with your face shape.

To decide which shape your face is, stand in front of a mirror and draw around the image of your face with a whiteboard marker. Or get a friend to take a photo, print it out and draw round your face.

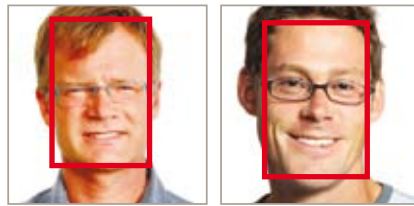
While most faces are a combination of shapes, when you draw round your face you should come up with a dominant shape.

Your EYEPRO eyecare professional can help you decide which shape your face is and which frames look best.

Start with an open mind and you'll find a pair that are perfect for you.

Remember, looking good is all about how you see yourself.

Rectangle Faces

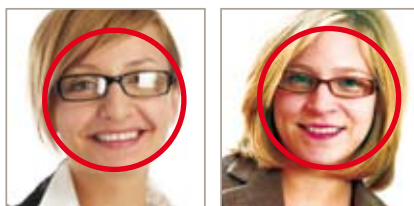


Rectangle faces are longer with square jaws and strong cheekbones.

Try it: Frames that are slightly wider than your temples will add width and reduce the length of your face.

Avoid it: Anything that makes your face look longer, e.g. small square styles.

Round Faces

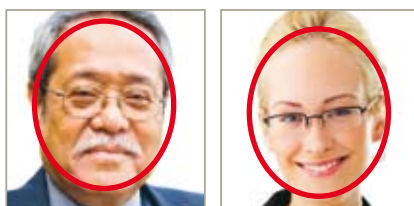


Round faces are almost as wide as they are long. The features are softer and the jawline is rounded.

Try it: Angular frames will detract from the roundness. Try rectangles to add definition to cheekbones.

Avoid it: Anything round will emphasise roundness. Stay away from very large frames too.

Oval Faces

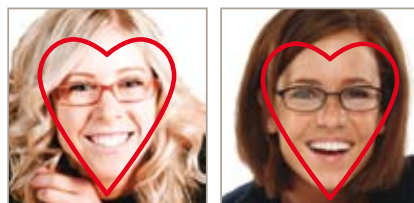


Oval faces have the length of the rectangle, but are more rounded.

Try it: You're lucky, most styles suit oval faces. Rounded and square styles look great. Add more definition with angular frames.

Avoid it: deeper oval styles that echo the shape of the jaw.

Heart Faces

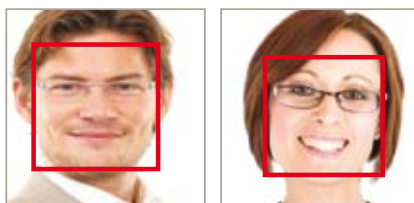


Heart shaped faces have broader foreheads and pointed chins with small mouths. Go for styles that down-play the forehead width.

Try it: Smaller frames without any fuss at the temples. Round frames work well too.

Avoid it: Angular or rectangle styles. Anything wider than your face.

Square Faces



Square shaped faces have distinctive jawbones, full cheeks and an even jaw and chin line. Find styles that narrow and lengthen.

Try it: Oval and rectangle frames in fine metals. Frames with a high temple position will add length to your face.

Avoid it: Anything wider than your face. Square styles will also emphasise width.