

How To Choose The Best Glasses For You?



Iris Technologies

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I know, I know, you spend too much time in stores, online stores, or ordinary accessories or fashion sites, for your dream glasses.

Do you take your friends with you to express your opinion? - The poor ones.



Glasses are not just about emphasizing your vision.

On the contrary, they serve something more important - the health of your eyes.

The choices you make for your appearance often lead to fluctuations.

With just a few easy steps, you will gain your consent and the approval of your loved ones, and why not everyone else?



WHAT WE NEED TO KNOW

The glasses are designed to be an accessory as well as to protect the eyes from health problems.

According to the needs and preferences that we have, we make our choice whether it be sunglasses or goggles with diopter, accessory or for computer, driving, and even anything in between.



DISCOVER THE SIZE

If you had previous glasses that you found comfortable.

Either they have stood well in your face, or for the first time you have the choice of deciding what to look like now, it is good to know their size before you buy them.

It is especially important if you buy glasses online.

It is also important to have the measurements handy.

This will reduce your hesitation and be able to focus on the best fit of the next pair.



Understand the basic shapes of the face

Everyone's face is different, but it has 7 common shapes: round, heart-shaped (inverted triangle), triangular, square, rectangular, oblong and oval.



● round



♥ heart

Faces Types



▲ triangle



■ square



■ rectangle



■ oblong



● oval

- Round faces: mostly have fuller cheeks and rounded cheekbones, full forehead, and chin.
- Heart-shaped faces: resembles a triangle inverted, with wide forehead and pointed chin. It can be long and graceful or more rounded.
- Triangular faces: Mostly have narrow foreheads and wide jaw.



Round



Heart



Triangle

- Square faces: They have strong, wide foreheads and equally wide, strong chins. In proportion to the length and width of the face.
- Elongated and oval faces: They are also very similar. Rounded and proportioned. The oval face has a more pointed chin.



Square



Rectangle



Oval

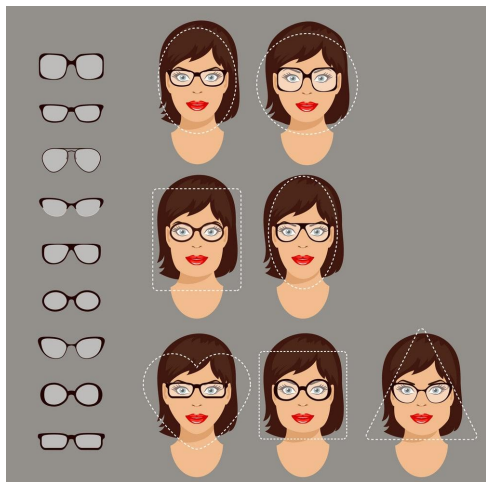


Oblong

Select frames using face shape

They must be in the correct proportion of the face.

That is, do not distract from your appearance or have the striker sideways.



- Be sure your frames are neither too big nor too small - correct.
- Too big glasses make you look ridiculous. Eyeglasses that are too small may look outdated or attention-grabbing.
- The top should follow the curve of the eyebrows. You look best if you see your eyebrows just above the borders.



Choose the color that best suits you

The color was always attractive, especially if you choose the right one.

Different border colors may look better on you and reveal a little of your character.



- Determine if you have a cool or warm tone to your skin.
- To embody the cool skin tone you must have blue eyes, pale skin, blue veins in the skin. In this case, a cool color frame will complement your coloring best.
- Warm colors include brown eyes, tanned skin, and green veins. Then you can look your best in warm colors within the frames.
- Neutral skin tones can be framed in any color.

Brown Eyes



If you have brown eyes, go with something that resembles your eye color, like shades that remind you of trees



Green Eyes



Green eyes go best with brown or gold tones. Also, if you want to create a contrast, you can go for different shades of pink



Blue Eyes



For those with blue eyes, blue and gray tones go the best. If you want to create a contrast choose saturated browns



SUNGLASSES

The American Academy of Ophthalmology offers advice on buying shades that provide the best protection against harmful UV rays.

As we all know, they serve to facilitate seeing on sunny days.

However, wearing the right sunglasses is also the best protection against ultraviolet light, which prevents short or long term damage.



As studies show, sun exposure can increase the risk of cataracts, which is a leading cause of blindness worldwide.

Even intense UV exposure can lead to temporary blindness, also called photokeratitis.

No one is immune to diseases like these.

In particular, children and people with sensitive and bright eyes should pay particular attention to their choice of sunglasses.

Because the intensity of the light reflected on the eyes is much higher, they are susceptible to sun damage.

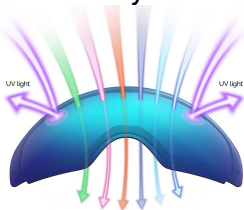


WHEN BUYING

"When shopping for sunglasses, some people concentrate on the appearance, not the sun," says ophthalmologist Brenda Pagan-Duran

The most important thing to do when buying sunglasses is to make sure they block 100-percent of the UV rays.

- Look for a sticker or label that says 100-percent protection.
- Dark glasses definitely look cool but don't necessarily block more UV rays.



100% UV PROTECTION

- Color is irrelevant. Because you have a choice of different colors, they sometimes increase the contrasts that are appropriate for different sports enthusiasts and even professionals.
- Polarized lenses block glare, not UV rays. They are suitable for driving or swimming.
- Price is not a factor. Sunglasses definitely do not have to cost too much to "offset" well.



THE RIGHT LENSES FOR GLASSES

When choosing lenses for your glasses, the following elements should be appropriate: Appearance, comfort, vision, and safety.

The most common mistake is to ignore it.

Hasty decisions do not produce good results.



You have to think carefully about your choice, but these are your glasses.

So pay attention to the material that made the glass cover and the design.

Prescription eyeglasses, whether you need single vision lenses to correct myopia or hyperopia and/or astigmatism.

Through visual problems, I will offer advantages and features.







CHOICE FOR EYES

- Glass lenses - Although glass lenses offer exceptional optics, they are heavy and break easily. They can injure the eye when broken and are therefore no longer used.
- Plastic lenses - Due to their lightweight, which is about 50 percent of the weight of glass, the low cost and excellent optical properties of CR-39 plastic (developed in 1947) remains a popular material even today.



- Polycarbonate lenses - they are lighter and more impact-resistant, making them the preferred material for goggles, safety goggles, and sports goggles. In 2001 it was upgraded to Trivex.
- High-index plastic lenses - Thinner and lighter, with a higher refractive index.

Glass lenses	Plastic lenses
 <ul style="list-style-type: none">✓ Excellent visual clarity✗ Likely to break	 <ul style="list-style-type: none">✓ Cheap✗ Scratch easily
Polycarbonate lenses	Trivex NXT (NXT Polyurethane)
 <ul style="list-style-type: none">✓ Light✓ Impact resistant	 <ul style="list-style-type: none">✓ Excellent visual clarity✓ Light✗ Higher price

COMFORTABLE, DURABLE, GOOD LOOKING

A refractive index is a number, which is an important measure of how effectively it bends light, it depends on how fast light passes through the material.



*clear
vision*

*scratch
resistant*

*comfort
fit*

The higher the refractive index of a material, the slower the light moves through it, which results in the greater the refraction of light rays.

Lenses are considered mandatory when scratched.

All lightweight goggles have a smaller scratch factor.

Softer and more susceptible to abrasion than glass.

Stick to the following items.



- Anti-reflection coating - makes all lenses for glasses better. They reduce contrast and clarity, especially at night.
- UV blocking radiation - polycarbonate and almost all high-index plastic lenses have built-in 100% UV protection.



CONCLUSION

Now walk without much hesitation and shake with your new look the environment you are in.

Be unique, even if you do not have to follow these recommendations.

No one can take away your sense of style.

Seek a better future without hesitation.

We at [IRIS](#) support you when it comes to health and well-being, not only to your eyes but also to your lifestyle.



Read more:

<https://iristech.co/will-blue-light-blocking-glasses-help-with-eye-strain/>

<https://iristech.co/should-i-get-glasses-with-blue-light-blocking-coating/>

<https://iristech.co/glasses-to-protect-eyes-from-blue-light/>

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