



How to Select the Best Frame for Your Face Shape

Sometimes when you come in to select new frames, you can feel extremely overwhelmed! Maybe it is your first pair, maybe it is your 20th... but after you have tried on a few sometimes they all start to look alike and you begin to feel lost.

Have no fear! This handy article will give you an idea of what shape and size of frames will look best with your facial shape and prescription, so you will know exactly what to look for when you come in.

The Proper Frame Shape For Your Face

Basically, the rule is to pick a frame that is the opposite of your facial shape. There are several ways to figure out what your face shape is:

- * Ask someone- We are more than happy to help you!
- * Pull your hair back and then trace the outline of your face with a bar of soap in your mirror.
- * Use the jawline to guide you- This is what we generally look at when we are styling people in glasses. If there are a lot of straight lines, then you will tend to have a more rectangular face. If you only see curves or very lightly defined lines, you most likely have an oval or round face.

Round Faces

Opt for a frame with stronger angles, like many of the super trendy rectangular frames that are popular today. Also, make sure your frames aren't too "deep" (the measurement from the top to the bottom of the lens, also known as the "B" measurement.). Assuming that you don't need bifocals or progressives, we would recommend staying in the 22-32 mm range for the "B" measurement.

Oval Faces

Again, rectangular shapes are a good choice for you, but you could also try "butterfly" shapes (basically, a rectangular cat-eye frame.). Anything with outer edges (the sides closest to your ears) that angle up and out (the lens is at least a tiny bit wider at the top than at the bottom) will flatter you.

Square/Rectangular Faces

Basically, you have a strong, linear jawline. A curvier shape is best for you, but don't feel forced to get an oval frame if you don't want to. As long as the rectangular frame you select has no harsh corners or angles, and biases instead towards curvy top and bottom edges, it will work nicely. You can also opt for the curvier "butterfly" shapes. Whatever shape you pick, just make sure that it's at least somewhat curvy.

All Other Face Shapes

In all reality, very few people have a clearly defined face shape. So you really just want to work with the strongest elements of your face. Follow your jawline for overall facial shape, and then figure out which of your facial features you want to play up or down. For example, if you have a big nose, don't pick a frame with a thick bridge (the part that connects the two lenses). If you have very arched or pointy eyebrows, don't select a

frame whose top mirrors that line. Instead, pick the opposite. Also, if you have strong or dark eyebrows, it is best not to pick thick black plastic frames, or any frame that has a very straight line across the top, or you will look like you have a "unibrow".

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