

CHOOSING A FRAME

Pick a shape that balances yet does not mirror the exact shape of your face. Follow these tips from Aileen Lane, managing director of Nutri-Style, a nutrition and image consultant company.

face shape: HEART

A frame with a rectangular bottom, and lenses that curve upwards help to even out the proportion of your face.



OUR PICK Marc Jacobs MJ030, \$263, from Paris Miki.

face shape: LONG

A frame with oval or round lenses. Avoid rectangular lenses which will make your face appear even longer.



OUR PICK Face a Face Level 4, \$630, from The Eye Place.

face shape: OVAL

Anything goes, as most frames will suit your face shape. Aileen advises avoiding lenses that are too oval.



OUR PICK Waza Titanium WA2128, \$598, from Paris Miki.

face shape: **ANGULAR-DIAMOND**

A frame that is narrower on top and broader at the base. Oval lenses will help to bring out your cheekbones.



OUR PICK Pilipe Sport PS52023, \$198, from Eyeplay.

face shape: **SQUARE**

A round or oval frame which draws attention away from your strong jawline. Cat eye frames reduce the angles of your face, and frames with rimless bottoms work as well.



OUR PICK Nomad 1307N, \$195, from Capitol Optical.

face shape: **ROUND**

A frame with rectangular lenses or those that curve upwards. Aileen suggests staying away from lenses that are very round as they will accentuate the roundness of your face.



OUR PICK Zio Z72 Col 34 (price unavailable) from Frames and Lenses