



How to Find the Best Frames for Your Face Shape

INTRO

When considering what type of glasses frames would best complement your face shape, one rule is paramount: Opposites attract. Instead of looking for frames that mirror your facial shape, you should seek out options that bring balance to your curves and angles. This contrast creates an optical illusion (no pun intended) that can make your face look thinner and perfectly proportioned, while highlighting your cheekbones, eyes, and other features. The right pair of glasses will make a broad forehead appear narrower or soften a pointy chin.

Glasses are a permanent or semi-permanent feature for many. Finding frames that accentuate certain characteristics while softening others may seem like the objective, but the most important thing is finding frames that you can live in comfortably. Ultimately, the decision is up to you. With so many glasses brands and styles out there, the choices can be overwhelming. This guide suggests styles and shapes of frames that might appeal to you based on your facial features. Advice from friends, family, and your [optometrist](#) can also be helpful when choosing the frames that work best for you.

WHAT YOUR FACE SAYS ABOUT YOUR FRAMES

> OVAL

Oval is one of the most common face shapes and also the most versatile when it comes to selecting flattering frames. An oval face has strong and balanced features and is evenly proportioned, which makes selecting frames easier than with other facial types. Frames should have a thick,

strong bridge and be wider than the widest part of the face. Glasses that are too large or bulky, however, will overpower the face, making it appear less symmetrical and obscuring your eyes. The best frame styles for people with oval faces are cat-eye, rectangular, wayfarer, and square.

> ROUND

Round faces have soft lines and, like oval faces, tend to be highly symmetrical. Square or angular frames can make a round face look thinner and more balanced. Those with round faces should avoid frames that mirror their facial type. Round or rimless frames only make the face appear smaller and more circular, and

delicate frames can often get lost in the features and plane of the face. Selecting frames with sharp corners and angles accentuate pleasing facial characteristics, like cheekbone arches or a delicate nose. The best frames for people with round faces are cat-eye, rectangular, wayfarer, and square.

> SQUARE

Square faces tend to be as wide as they are tall with sharp, strong angles. The right choice in frames can help soften these edges and enhance the harmony of your features. Glasses for square faces should sit high on the bridge of the nose, and a round or oval frame shape can elongate the face.

Boxy, angular frames should generally be avoided. But, a set of frames with gentle curves can make a broad chin or forehead appear less prominent. The best frames for people with square faces are oval, round, and wayfarer.

› DIAMOND

Diamond is the most uncommon face shape, which can make finding suitable frames difficult. Those with diamond faces, however, can also get away with some of the more creative designs. A sweeping cat-eye frame helps accentuate cheekbones and other features, which can be quite delicate and narrow. Rimless or

semi-rimless frames help balance the face without drawing excessive attention to the glasses. Thick frames are also widely recommended for this face type. Narrow and boxy frames should be avoided. The best frames for people with diamond faces are cat-eye, rimless, semi-rimless, and round.

› HEART

The right pair of glasses can help bring balance to a heart-shaped face, with its wide forehead and narrow chin. This can be best achieved by finding frames with low-set temples and bottom-heavy rims, where the bottom half of the frame is thicker and more pronounced than the top half. Round eyeglasses or rectangular

frames with curved edges will also draw attention away from a broad forehead. With a heart-shaped face, boldly colored frames should be avoided, as this tends to accent the forehead. The best frames for people with heart faces are cat-eye, rectangular, and wayfarer.

OTHER CONSIDERATIONS

› SKIN TONE

People with fair skin should generally stay away from frames that use bright and bold colors. The contrast these create with light skin can make the wearer look pale or washed out. Neutral colors like beige, brown, or tortoiseshell work best for those with a fair complexion. You can always add embellishments or other details to the frame to create a more personalized style. If your skin is darker, it makes sense to

avoid darker or neutral-colored frames, as these won't stand out or give your features the definition they deserve. With darker skin, you have more freedom to be bold and choose wild colors like orange, purple, or maybe even a pink. Browns, tans, and gold won't do as much for you as a pair of colorful frames that will make your features pop and lend your style some distinction.

› WARDROBE AND CONTEXT

When selecting your new frames, you also need to think about the context in which you'll be wearing them. Are these only for driving? Do you wear them throughout the day, even at work? Are these mostly for reading? Why you need your glasses and what you wear with them can also have some bearing on the best frame choice.

If you wear your glasses in a professional environment, you may want to select conservative frames that match your work wardrobe. If you only need glasses for driving or watching the kids' Sunday soccer game, you might feel more at liberty to take a risk and select a unique style.

› ACTIVITY LEVEL

While style and color matter when selecting frames, you also want to consider their material. Not everyone needs ultra-durable or flexible frames, but for some—usually those with more active lifestyles—resilient frames are a must. Nylon, titanium, and

flexon are three lightweight and durable frame materials that complement an active lifestyle, whether that involves wrangling a herd of toddlers or training for a marathon.

Remember, the most important aspect of frame selection is your comfort! At ETF Eye Care (formerly Evans, Taylor, & Finney Eye Care), we have over 40 years of experience in helping our patients find frames that suit their faces and lifestyles. Come in today and let us help you select your next pair!



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