

Selecting the Most Flattering Frames for Your Face

Picking out a new pair of eyeglasses frames is an opportunity to try on new looks and toy with the idea of transforming your personal style – perhaps a more playful look this time around or something sleek and sophisticated – there are so many options, even if you ultimately settle on something similar to your last pair, the process of choosing can feel like an adventure.

Of course, while perusing pictures of frames online or scanning the shelves at your eyewear retailer, it's much easier to pick out colors and shapes you find appealing than it is to determine if they'll look right on your face. You've probably experienced the disappointment of finding a frame that looks perfect on the rack, only to discover it doesn't suit you at all once you try it on.

Here are some tips to help you get a better feel for which frames are likely to look good on you before you try them on.

Before you begin, find out if your prescription comes with any special requirements. Nothing is more disappointing than settling on the perfect pair of frames and then finding out your lenses aren't a good candidate for them. For example, depending on how thick your lenses are, you may be discouraged from choosing rimless frames. And you'll find that progressive lenses are more effective in frames with some height to them to allow for a more gradual prescription adjustment.

Once you know if there's anything to avoid based on your prescription, you'll want to consider the shape of your face and your skin coloring.

As a general rule, faces come in five different shapes: oval, round, heart, square, and oblong. You'll find websites that list additional variations of these, but these are the core choices.

To determine which shape most closely matches yours, [New Beauty Magazine](#) recommends that you stand in front of a mirror, pull your hair away from your face, and use an eye or lip pencil to draw dots at intervals around your hairline and jaw. When you connect the dots, you should be able to tell approximately what shape you're working with.

Your glasses frames should contrast your face shape. So, if you have a round face, look for angular or rectangular frames. If your face is square or oblong, try oval frames or frames with more depth than width. For a heart shaped face, look for frames that are narrower at the top than at the bottom.

Your skin tone is likely to be either cool or warm. A cool complexion tends to look more pink or blue beneath the surface, while a warm complexion leans toward peachy, yellow, or golden tones. It's also possible that your skin is a fairly even mixture of both. If you're not sure which category you fall into, ask yourself what color jewelry or watch looks best on you. A cool

complexion looks best in silver or platinum. People with warm complexions look best in golds and coppers.

If you have a cool complexion, try glasses frames in black, silver, blue-gray, plum, pink, or dark tortoise. Warm complexion folks will generally look better in camel or khaki, gold, copper, orange, bold red, or warm blue frames.

Ultimately, the best way to select a flattering style is to try the frames on and look in the mirror (or if you're too nearsighted to tell how they look in a mirror, you can ask for a pair of contacts to wear temporarily during the selection process or take selfies and view them with your prescription lenses on). But if you're able to narrow down your options a little before you start, you may be able to save yourself some time and disappointment.

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