

The best eyeglasses for your face shape



If you're a glasses wearer, you know that the frames can completely make or break your look. We get it! They may be essential for your eyesight, but they're an accessory all the same. So choosing correctly is extremely important.

There are lots of factors to base your choice on, including your personal style and coloring (eyes, skin, hair) -- but perhaps the most universal is your face shape. There are five basic shape categories that most of us fall into. If you don't fit one perfectly, go for the one that is closest to your shape. As with any body feature, there are all kinds of variations.

For those with a square face shape, be sure to avoid glasses with hard lines that might make your face look boxy. A frame that is wider than the widest part of the face helps to balance the proportion of a square face."

Heart-shaped faces, those with a chin much thinner than their forehead, need to find shapes that balance the width of their face. Blumenthal suggests trying to "minimize width at the top of the face" by choosing frames that widen at the bottom. Oval faces are the luckiest, as they can pull off almost any style. You may want to balance the curve of your face, so choose square, rectangle or upswept glasses to balance your face.

Oblong, or long face shapes, will see much more length than width. You'll want to choose frames that are larger, to break up the length of your face. Those with round faces will want to choose frames that add angles, are structured and slim. Lenses that are wider than they are deep, as well as those with dark frames help define a round face.

A final thought -- and all-around good advice -- Blumenthal told us that "for eyewear in general, juxtapositions work best: the more angular your features, the rounder your glasses should be and vice versa."



Face Shape: Heart

Heart shaped faces are characterized by an upside-down triangle appearance, in which the forehead is significantly wider than the chin.

The pointed chin makes this the softest of faces.

Try frames that are thin, light metal or plastic, and slightly rounded. Oval shapes are good for heart faces, as are glasses with a broader bottom than top. This will bring balance to the width of your temples, and make the point of your chin seem less severe.

Broader bottom
than top

Oval shape



Thin frames

Slightly rounded





Face Shape: Oblong

If you have the oblong, or simply long, face shape, your face will be longer than it is wide. It is typically very symmetrical, but the wrong frames can elongate you even more.

Look for a pair of round or square frames that have more depth than width. You'll want to break up the long lines of your face, so decorative or geometric frames work as well.

Frames with more depth than width

Square frames



Round frames

Geometric or decorative frames





Face Shape: Oval

Those with an oval shape are the luckiest of all! Your face will have cheekbones higher than the middle of your face, and your chin will be a bit narrower than your forehead, though not by much. Why are you luckiest, you ask? Because most -- pretty much all -- frames will look great on you.

You might want to avoid significantly rounded frames, as the general rule is to go for the opposite of your shape. Upswept corners will emphasize your cheekbones and make your jaw appear thinner and more angular.

Almost every
frames except
round frames



Upswept corners





Face Shape: Round

Round faces have full cheeks without many angles. The width and length of your face is roughly the same.

Avoid glasses with a lot of curves in them, any that mimic your face shape. Instead, go for straight, angular frames that will add more structure to your face. Darker frames are also helpful, because they draw attention to the lines of your glasses, and define your face. Finally, choose lenses that are wider than they are deep.

Straight frames

Dark frames



Angular
Frames

Lenses that
are wider
than deep





Face Shape: Square

Square-faced individuals have a lot of angles. From your cheekbones to your jaw, your face is very defined.

To soften the angles in your face, go for a low-profile pair of glasses. "A frame that is wider than the widest part of the face helps to balance the proportion of a square face," Blumenthal tells us. A defined top of the glasses will draw the eye away from your jawline, and slim, barely there frames add delicacy.

Frame wider
than the widest
part of the face



Defined top
of the glasses

Low profile
glasses



Frame wider
than the widest
part of the face



Defined top
of the glasses

Low profile
glasses





Glasses for Round Faces Defining Features

Round faces are defined by softer features.
You have full cheeks and
your face is almost as wide as it is long.

Angular frames provide a stunning contrast
and will complement your lovely round face.
Avoid round frames, which will reinforce your core shape.

Best Shapes for You



BUTTERFLY



SQUARE



YES



YES



NO

Jewelry that Compliments a Round Face



When it comes to styles that suit a round face, the effect of different hair styles and necklines is fairly dramatic. More subtle, though, is the effect of jewelry on the face. The shape of your jewelry really can make a difference in your overall look, though. By choosing necklaces and earrings that flatter your round face, you can put the perfect finishing touches on your look.

General tips To show off your round face to its best advantage, you'll want to wear jewelry that adds length and contrasts with the curves of your cheeks. Almost anything long and dangling is a good choice for a round face. Conversely, stay away from round shapes that can exaggerate full cheeks. If you really like curvy shapes, though, opt for elongated ovals, teardrops, and spirals instead of perfect circles.

Necklaces for a Round Face

Go for length A round face is set off best by a necklace that adds length to the face and draws the eye downward. Necklaces between 24" and 30" tend to work best. On the average woman, these will hang somewhere between just above the bust line to down into the cleavage. In most cases, a necklace with something eye-catching, like an oblong pendant, just above the bust with work best. A necklace of 20" can also suit a round face, but anything less than that will be too short. T-style necklaces are another good choice. These are necklaces in which the two sides of the

chains join together in front and support a dangling pendant. Again, the low-hanging focal point draws attention downward and slims the face. Pair one of these necklaces with a V-neck top and you'll have a look that really shows off the natural beauty of your round face.

Steer clear of chokers Stay away from chokers or short necklaces that tightly encircle the neck. These add fullness to the neck and face, which is the last thing you need. If you really love chokers, though, pick one with a long and elongated pendant or stone hanging in the center.

Choose the right beads and pendants Round pearls, beads, gems and pendants are best avoided if you have a round face. Pearls and gems can look good, but choose ones with angular or irregular shape such as teardrop-shaped stones or freshwater pearls.

Earrings for a Round Face

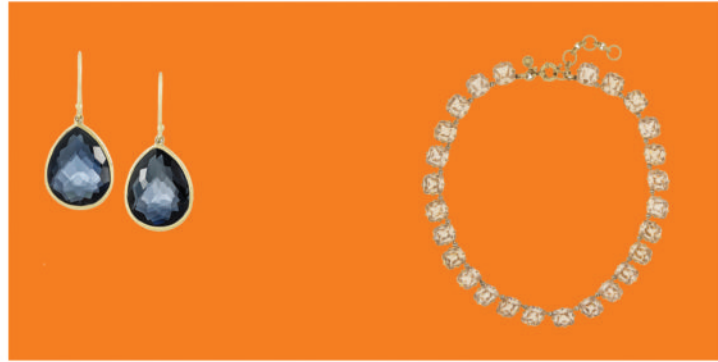
Pick angular shapes Almost any shape of earring suits a round face, but contrasting shapes will be the most flattering. Go with angular, geometric shapes like squares, rectangles, oblongs, and spirals. Earrings should be fairly long to draw attention downward. Long, slim, dangling earrings are most effective at this. Drop earrings that fall past the jawline are another good choice. Ear clips in oval or stick shapes also compliment a round face nicely.

Wear curves with care Avoid circular hoop earrings and button earrings, as these tend to exaggerate roundness in the face. If you like curves though, go with elongated ovals or teardrops instead of circles.

The way jewelry compliments your face shape is relatively subtle, but it can make a real difference in your appearance. If you have a round face, wearing jewelry with angular, elongated shapes will set off the contours of your face beautifully.



NO



YES

