
Which glasses look best on You?

You should try on every pair of glasses in your office to find out how each pair looks, but narrowing down your choices can save time and frustration.

This brochure is designed to help you match your frame to your face shape and skin tone. There are four keys to choosing the correct frame for your face.

The frame shape should contrast with face shape type.

The frame size should be in scale with face size.

Frame color should suit your skin tone.

Your prescription.



About the Doctors

Abbey C. Hoffman, OD is a graduate of the University of Indianapolis and a 2002 graduate of Indiana University School of Optometry. Her eye care interests include specialty contact lenses and ocular disease. She has extensive experience in the co-management of LASIK patients. She and her husband live in Greenwood with their two children.

Regina R. Harvey, OD is a graduate of Marian College and a 2002 graduate of Indiana University School of Optometry. Her eye care interests include pediatrics and contact lenses. She lives in Franklin with her husband and daughter.



Choosing the Best Frames for the Look You Want



Quality eye care for you and your family.

South Grove Eye Care, PC

2020 S. State Road 135
Suite 200
Greenwood, IN 46143

Phone: 317-535-EYE 5 (3935)
Fax: 317-535-3905
www.southgroveeyecare.com

Tel: 317-535-3935

our Frames, our Look

ur staff guide you in the making the best
e decision for you. We can help
w your frame selection based on
face shape, color that suit your skin
and your prescription.

e Shape Types

Round face has circular lines with the
width and length in the same propor-
tion and no angles. Avoid round
frames, try angular narrow frames to
soften the face. Rectangular frames
work well.

Oval shapes are considered ideal and
are the most rare. Look for frames
that are as wide or wider than the broad-
est part of the face, or walnut-shaped
frames that are not too deep or narrow.

Oblong face is longer than it is wide and
has a long straight cheek line.
Choose frames with a bit wider top to
balance depth and decorative temples.
Frames with temple attachments look nice.

Base-down triangles have narrow
foreheads that widen at the cheeks.
Choose frames that are fit to largest part of
facial area and bolder looks. Cat-eye shapes
work well.

Base-up triangle is wide at forehead and
small at chin. Try frames that are
wider at the bottom, light colors and
materials. Rimless frames work well.

Diamond shapes are narrow at eye line with
dramatic cheek bones. To bring out
eyes and highlight cheeks, try oval and cat-
eye shapes or rimless styles.

A **square** face has a strong jaw line and a
broad forehead, plus width and length
are in similar proportions. Try on
frames with narrow vertical depths, high
temple attachments, and oval shapes. Avoid
square shapes.

Skin Tones

Knowing your personal skin tone will
help determine what frame colors to
choose.

Winters are usually brunettes with dark
colored eyes. They have yellow-olive or
dark skin with blue or pink undertones.
Many Asians and African-Americans fall



in this category.
Good colors are
white, black,
navy blue, red,
and icy colors.
Avoid pastels,

beige, and orange. **Summers** tend to be
natural brunettes or blondes with pale ey
Pale skin and pink undertones are
common. Good colors are pastels and so
neutrals like lavender, plum, rose-brown
soft-blue. Avoid orange and black.

Autumns tend to be brunettes with
brown hair and golden brown eyes and th
skin has golden undertones. Good
colors are camel, beige, orange, gold, and
brown. Avoid blue tones such as na- vy.

Springs often have straw or red hair with
blue or green eyes. Skin is creamy white
with gold undertones. Good colors are
camel, peach, golden yellow, and golden
brown. Avoid dark and dull colors.

Your Prescription

If your prescription is mild, styles will not
affect the look of the lens significantly.
Moderate to high prescriptions need to
choose smaller frames and lenses need to
be made of lightweight and thinner mate- ri-
als with anti-reflective coatings. This will
significantly improve your look and visio

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