



PICK YOUR PERFECT PAIR

National Sunglasses Day, June 27th, is just around the corner, and we're celebrating by encouraging people around the globe to protect their eyes from harmful UV radiation while putting their personal style on full display. You can get in on the action by sharing a selfie of yourself to social media with the hashtag **#SolarFlair**.

Still searching for the perfect pair of sunglasses to show off your **#SolarFlair**? With hundreds of brands and thousands of styles, picking your perfect pair of shades can feel daunting.

Get ready to show off your **#SolarFlair** with these 6 easy steps:

1. Check for UVA and UVB protection

First and foremost, your perfect pair of sunglasses **must** offer both UVA and UVB protection. Sun-safe eyewear is crucial in preventing serious long and short-term eye damage.

2. Determine what activities you want to do in your sunglasses

Not all sunglasses are created equal! Some shades are best for lounging around the pool, while others are specially designed for activities like cycling, running, or even reading in the sun. By figuring out how you plan to use your sunnies in advance, you're helping to ensure optimal fit and performance.



3. Pick a lens

The right sunglass lenses can make all the difference! Make sure to choose a lens that fits your needs and personal style. Here's a rundown of the basics:

- **Anti-Reflective:** Dramatically reduce distracting reflections, improving contrast and comfort in difficult lighting situations
- **Impact Resistant:** Good for high-impact sports, lenses sold in the U.S. for this purpose must be capable of withstanding impact testing
- **Mirror Coated:** Reflect light across a wide spectrum, including infrared or heat rays
- **Photochromic:** Automatically darken and lighten to provide the proper level of protection and comfort in varied lighting conditions
- **Polarized:** Filter out reflected glare from shiny surfaces (i.e. water, pavement and dashboards) and improve contrast and visibility, while reducing squinting and eye strain

- **Wraparound:** Shaped to keep light from entering the eye at various angles
- **Scratch Resistant:** Significantly durable, created to minimize abrasions

4. Pick a frame

Frames come in every shape and color imaginable! Follow our easy tips and tricks to pick the frames that are right for you:

Comfort is Key: Choosing frames that are comfortable to wear for prolonged periods of time is essential when picking out a new pair of sunglasses. It goes without saying that if the sunglasses don't fit well, they won't be worn. This is especially true when choosing frames for specific outdoor activities, such as running, skiing, or playing outdoor sports, so individuals should talk to their eyecare provider about their sunwear needs to ensure they find the right frames.

Opposites Attract: A good rule of thumb to follow when picking out a pair of frames is to choose a silhouette that is the opposite of and in proportion to the face shape.

See below for what frames are best suited for your face shape:

- **Heart** – Choose slightly rounded frames that dip between the eyes to break up a wider forehead. Frame suggestions include: aviators, butterfly styles and rimless options
- **Oblong** – Choose deep frames to minimize facial length, as wide oversized shapes bring proportion to the face. Frame suggestions include: oversized styles and wraparound profiles
- **Round** – Choose slightly angular frames that will create a narrowing effect. Frame suggestions include: rectangles, squares and sporty or squared-off retro styles
- **Oval** – Choose a size that's in proportion to the face. Frame suggestions include: pretty much anything! People with oval face shapes should have fun and play around with classic silhouettes or trendy shapes
- **Square** – Choose round, oval or curved frames to soften the face and jaw line. Frame suggestions include: rounded or oval Jackie O-inspired styles, cat-eyes and semi-rimless frames with soft curves

Create a Sunwear Wardrobe: Sunwear is not only a health necessity, but a great fashion accessory. Popping on a pair of sunnies can pull an outfit together in an instant, or turn a go-to ensemble into a completely different look. Having an arsenal of stylish frames to rotate through is a great way to have fun with outfits.

5. When in doubt, consult a professional

If you're still unsure of where to start, don't hesitate to consult a professional! Reach out to your eyecare provider or head to a reputable sunglass shop to find the perfect fit.

6. Snap a pic!

Sunglasses not only protect your eyes, but your shades can help you look, feel and perform your best. Once you've found your perfect pair, share your style on social media with the hashtag **#SolarFlair**.