



New glasses, new you: How to find the right frames for your face

If you wear glasses, a new pair can be one of the easiest ways to update or change your look. But often people find all of the options daunting – thick frames, rimless frames, colors, etc. But it doesn't have to be. Understanding your face shape is the first step. And if you'd like some help, our opticians are trained to help you find the best frames, and lenses, for you, regardless of your needs and lifestyle.

Face shape and frames

The key to finding the right pair of frames is achieving balance. Consider your face shape:

Oval – This shape is considered to be ideal because of its balanced proportions. Select frames that are as wide, or only slightly wider, than your face.

Round – This shape is full with few angles, and the width and length are equal in proportion. Choose wider frames to make your face look longer and thinner.

Diamond – This shape is narrow at the eyeline, with a small forehead and chin. Select frames that are straight or round, and are heavier on top.

Square – This shape has a strong jaw line, broad forehead, wide chin and cheekbones. Choose wider frames that are heavy on top to make your face look longer.

Triangle – This shape has a wider forehead and high cheekbones, and gradually narrows to the chin. Add width below the eyes by choosing frames with light colors, delicate metal or rimless frames.

Oblong – This face shape is longer than it is wide. To make your face appear shorter, choose frames that are deeper than they are wide.

If you are looking to buy a new pair of glasses or have questions about what eyewear is right for you, stop by and talk to one of our opticians. To find your nearest Mayo Clinic Health System optician, please visit mayoclinichealthsystem.org.