Women’s Sunglasses Fit Guide

FACE SHAPES

Find the best styles to flatter your face.

OVAL

Your face has round or oval-shaped features, and your best glasses are likely to be those that have gentle lines. Our most popular styles include aviator, oval, cat-eye, and cat-eye frames. Try on different styles to find the perfect fit.

SQUARE

You have a prominent jaw line and your face is the same width at your forehead and chin. A pair of glasses needs to balance your angular features, and the best styles for you are those that are round, oval, cat-eye, or round. These frames balance your face without being too bold.

ROUND

Your face is almost as long as it is wide, with your cheekbones and jawline meeting at the same point. This shape adds a touch of femininity and softness to your face. The best styles for you are those that are angular, square, or round. These frames highlight your features without being too bold.

HEART

Your face is widest at the forehead and narrows down to your chin. A pair of glasses needs to balance your angular features, and the best styles for you are those that are oval, cat-eye, or oval. These frames help to elongate your face and create a more balanced look.

SIZE

If you have a pair of glasses that fit you perfectly, take the dimensions and use them to ensure that your new glasses will fit just as well. The measurements are often written as three consecutive numbers on the arm: Lens Width, Bridge Width, Temple Length. If you can’t find the measurements on the arm, it’s easy to measure them yourself. (Remember to measure in millimeters)

BRIDGE WIDTH

The distance between the lens and the bridge, which is the part of the glasses that sits on your nose. Smaller measurements are for narrower bridges, while larger measurements are for wider bridges. Normal range: Approximately 14mm-22mm.

LENS WIDTH

The width of the lenses is taken from the tip of the lens to the tip of the lens. This measurement is important because the lenses will sit on your face. Normal range: Approximately 45mm-52mm.

TEMPLE (CIR ARM) LENGTH

The length of each temple is taken from the tip of the arm to the tip of the temple. This measurement is important because the temples will sit on your face. Normal range: Approximately 120mm-155mm.

LENSES

Learn what your lens can do for you and which ones work best for your lifestyle.

LENS TREATMENTS

Keep in mind that darker lenses do not protect against UVA radiation. If you wear lenses for sports and outdoor activities, it’s best to choose lenses that have a UV protective coating. UV protection is especially important for sport and outdoor activities.

LENS COLORS

Different lens colors make your eyes look differently than they really do. They also affect the way you see colors and the way you see the world.

GREY

Reduces glare and shows less color. Ideal for everyday use, especially in strong and variable light.

BROWN

Improves contrast and provides a neutral tint to enhance depth perception. Suitable for golf, tennis, bowling, and any sport where you need to judge distance.

YELLOW

Enhances contrast, providing greater clarity in low-light conditions. A great choice for driving and recreational biking, but not so good for an environment that requires accurate color perception.

GREEN

Improves all colors equally, so it’s closer to natural eyesight. Great for general purpose use and all outdoor activities.

PINK & RED

Contrasts visual detail and improves contrast. Because they provide a contrast against green or yellow environments, they’re ideal for water sports.