



EYEWEAR GUIDE

Frames for Your Face Shape



HEART FACES

Frames that are wider at the bottom and narrower on top can balance out your features and draw attention to your eyes.

Avoid strong horizontal lines and thick rectangular frames.



ROUND FACES

Contrasting colors on the outer edges or angular shaped frames can add definition and balance to your features.

Avoid deep lens styles and small, round shapes.



SQUARE FACES

Round or oval frames can soften the angles of your face and bring more dimension to your features.

Avoid rimless and frames with high nose bridges.





Metal vs Plastic Frames

Metal frames tend to be more lightweight and durable than plastic, making them a great option for those that tend to be harder on their eyewear. Titanium is commonly used as it is strong, lightweight and anticorrosive. Metal frames are accompanied by nose pads which can add additional comfort to your frame by allowing for repeated adjustments for a better fit.



Plastic frames come in a wider variety of shapes and colours and are great for those with metal allergies. Acetate is a commonly used material and has the advantage of hiding the thickness of lenses in strong prescriptions. Some favour the lack of nose pads as they find the fit more comfortable.

All frames will weaken with time as materials will become brittle or unable to handle the adjustments associated with continued wear.





Online vs Optometrist

Purchasing eyewear from your Optometrist guarantees high quality materials and modern technology along with precise measurements such as pupil distance and optical centers. This results in the most accurate vision possible. Online vendors typically place optical centers halfway up for the lens when in actuality most people are looking through the top portion of their lenses. This can greatly affect the vision of astigmatic and progressive prescriptions.



Care Tips

- Have your glasses serviced regularly to prevent loose screws, dirt build up in grooves and nose pad oxidation.
- Ensure any spray or lens wipe cleaners are alcohol free as alcohol can ruin lens coatings.
- Always spray glasses before wiping them with a cloth as you do not want any debris to be pressed into the lenses while cleaning.
- Never use hot water, saliva or paper towel to clean your glasses as these are damaging to lenses.
- Avoid leaving your eyewear in direct sunlight or hot vehicles as heat can damage lens coatings.





Dr. Shonah Finlay
Doctors EyeCare Grande Prairie

Our Unique Brands

At our clinic, we take immense pride in offering a curated selection of frame brands sourced from around the world, setting us apart from conventional eyewear providers. Our commitment to exclusivity ensures that you have access to designs and craftsmanship that embody diversity, innovation, and quality.



Founded in Paris in 1923 by Louis LaFont, the brand is still 100% manufactured in France.



Woodys, designed in Barcelona, was founded in 2013 by Josep when he made his first frame from skateboard scraps.



Founded in 1996 in Vancouver, they have an avid passion for fashion with the goal to portray eyeglasses not as a necessity, but an accessory.

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