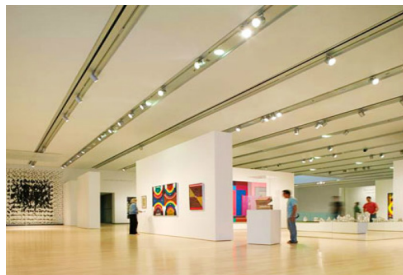


Finding Your Perfect Summer Sunglasses

Written by By: Vanja Veric

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With the summer sun in full swing, it's critical to remember the importance of UV protection while you're out at pool parties, barbecues and engaging in outdoor activities this season. One of the most delicate parts of your body is often the most neglected when it comes to sun protection--your eyes. We're breaking down how to find the perfect pair of sunglasses to protect your gorgeous peepers.



Importance of Eyewear Sun Protection

Most of us know the importance of protecting our skin from damaging UV rays but very few think about the importance of protecting your eyes from sun exposure.

New research by the American Optometric Association shows only 47 percent of Americans say UV protection is the most important factor when purchasing sunglasses.

This is most important particularly in the summer when UV radiation is at least three times higher than it is in the winter. Sun damage to your eyes can contribute to cataracts, macular degeneration and growths on the eye, including cancer. The more UV protection your sunglasses offer, the better.

This doesn't necessarily mean that the more tinted a pair of sunglasses are, the better they will protect you. UV protection information is typically found on the price sticker or hangtag of any pair of sunglasses. If you can't find the UV protection information on a pair, keep walking.

Dennis Robertson, M.D. ophthalmologist with Mayo Clinic, says that UV radiation from the sun can damage not only the skin of your eyelid but also the cornea, lens and other parts of the eye.

"When you're choosing sunglasses, look for UV-protection details on product labels. Choose sunglasses that block 99 to 100 percent of both UVA and UVB rays," Robertson says. "Skip sunglasses that are labeled 'cosmetic' and those that don't offer details on UV protection. Opt for larger lenses rather than smaller lenses — or, better yet, the wraparound variety."



Finding Your Best Sunglasses

While UV protection is top priority, it's also important when picking out sunglasses to choose a pair that is flattering for your particular face shape.

Oval Faces:

Also known as the universal sunglasses face. Those with a more oval face shape can pull off almost any style of frames so feel free to experiment with all the latest trends and styles.

Round Faces:

To those with a more round face, proper sunglasses should work to make the face appear longer and thinner. Go for wider frames in with more

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angled or rectangular styles.

Heart-Shaped Faces:

A heart-shaped face is one that has wide or high cheekbones with a narrow chin. Go for more oval frames in delicate styles that will accentuate your cheekbones without drawing a lot of attention to the forehead.

Square Faces:

A square faces consists of strong features like a broad forehead, high cheekbones and a square jaw. Opt for oval or rounded frames to reduce the angles and give a softer edge to your look. Cat-eye frames can also work to draw attention to the eyes and create a focal point of the face.



Top Sunglasses Trends This Season

Cat-Eye Frames: This style features angular frames that give off an old Hollywood glamour that add instant sophistication to any look.

Round Frames: Thank John Lennon for making these frames so popular. Round framed sunglasses are everywhere this season and don't seem to be going away anytime soon. These small frames will add a vintage boho feel to your summer look.

Ray Bans: First made popular back in the 80's, this retro frames add an edge to any look with their thick rims and wide handles.

Neon Looks: Neon is the "it" trend this season and sunglasses are no exception. In every imaginable shape and style, neon shades of pink, green and blue are popping up everywhere.