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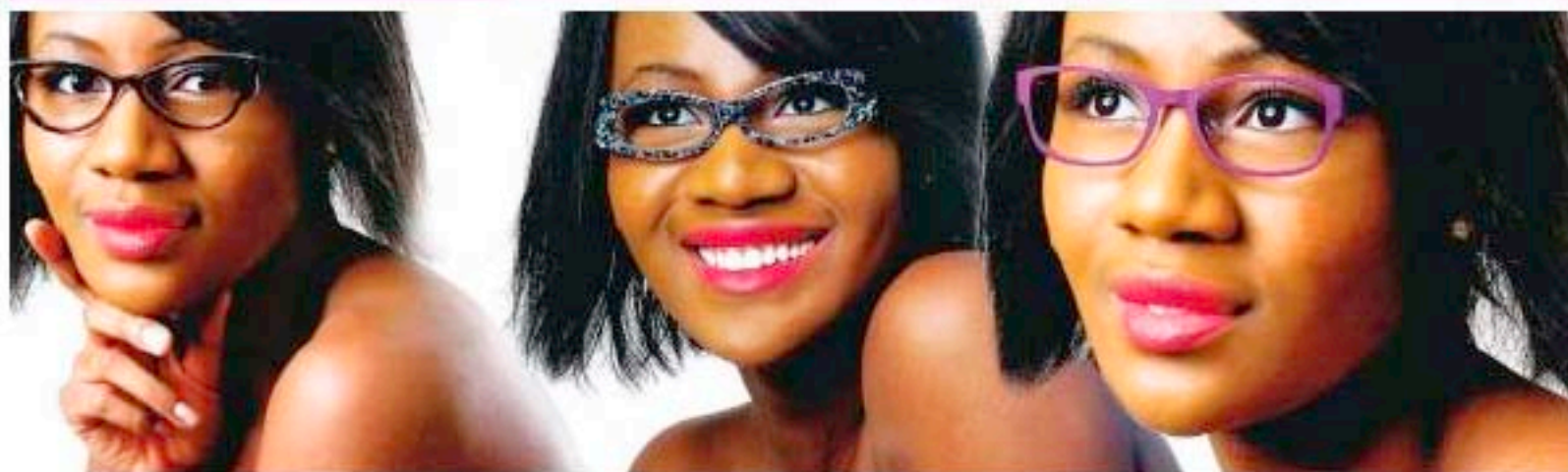
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LIFE



How to suit a narrow face

Smaller face shapes can make finding glasses more difficult — here are some tips. canoe.ca/narrowface



Ruth's turquoise and tortoise shell frames, left, with retro cat-eye styling (\$310, Josephson Opticians, josephson.ca) are another retro-inspired look. Cat-eye frames can be a great choice to draw attention to chiselled cheekbones. Ruth models a pair of black, white and blue frames, centre, that feature a slightly marbled style (\$425, Josephson Opticians). A pair of violet-coloured metal frames, right, (\$240, Fysh) features an oblong shape and turquoise swirls at the temples.

■ BOTH IS WITH ELEGANCE MODELING
■ MODEL AND PHOTOCOPY BY SUE REBEY



Red rectangular frames feature brown striped detail at temples (\$230, Klik, klik.com), square blue, brown and white frames (\$425, Josephson Opticians) and burgundy and turquoise green laminate cat-eye glasses frames (\$500, Josephson Opticians).

Slim rectangular burgundy metal frames (\$235, Klik) feature a streamlined shape that will suit those with smaller facial features

Dark purple elliptical shaped frames with decorative circular cut outs on the temples (\$240, Fysh, fyshuk.com) show off a seasonal trend of shapes and etchings.

Two-tone black and turquoise plastic frames feature a modern, oversized square shape (\$240, Fysh).

Who you calling four eyes?

Glasses are making a geek chic fashion statement in their own right

Whether you've been wearing glasses for years or have just been handed your first prescription, a new pair can give you a clearer outlook.

"Changing your frames instantly updates your look and is a great way to show off your style and your personality," says Kristie Whitford, a spokesman for The Vision Council, an organization that represents optical industry manufacturers and suppliers.

"Eyeglasses should be seen as accessories and be updated



HEATHER
TOSKAN
Style

just as you would update your shoes and handbags," says Anin Mandani, a vice-president with Josephson Opticians in Toronto.

Styles that mix materials include those with metal fronts and plastic temples.

"Translucent, patterned acetate is a definite trend that provides more depth and interest to plastic frames," says Beverley Sulzmann of Westgroup, producers and distributors of eyewear.

Leading edge styles trend toward architectural, earthy and oversized "geek chic" frames with a retro vibe. Fifties-inspired cat-eye shapes continue to gather steam, as do bold rectangular, square, and round shapes inspired by the '60s and '70s.

"The retro look in eyewear corresponds to the retro-inspired (clothing) looks that we saw on the runways and to the fact that Hollywood as a whole has really embraced the geek chic, retro look," says Sulzmann.

According to Whitford, celebrity-geek-chicers include Scarlett Johansson, Demi Moore, Emily Blunt, Avril Lavigne, Leighton Meester and Katy Perry.

Frame colours include black and bright colours and

two-tone laminates, while specific hues are violet, plum, black and red.

"The green movement has also had an influence on frame design. Natural earth colours are popular and eyewear designers are taking their cues from the environment with the use of natural materials such as wood and also in the development of new finishes to make plastic look like wood," says Sulzmann.

You'll want to be certain

that the frames you choose work for your face. Basic advice: Choose glasses that are opposite to your face shape.

"If you have an angular face, choose a slightly rounded shape. If your face is rounder you will want frames with angles. When selecting eyewear, the number one goal is to make sure the frame you choose creates balance with your face," advises Whitford.

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