

# Glam glasses!

## Monthly Feature: Which sunglasses are right for you?

By Helen Reynolds, Image Consultant, StyleStep

**C**hoosing a pair of glasses or sunglasses can be a real headache not to mention costly. Follow the advice below to help you in your quest to find the perfect pair for you!

**Size** – The size of your best glasses will depend on the scale of your body. Think about it in terms of your height, weight and bone structure. If you are petite you need a much smaller, more delicate pair than someone who is larger framed.

**Shape** – Is your shoulder line soft and rounded? Do you have a curve to your limbs and your waistline? If so you are likely to suit a more rounded pair of frames. If your shoulder line is more angular with straighter limbs and a less obvious waist, you will suit a more angular looking pair.

**Style** – Which clothing style do you feel your best in? Are you very neat and classic? Do you prefer something more dramatic that makes a statement? Maybe you feel good in a very feminine, girly style wearing lace and frills? Some people suit a very natural way of dressing, fuss free or maybe sporty? The style of your glasses needs to fit in well with the rest of your wardrobe and compliment your look.

**Colour** – And finally getting the right colour can make all the difference. If you have had your colours analysed you will already know your best shades and tones and which to avoid. If not, hold up a piece of gold and a piece of silver jewellery next to your face. Which suits you best? If you look your best in gold, you have yellowy undertones to your skin and you will look your best in warm toned colours. If silver is more striking then you have pink toned skin and you will suit cooler colours.

Black frames are very difficult to wear unless you have very strong colouring and strong eyebrows.

Following fashion in eye-wear may be fun but if the pair you fall in love with doesn't fit in with your overall image you are wasting your hard earned cash!

If you would like to find out how you can discover your unique style rules please get in touch.



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