



Lifestyle + Fashion Oct 16, 2017

## Enjoy your holiday – with glasses

What spectacle lens wearers should do before going on vacation

**Going on holiday – it's the best time of the year. But what should you do if you damage your glasses or have other vision problems when you're far away from home? And what precautions can you take so that poor vision doesn't put a damper on your vacation? BETTER VISION has some tips so that you enjoy your trip.**

### Smart holiday planning – preventative measures to ensure optimum vision

The more you need your glasses, the more important it is that you have a replacement pair for an emergency situation. We recommend obtaining a second pair before going on holiday, so that you always have them available in case you damage or lose your primary pair of glasses. This is particularly important for drivers because, in a worst-case scenario, you simply won't be able to keep travelling if something happens to your glasses. Some countries like Spain and Switzerland even require drivers to have a second pair with them while on the road.

### Indispensable: effective protection for your glasses

Neither glasses nor sunglasses deal well with extremely high temperatures. So watch out: in strong sunlight the temperature in your car can quickly rise to over 40° C, and the dashboard can heat up to over 80°. This means the same rule applies to all your different pairs of glasses: don't leave them out in the sun and make sure you put them in a safe place when you're not wearing them! Heat can damage the lens coating and the frames. It's best if you always keep your glasses in a case when you're not wearing them. A good case will protect them from direct sunlight and other potential damaging effects. Contact lens wearers should also store their contact lenses somewhere cool: contact lenses can be damaged if the temperature of the cleaning solution rises above 30° C. And

make sure you never use hot water to clean your glasses. Lukewarm water is best.

## Broken glasses on vacation – what now?

If you scratch your lenses, damage your frames or have problems with your contact lenses when you're far away from home, a local optician will be happy to help! Minor problems with your frames can usually be repaired in next to no time, and if the lens is scratched, your optician can usually obtain a suitable replacement quickly.

**Note:** as an international company, ZEISS has a global network of ZEISS opticians. Use our ZEISS optician search to find an expert near your next destination – no matter where your travels take you.

**Note:** if you suffer from serious vision problems, it may be advisable to go to a local physician.

## The ZEISS Online Vision Check

How well do you see contrast and color? Check your vision quickly and simply here!

[Start Eyesight Test Now!](#)

## Enjoy clear vision on the beach

– without getting sunscreen on your lenses

When spending time on the beach, it's particularly tempting to use a towel or T-shirt to quickly clean your lenses. This might be convenient, but tiny sand particles mean even doing this once can scratch your lenses, making them unusable. ZEISS lens cleaning wipes are gentle on your lenses, provide streak-free results and are just as quick as your sleeve. The exceptionally fine structure of the [ZEISS lens cleaning wipes](#) is moistened with a unique combination of cleaning agents, ensuring that your lenses aren't subjected to any of the aggressive substances contained in many lens cleaners. Good for you – and for your glasses.



## Uncomfortable vision in the blazing sun

Many travellers find unpleasant light reflections caused by strong sunlight irritating, for example, when sailing, surfing, skiing or hiking in the mountains. This is where an effective, individualised pair of [> sunglasses](#) can help. Water sports enthusiasts benefit from spectacle lenses with a [> polarisation filter](#) that minimises irritating reflections, whereas tinted sports eyewear with [> wrapped lenses](#) offers effective all-round protection against the sun, wind and more – making this the practical choice when hitting the slopes. There is a wide selection to choose from. Take the time to speak with your optician.

## The perfect tint for any occasion



It's more than just a fashionable accessory – don't leave anything to chance when selecting the tint for your sunglasses: there's a suitable option for every activity and for any weather. Whether it's for shopping in the city, enjoying comfortable vision when driving or if you want to protect your eyes against strong sunlight, such as when sailing or surfing, there's a tint for you. Tints range from subtle to showy – and they're all quite fashionable.

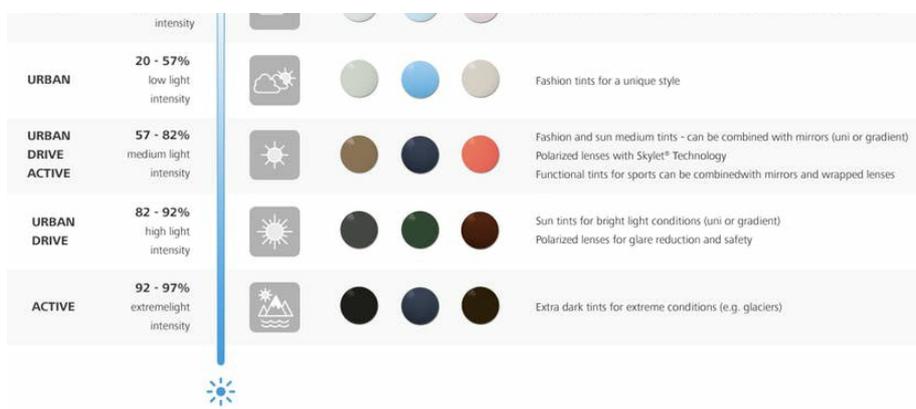
But which tint intensity is best suited for which activity? Here's a concrete overview. To simplify assessing and classifying the amount of glare protection, the protection levels available are divided into five filter categories.

1. For very low light intensity – ideal for cloudy days in the city or when sitting indoors: 0 to 20 percent tint. Recommended filter category: 0 to 3 – depending on the city and amount of sun.
2. For light sunshine – e.g. as a fashionable tint that compliments your unique style: 20 to 57 percent tint, optimally suited for driving. Recommended filter category: 2 to 3.
3. For medium-strength sunlight and additional glare protection – e.g. when driving, also well-suited for wrapped lenses: 57 to 82 percent tint. Recommended filter category: 2 to 3.
4. For strong sunlight – e.g. when sailing or surfing, also ideal for changing light conditions, including polarisation filter: 82 to 92 percent tint. Recommended filter category: 2 to 4.
5. For spending time in extreme light conditions – e.g. on the glacier or in the mountains: 92 to 97 percent tint. Recommended filter category: 2 to 4.

And needless to say, all our sunglass lenses feature 100% protection against UVA and UVB radiation.

[> Learn more about sunglass lenses from ZEISS](#)





## Spectacle wearers, don't forget that contact lenses are a practical and comfortable solution for your time on holiday

No matter whether you prefer wearing glasses or contact lenses, contacts are an especially convenient choice when travelling. Disposable contact lenses don't require any special care and are well-suited for many different situations. For example: they are a convenient replacement for your glasses when spending time on the beach. Contacts are great for swimming, work well with diving goggles and provide extremely clear vision, even under water. Daily contact lenses and a pair of non-prescription sunglasses also make an excellent combination. Dailies also save you the hassle of cleaning and storing them. You can simply throw out your dailies after wearing them and open up new ones when needed. This is a significant plus in terms of convenience and hygiene.

## Here are some tips for preventing dry eyes when flying

Contact lens wearers in particular are familiar with that unpleasant feeling which occurs after being on board an aeroplane for a while: your eyes dry out and your contact lenses suddenly become quite uncomfortable. Artificial tears, also known as rewetting drops, come in a handy small bottle and fit nicely into your carry-on. Putting these in your eyes provides long-lasting wearer comfort. Just ask your optician – they'll be happy to help.

But don't forget your extra pair of glasses! Have you heard about [> EnergizeMe spectacle lenses?](#) These are specially designed for contact lens wearers eyes after they've removed their contacts.

### My Vision Profile

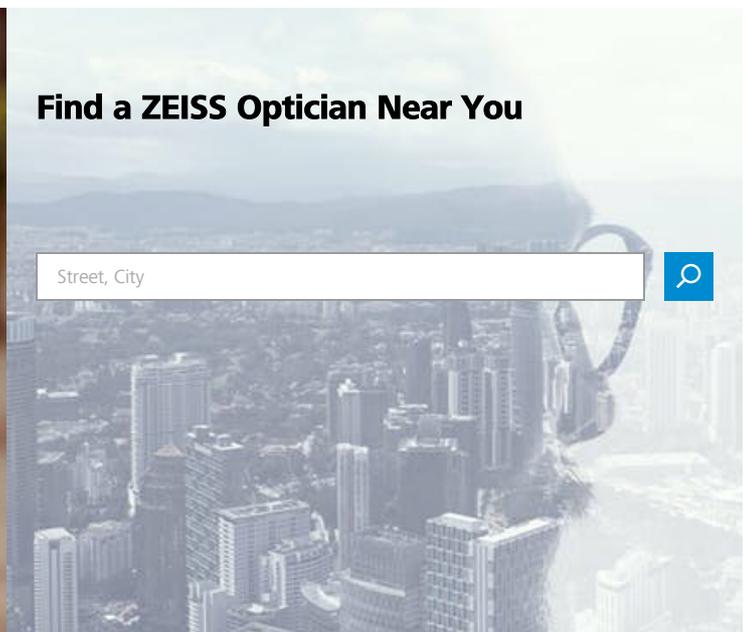
Determine your personal visual habits now and find your individualised lens solution.

[Check Your Vision Profile Now!](#)



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Street, City



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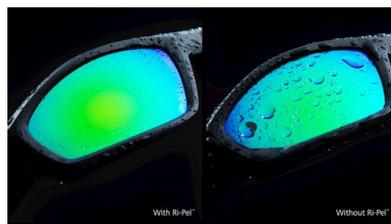
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