

Understanding Vision Oct 16, 2017

Which frame for what lens?

The perfect frame for excellent vision and a stylish look

Once you know what type of lenses you will need and you have chosen your enhancements, all you'll need to do is choose your perfect frame. Not every pair of glasses is for everyone and of course you will also have to keep some things in mind to ensure that your lenses are combined with the perfect frame.

It is impossible to make one-size-fits-all recommendation for matching the perfect frame with the ideal lenses. However, one golden rule does apply – you should not only consider the visual aspects when you choose your frame, but also discuss the following issues with your optometrist: Where and how will you use your glasses most of the time? What are some of your habits? Are you planning to wear your glasses, for instance, when participating in sports?

Rimless Glasses

Rimless glasses are very fashionable and elegant. They are also lightweight and do not interfere with the appearance of your face. However, some of them are more fragile. For these glasses, you should definitely consider [plastic lenses](#), given that they are far less prone to a risk of breakage than glass lenses.

Nylon Glasses

Nylon glasses are also extremely lightweight. These lenses are held by a nylon thread located in the top or bottom portion of half glasses, and in some cases also on the side of the frame rims. The result is the look of a partially rimless pair of glasses.

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Children's Glasses

> [Children's](#) glasses are usually fitted with plastic lenses to minimise the risk of injury due to glass breakage. Consequently, the frames you choose for children's glasses should also be very sturdy and break resistant so that the spectacles do not interfere with and restrict the child's mobility.

Sports Glasses

If you are planning to wear your glasses while participating in sports or if your job requires a lot of physical activity, you should definitely consider choosing a sturdy frame paired with plastic lenses. Frames made of metal or plastic are equally suitable. In particular athletic activities such as biking, running or ball sports call for a wrap frame to protect the eyes against wind, insects, debris, etc. If you opt for this type of frame, you will also need > [special lenses](#) that are concave.

Spectacles with Progressive Lenses

If your glasses are going to have > [progressive lenses](#), ask your optometrist to assist you with the selection of special frames so that you will be able to optimally use all areas of the lens for different distances. Given that the bottom portion of progressive lens is reserved for the reading area, minimum fitting heights are always stipulated for these to ensure that you can use the bottom reading range comfortably.

These heights are determined by the optometrist when he or she measures the distance from the centre of the pupil to the bottom end of the frame. As a result, not every frame can be used with progressive lenses.

Modern progressive lens generations, which come in what is called a "Short-Design", have been developed specifically for contemporary flat frame designs. Talk to your optician to find out more.

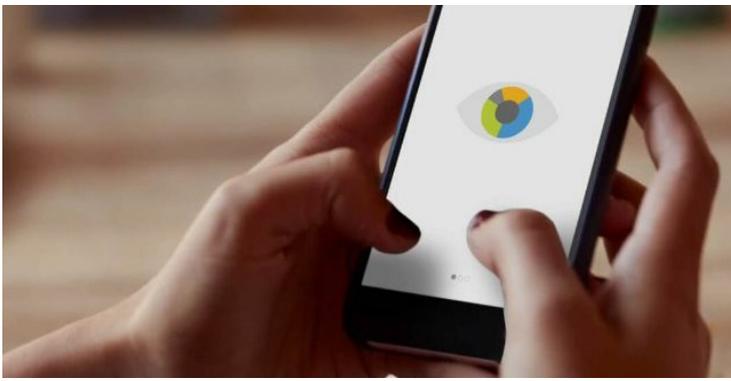
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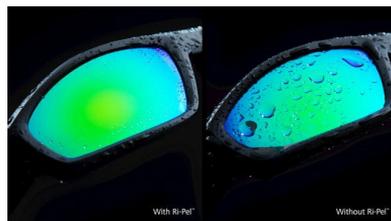
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