

The right frame for your face shape

According to the Vision Council of America (VCA) Envision Yourself program, there are three aspects to consider when choosing the correct eyeglass frame for your face shape:

The frame shape should contrast with the face shape.

The frame size should be in scale with the face size.

Eyewear should repeat your personal best feature (such as a blue frame to match blue eyes).

While most faces are a combination of shapes and angles, there are seven basic face shapes:



Oval

Oval faces look good in most styles of eyeglass frames. Find frames that are as wide or wider than the broadest part of your face.



Base-Down Triangle

A base-down triangular face has a narrow forehead and high cheekbones. To balance the width of the jaw, try semi-rimless frames or other top heavy styles.



Round

Look for frames that are wider than deep to help lengthen and narrow the face. Rectangle style frames often look the best.



Base-Up Triangle

To minimize the width of the forehead, try frames that are wider at the bottom or rimless styles.



Square

A square face has a strong jaw line and forehead. To soften the angles, try narrow frames, frames that are wider than they are deep, and narrow ovals.



Heart

Heart shaped faces have a broad forehead, wide cheek bones, and a narrow chin. Look for rimless, cat eye or butterfly frames to help balance the jawline and cheeks. Narrow, round frames can also help soften the forehead.



Oblong

Oblong face shapes are long and thin. Add more width to the face by using frames with more depth and/or decorative features.



Unsure what frames match your face shape?

We'd be glad to help you at our [office!](#)