

We have created this guide to help you feel confident about buying your glasses online. There is a small fortune to be saved by choosing the internet as your method for buying glasses online from this moment on. Reading and using this quick reference guide will help you to make the right decisions and ensure that the glasses you choose fit you properly, suit your face and more importantly, do the job that you want them to do.

1. How to choose a frame that fits

The picture below shows the measurements that are important to your frames. These measurements are shown on our site next to any of the products we have for you to choose from. If you already wear a pair of glasses that are comfortable, you can look for measurements which can normally be found on the inside of one of the frame arms. You can then compare these measurements to those next to a product on our web site.



These measurements will normally be something like 48 [] 17 135 which relates to lens diameter, nose bridge width and arm length respectively.

For your convenience we have included two more very useful measurements on our web site, the lens depth and overall frame width. We recommend that you consider the overall width measurement as the most useful because it is this, along with the nose bridge width which will result in you choosing a pair of glasses that will be as comfortable as your current frame.

2. How to choose a frame that suits

Oval Face: Your face length is roughly equal to one and a half times the width. Your face is well balanced with high cheekbones and a gently curving jaw line. Your forehead is slightly wider than your jaw.

Your in luck, most frame shapes suit your face shape. Just make sure the size is in proportion to your face.

Round Face: Your face is as wide as it is long and is fairly short in height with a wide forehead. You have full cheeks and a rounded jaw line.

Choose frames with lenses that are wider than they are deep and squarer in shape. Frames that have decoration where the arm meets the frame and with arms that meet the frame at the top would suit. Avoid big round frames that make your face look rounder.

Oblong Face: Your face is longer than it is wide with high cheek bones and a deep forehead. Choose wider frames and styles with a heavier top. Strong looking large square frames can often balance a narrow looking face. Avoid small subtle shapes.

Triangular Face: Your face is narrow at the jaw line with a small neat chin and mouth and wide at the cheek bones and forehead.

Choose a frame style that is slender, rounded or square but avoid a style that has a greater width at the top. This will tend to reflect the shape of your face rather than enhance your look.

Square Face: Your face is as long as it is wide with a deep forehead and a square jaw line.

Choose frame styles that are more rounded or oval and avoid slim square or angular shaped frames. *Note - If you are already wearing glasses and are happy with our style then simply choose a similar style.



3. Understanding your prescription

Making sense of your prescription is easier than you would think if you understand the jargon! Here are some terms used on your prescription:

SPH (sphere).

This is your correction for long or short sight. It can be a '-' value or a '+' value and goes up in 0.25 steps. 0.25, 0.50, 0.75, 1.00 etc.

CYL (cylinder).

The correction for any Astigmatism if you have one. It can be a '-' value or a '+' value and goes up in 0.25 steps. 0.25, 0.50, 0.75, 1.00 etc.

AXIS.

The axis for which the correction for the Astigmatism needs to be set at. It will only be present if you have a value in CYL. And can be a value from 0 - 180

ADD (addition)

Only required if you need to use glasses for reading and is always a '+' value.

NEAR means the same as 'ADD' above.

'-' or '+' This is VERY important as it indicates short or long sightedness. The '-' value is sometimes written above the value.

PLANO

These all mean the same thing! No correction required/nothing/0
0}
0.00}
INFINITY}

DS (dioptr sphere). Usually appears under the CYL box and would indicate no CYL value.

OD When used refers to the right eye

OS When used refers to the left eye

A prescription will carry values for your left and right eye for the correction of your vision. These values will be placed in the Sphere (SPH), Cylindrical (CYL) and Axis (AXIS) fields on your prescription. Sometimes, your optician will place an addition (ADD) value on your prescription which will be included to decipher a reading prescription. However, this will only occur if you require glasses for both distance and for reading.

If you suffer from double vision, a Prism or Base value may also be added to your prescription.

All the above information can easily be transferred to our web site when ordering your glasses via drop down boxes for each value left and right. We also give you an area for writing any extra information such as the Base or Prism values mentioned above or any other information you think may be useful when making up your glasses.

Beware + and -

A common mistake when entering a prescription online is selecting the wrong + or - value i.e. a + value when it should have been - or the reverse. A prescription may consist of both of these values so it's worth taking special care to choose the right value from our drop down menus. Once you have placed your order, take a moment to double check your shopping cart page before continuing. If you get as far as paying for your glasses and then notice a mistake on your final receipt sent by email, simply call us and your order will be corrected from our end.

An ADD/Addition value will only ever be a + value and will be added to your distance prescription if you require a pair of glasses for reading as well as for distance use. We will also use this value if you have requested a pair of Bifocal glasses (Glasses that have a D shaped segment at the bottom of the lens for reading whilst the top half is for distance use)

This is the distance between the centres of one pupil to the centre of the other pupil measured in millimetres.

Usually written as one value (e.g. 60mm) but sometimes written as 34/33 if one eye is slightly further away from the centre of the nose bridge than the other. Unfortunately, many prescriptions do not include a PD measurement or pupillary distance measurement. Your Optician does not yet HAVE to give you this as part of your eye test and so often chooses not to so as to encourage you to pay over the odds for your glasses rather than using our fantastic service at glasses2you. So therefore, we encourage you to ask your Optician to supply you with this measurement. However, don't panic if you haven't got this or don't want to ask your optician.

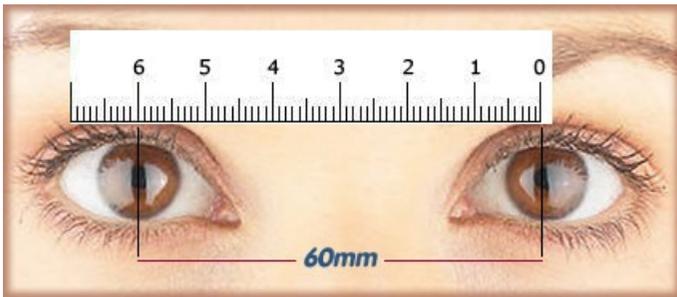
We can still make your glasses up using an average pupillary distance measurement based on your gender, the size of the frames you have ordered and the experience of our dispensing optician. In the majority of cases this method works extremely well but there will be certain customers who through having very strong prescriptions or who significantly differ from the average may encounter some problems. In these cases the specs won't damage your eyes but may well cause some discomfort. If you know that you have a particularly strong prescription or you suspect that you may not fall close enough to what is seen as average sizes we would recommend that you try one of the following easy methods of obtaining your PD measurement.

4. Pupillary distance explained

Obtaining your own Pupillary Distance

Method 1:

Make sure your friend is sat at roughly the same height as you are and ask them to place a ruler across the bridge of your nose upside down so that the millimetre measurements are on the edge of the ruler closest to your eyes. The measurer holds the ruler in their left hand across the bridge of your nose and closes their LEFT eye to avoid any parallax error. With their RIGHT eye open, they then first line up the ruler with the centre of your left pupil. Then without mov-



ing the ruler they close their RIGHT eye and with their LEFT eye open, read off the measurement to the centre of the RIGHT pupil. (See diagram below). Best results are achieved if you fix your gaze on the bridge of the nose of the person taking the measurement. This point should ideally be around 16 inches or 40 cm's away.

Method 2:

Email us a head on shot of yourself wearing your current glasses and let us know the width of your glasses from the outer edges of your lenses in mm as shown below. From here we can work out your pd for you.



5. Types of lenses

Glasses2you provide our customers with 3 types of lenses.

Single Vision Lenses – Used for just distance or for just reading or for just computer work, reading music etc.

Bifocals – These are basically a pair of glasses made up for distance use but with a segment at the bottom of the lens that is there for reading. Two pairs of glasses in one!

Varifocals – this type of lens is similar to a bifocal lens but blends gradually from distance, through Intermediate and then into reading with no visible segments.

We have a very successful way of fulfilling orders for Varifocal glasses at glasses2you.

Method.

Provide us with a head on photograph of yourself wearing your current glasses (as shown above) along with the width in millimetres of the frame you are wearing. This measurement must be between the outer edges of the lenses as shown above.

We can then upload the provided photo into our software and work out your pd measurements from the centre of your nose bridge to

each pupil respectively.

Our method for selling Varifocals has proved to be very successful and extremely accurate and has resulted in a much higher than industry standard success rate.

6. Choosing the right lens

Glasses2you use plastic lenses to make up your glasses. We do this because they are far lighter than glass and less fragile.

You will see that our web site offers thinner lenses at extra cost than the standard 1.56 lens that comes FREE with your frame.

In most cases, our standard CR39 1.56 plastic lens is ideal but prescriptions that are stronger with powers over +3.00 and -3.00 will start to look a bit thick.

Plastic 1.6 Thin lens - For prescriptions +3.00 to +5.00 OR -3.00 to -5.00 the 1.6 thin lens is a good option and is 23% thinner than the standard plastic lens. Prescriptions outside of this range will again, start to look too thick.

Plastic 1.67 Thin Lens – A very popular lens as it is some 15% thinner than the 1.6 and around 25% flatter. Ideal for prescriptions up to + and - 7

Plastic 1.74 Thin Lens – This lens is the thinnest, lightest and flattest lens available. This is up to 50% thinner than a standard lens and around 25% – 30% lighter. An excellent choice for mid to high prescription values.

7. Lens coatings

Photochromic Lenses – Probably better known as “Reactolite” or “Transitions” lenses. This type of lens is designed to be clear indoors but on meeting with Sunlight outdoors, transform into Sunglasses. They react to the Sun’s UV. As a result, this type of lens is less effective when used behind a car windscreen as some of the UV rays are filtered away.

Polarized Lenses - Light reflected from surfaces like a flat road or smooth water is generally horizontally polarized. This horizontally polarized light is blocked by the vertically oriented polarizers in the lenses. This is very effective for helping when driving, fishing or playing sports such as Golf, Jogging, biking etc and for any situation where a clearer view along with elimination of glare is required.

The result: a reduction in annoying and sometimes dangerous glare. There is some debate on the effects of polarized lenses on snow-covered surfaces. Some experts say they can reduce the intense glare that is caused by sunlight reflecting off snow. Others purport that the lenses are not satisfactory for sports such as downhill skiing because they may not provide the contrast the eye needs to distin-

guish ice patches or moguls.

Sunglass Tints – An excellent feature of the glasses2you virtual mirror is that a frame can be tried on online and then a lens colour of varying densities can be applied to the frame so that you can see what your prospective frame would look like as Sunglasses. We have a wide range of tints you can try to gain your ideal prescription Sunglasses.

Scratch Resistant Coating - No eyeglass lens material – not even glass – is scratch-proof. However, a lens that is treated front and back with a clear, hard coating does become more resistant to scratching, whether it's from dropping your glasses on the floor or occasionally cleaning them with a paper towel.

This is why glasses2you include this as standard on your lenses FREE of charge. Since a scratch-resistant coating can't completely protect your lenses from wear and tear, do keep your glasses in the FREE cushioned case we provide with your order, and only clean them with the microfiber cloth we also include with your purchase FREE of charge.

Anti Reflective Coating – For a little extra, you can have this applied to your lenses. The result is that you'll see a reduction in glare, annoying reflections and halos around lights. This is a great safety benefit when you're driving at night. Also, anti-reflective coating reduces both internal and external reflections on the lenses themselves, creating a nicer cosmetic appearance.

UV Coating - Another lens treatment that is beneficial but invisible to the naked eye is (UV) protection. Just as we use sunscreen to keep the sun's UV rays from harming our skin, UV treatment in eyeglass lenses blocks those same rays from damaging our eyes. Overexposure to ultraviolet light is thought to be a cause of cataracts, retinal damage and other eye problems.

An ultraviolet treatment is simple and quick to apply to most plastic eyeglass lenses, and it does not change the appearance of the lenses at all. The exception is polycarbonate lenses, which don't need anti-UV treatment because it is an inherent property of the material.

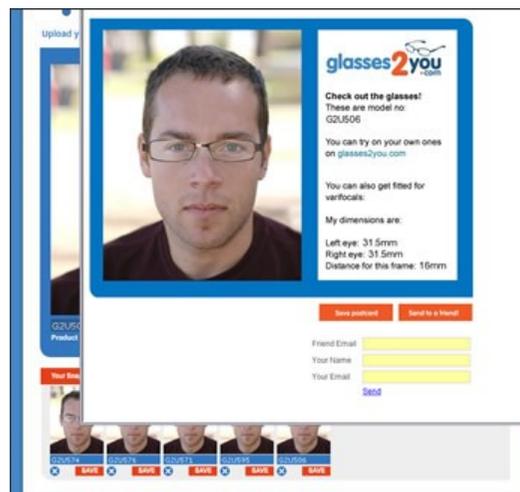
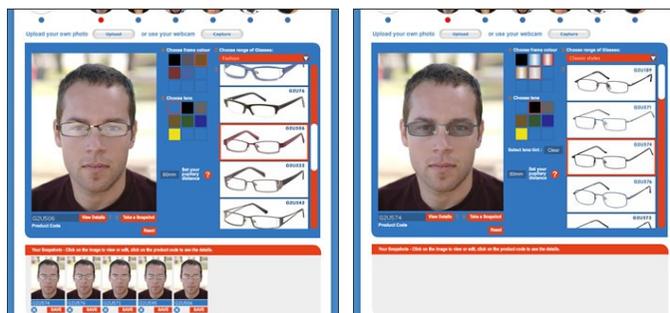
9. Virtual mirror

Here at Glasses2you we don't want to just sell glasses! More importantly, we want to sell glasses that are right for our customers. That's why we have heavily invested in our Virtual mirror.

Our mirroring is different to other mirrors on the Internet. Most will allow you to resize your face and then resize the glasses too. This is no use at all! By allowing this, someone can make the glasses suit their face no matter what. Our mirror tells the truth!

After uploading your photo into the mirror you are able to pick your pd from a drop down menu if you know it which then automatically scales your face to the glasses you are about to try on. This basically means that if the glasses you try look too wide for your face on the

mirror, it's because they are too wide for your face in reality. – Our mirror tells the truth.



Once you have chosen a frame that you like the look of, you can even take a snap shot of yourself through the mirror and then email it to a friend to get their opinion.

10. How to choose a frame that fits

Once you have read this guide, you should be armed with all you need to know to buy your glasses online.

Our mirror will help you choose a frame to suit your face shape and colour and will also show you if a frame is too big or too small.

We hope you enjoy shopping for glasses online and hope that you choose glasses2you to do so. We also hope that you thoroughly enjoy all the savings you can make by being a long term customer of glasses2you.