



Glasses for Men — How to Choose the Perfect Model

Mini-brochure: face shape matrix, size & fit (lens/bridge/temple/PD), materials & durability, style by context, color cues by skin tone, lens options & coatings, blue-light reality, try-on checklist, common mistakes & fixes, care & adjustment tips.

Face Shape Matrix — Balance Lines & Angles

Face	Great picks	Why
Oval	most shapes; aviator, square, wayfarer	balanced proportions; experiment with width
Round	rectangular, square, D-frame	adds structure and definition
Square	rounder or aviator, slight curves	softens strong jawlines
Heart	oval, round, light-top frames	balances wider forehead & narrow chin
Diamond	oval & cat-style with soft edges	fills cheekbone width; avoids overly narrow

Size & Fit — Numbers That Matter

Spec	Target/Tip
Lens width	match iris width + 2–4 mm margin; common 50–54 mm
Bridge (DBL)	sit flat without pinch; low bridge → keyhole helps
Temple length	ear bend ~30–45° at top of ear; common 140–145 mm
Pupillary distance (PD)	centre of lens aligns with pupil; ask optician or app measure

Materials — Weight, Flex & Durability

Material	Pros	Watch-outs
Acetate	rich colours, shape holds, adjustable	can feel heavier; avoid cheap brittle blends
Metal (stainless)	slim look, light	nose-pad maintenance; paint wear
Titanium	ultra-light, hypoallergenic, strong	higher cost
TR-90/Nylon	flexy, sport-proof	can feel less premium; heat-sensitive

Style by Context — Quick Matrix

Context	Good picks
Office	thin acetate in tortoise or matte black; slim metal rectangles
Casual/Weekend	wayfarer, round/oval, clear acetate
Sport/Active	TR-90 wrap or semi-rimless; rubber nose pads
Formal/Evening	polished titanium, classic round or panto

Color Cues — Skin & Hair

Tone	Frame colours
Warm/olive	tortoise, warm navy, olive, cognac, gold
Cool	charcoal, slate, blue-black, smoke, silver
Deep hair/skin	bold black, ink, deep tortoise



Light hair/skin	soft tortoise, clear, champagne
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Lenses & Coatings — Choose Wisely

- Single-vision vs progressive: confirm corridor height with your frame depth.
- Coatings: anti-reflective, scratch-resist, UV; photochromic if outdoors a lot.
- Blue-light: useful mainly for comfort at night; not a medical must-have.

Try-On Checklist — Fit in 30 Seconds

- Pupils centred horizontally; top rim under or at eyebrow line.
- Frame doesn't slide when you look down; no temple pressure behind ears.
- Smile test: cheeks don't push frames up; nose pads even; horizon looks level.

Common Mistakes & Fixes

Issue	Fix
Too wide/narrow	choose different bridge width; adjust nose pads; try keyhole bridge
Heavy on nose	switch to titanium or thinner acetate; add larger pads
Glare on screens	good AR coating; adjust monitor angle/lighting

Care & Adjustment Tips

- Rinse dust before wiping; use microfibre only; avoid hot dashboards.
- Tiny screwdriver kit: tighten hinges monthly; adjust pad arms gently.
- If frames twist, have an optician heat-adjust acetate or realign metal.



Scan the QR to open the full guide to men's glasses.