

REAL SIMPLE

FASHION | the guide |



make grilling
more thrilling:
3 festive meals
10 knockout
9 genius tools

insider tips
on summer

plus
35 great gift
ideas for dads, grads,
newlyweds,
and more



fit lab SUNGLASSES

DO YOUR SHADES SLIP, PINCH, OR JUST RUB YOU
THE WRONG WAY? HERE'S A CLOSER
LOOK AT HOW TO FIND A PAIR THAT FEELS AS
GOOD AS IT LOOKS.

Decorative outer accents distract from a wide nose—not that she has to worry about that. (For buying info and more options, turn the page.)

the guide | FASHION

If you have a large head

YOUR FIT ISSUE: The arms can dig into your temples and bow outward.

LOOK FOR: Wide frames that accommodate your face, so the arms sit at perfect 90-degree angles, not stretched out. Or try spring hinges that allow the arms to flex and adapt to any head size. Balance facial width with lenses that are tall from top to bottom (like the pairs shown at right). "Avoid details at the temples, which broaden the head," says Kristie Whitford, a spokesperson for the Vision Council, an optical-industry association.

(from top)

TO BUY: Alain Mikli AL09670001 sunglasses, \$485, 212-472-6085. Malibu sunglasses by Fantas Eyes, \$20, fantas-eyes.com. Drama sunglasses by BCBG, \$120, 888-533-2224 for stores.



FLEXIBLE SPRING HINGES

If you have apple cheeks

YOUR FIT ISSUE: Glasses tend to rest on the fullest part of your cheeks, not the bridge of your nose, so they move up and down when you smile.

LOOK FOR: Lenses that are short from top to bottom, because they won't bump against your cheeks, says Laura Hill, a licensed optician at LensCrafters in Mason, Ohio. Rectangular shapes (like the black frames at left) or upswept frames (like the cat-eyes at bottom) downplay the roundness of the face.

(from top)

TO BUY: Michaela Red sunglasses by Foster Grant, \$15, Fred Meyer, 800-576-4377 for stores.

DKNY D15061 sunglasses, \$90, sunglassshut.com. Thelma sunglasses by Lulu Guinness, \$168, tura.com for stores.



COME IN FOUR COLORS