How to Buy the Perfect Pair of Sunglasses
Copyright, Legal Notice and Disclaimer

This publication is protected under the US Copyright Act of 1976 and all other applicable international, federal, state and local laws, and all rights are reserved, including resale rights: you are not allowed to give or sell this Guide to anyone else.

Please note that much of this publication is based on personal experience and anecdotal evidence. Although the author and publisher have made every reasonable attempt to achieve complete accuracy of the content in this Guide, they assume no responsibility for errors or omissions. Also, you should use this information as you see fit, and at your own risk. Your particular situation may not be exactly suited to the examples illustrated here; in fact, it's likely that they won't be the same, and you should adjust your use of the information and recommendations accordingly.

Any trademarks, service marks, product names or named features are assumed to be the property of their respective owners, and are used only for reference. There is no implied endorsement if we use one of these terms.

Finally, use your head. Nothing in this Guide is intended to replace common sense, legal, medical or other professional advice, and is meant to inform and entertain the reader. So have fun and learn to dress sharp!
How To Buy The Perfect Pair of Sunglasses

Written By Antonio Centeno
Edition 3 – 2018
The Top 1% Of Men
Command Respect, Earn MORE Money, & Arouse Intrigue In Beautiful Women

What Do They Know
That You Don't?

CLICK HERE To Discover More
Contents

Copyright, Legal Notice and Disclaimer

Introduction

Chapter 1: Anatomy of Sunglasses

Chapter 2: Classic Styles of Men's Sunglasses

Chapter 3: Right Sunglasses For Your Face Shape

Chapter 4: Frame Style Types

Chapter 5: Frame Material Types

Chapter 6: Lens Material Types

Chapter 7: Lens Colors & Tint

Chapter 8: Lens Coating

Chapter 9: Properly Caring For Your Sunglasses

Chapter 10: Sunglasses Infographic
Introduction
Introduction

Remember Tom Cruise in the movie Top Gun?


If you had to name one accessory they sported in these movie, what would it be?

One unforgettable detail....... That's right - sunglasses!

You can instantly elevate any outfit by wearing a great pair of sunglasses.

The only catch?

You need to make sure the sunglasses suit you.

Whether you are keen on a pair of Aviators or Wayfarers, Wrap-Arounds or Buffalo Horn frames - the information below will help you pick the right choice of shades.
Before we get to the part where the perfect pair of sunglasses makes you look like a movie star - let’s talk about why you need to wear them in first place....

- Your eyes require **protection** from harmful Ultraviolet (UV) rays during the day.

- Sunglasses offer a **defense** against dirt and debris when you are riding a bicycle or out for a jog.

- They **reduce eyestrain** and the formation of wrinkles caused by squinting in bright light.

- Worn at the appropriate time - sunglasses help you see better.

Now - let’s talk about the details you need to know before purchasing a pair of sunglasses.

[Here’s a quick video on buying the perfect pair for sunglasses. Click here to watch on Youtube.](#)
Chapter 1: Anatomy of Sunglasses
Chapter 1: Anatomy of Sunglasses

It is important to understand the terminology of sunglasses. The various components that make up the anatomy of your sunglasses affect how they fit and look on your face.

- **Top Bar**: The bar that connects the top part of the lenses over the bridge. Not all glasses have one. The classic aviators usually have a distinctive top bar.

- **Bridge**: The area between the lenses of the sunglasses that goes over the nose and supports the weight of the frame. The bridge plays a significant role in determining the fit of your frame.

- **Nosepads**: Plastic pieces attached to the inside part of the frame. Nosepads may be the smallest visible component of your sunglasses - but they play a significant role in ensuring comfort and fit in holding your glasses in place. Almost all nosepads on sunglasses can be adjusted.

- **Frame Rim**: The frame holds the lenses and is the first thing you look for when selecting a pair because it determines your visual style.

- **Temple**: The arms of the sunglasses. The temple runs along the sides of your face and extends over your ears. It keeps the sunglasses securely in place.

- **Temple Tip**: The plastic or silicone covering that cover the ends of the temples. Also called an earpiece - they ensure
comfort and relieve the pressure of the sunglasses resting on the top of your ears. They also keep sunglasses from falling off by holding them in place behind your ear.

- **Hinge:** These tiny mechanisms do a whole lot to ensure maximum comfort in the fit of your sunglasses. They connect the frame rim to the temples and open up the temples according to the width of your face or allow for the sunglasses to fold inwards when not in use.

- **Joint:** The part of the frame that connects the temple to the frame rim.

Click the above image to view a larger infographic.
Chapter 2: Classis Styles of Men’s Sunglasses
Chapter 2: Classic Styles of Men's Sunglasses

There are well over 50 different styles of sunglasses for men available on the market today.

The most popular types of men's sunglasses styles are listed below.

- **Aviator Sunglasses:** Originally designed for the cockpit - this classic style from the 1930's is characterized by a double bridge and a metal frame with teardrop shaped lenses. Aviators were a big hit with pilots because they offer unrestricted peripheral views.

- **Wayfarers Sunglasses:** An iconic shape introduced by Ray-Ban - this versatile and timeless style has been around since the 50's. The trapezoidal, narrow shape has a rock 'n' roll charm to it.

- **Round Frame Sunglasses:** Considered a vintage look - circular lenses and frames are a trademark of musicians such as John Lennon, Elton John, and creatives the world over.

- **Clubmaster Sunglasses:** Another classic style, these retro frames have rounded lenses with plastic on top and a wire rim around the bottom.

- **Wrap Around Sunglasses:** This style is used most in sports and outdoor activities to protect the eyes from sunlight on the sides of the sunglasses. A classic twist on this style is a pair of Matsuda round frames with enclosed sides - made famous by Sarah Connor in the movie *The Terminator*. 
Chapter 3: Right Sunglasses for Your Face Shape
Chapter 3: Right Sunglasses For Your Face Shape

Click the image below to view a larger infographic.

<table>
<thead>
<tr>
<th>Face Shapes</th>
<th>Frame Styles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rounded</td>
<td>Aviators</td>
</tr>
<tr>
<td>Rectangle</td>
<td>Wayfarer</td>
</tr>
<tr>
<td>Round</td>
<td>Browline</td>
</tr>
<tr>
<td>Square</td>
<td>Round</td>
</tr>
<tr>
<td>Heart</td>
<td>Oval</td>
</tr>
<tr>
<td>Inverted Tri</td>
<td>Geometric</td>
</tr>
<tr>
<td>Triangle</td>
<td>Wrap</td>
</tr>
<tr>
<td>Rhombus or Diamond</td>
<td>Rectangle</td>
</tr>
<tr>
<td>Oval</td>
<td>Square</td>
</tr>
<tr>
<td></td>
<td>Oversized</td>
</tr>
</tbody>
</table>
Chapter 4: Frame Style Types
Chapter 4: Frame Style Types

The choice of a frame style depends on the look you're trying to achieve and how careful you are in handling your sunglasses:

- **Full Frame:** The lenses are completely surrounded by a metal or plastic frame. Preferable for a classic look and to accentuate your eyes.

- **Half Frame:** Only half the lens is covered by a frame. The rest is left open. More delicate than full frame glasses.

- **Frameless:** Also referred to as *rimless* - the lenses are attached to the temple without any encircling frame. Stylish but require delicate handling.

Click the above image to view a larger infographic.
Chapter 5: Frame Material Types
Chapter 5: Frame Material Types

Selecting a frame material that suits your purpose is critical. It plays a huge role in the safety, comfort and functionality of your new glasses.

- **Molded Plastic** - Available in multiple colors, plastic frames are generally the cheapest frames available and the quality tends to be poor. *Great for sports.*

![Sunglasses Frame Materials](image)

Click the above image to view a larger infographic.
• **Acetate** - Compared to a standard plastic frame, acetate frames are stronger, lighter and more flexible. *Available in a huge variety of textures and colors*, they are made from renewable sources.

• **Metal** - Metal frames are malleable, corrosion-resistant and adjustable. They tend to be less durable and more expensive than plastic frames. *Perfect for those who are rough with their sunglasses.*

• **Natural Material: Buffalo Horn, Tortoise Shell and Wood** - These frames are hand-made, organic, durable and tend to be expensive. Great alternatives for people with allergies and for sunglasses that have a vintage look.

The Top 10 Sunglasses That Antonio Recommends?

[Click Here To Discover]
Chapter 6: Lens Material Types
Chapter 6: Lens Material Types

Lenses come in a variety of shapes based on the frame of the sunglasses. Square, round, rectangular and oval shaped lenses are common.

The lenses on tear drop aviators and wrap-around sunglasses for sport have a non-distinctive shape.

Lenses are typically made of:

- **Optical Glass** - Optical Glass Lenses provide distortion-free vision. Optical glass is scratch resistant and extremely durable. They tend to be more expensive but the downside of glass is it spiders on impact.

[Click the above image to view a larger infographic.]
• **Plastic Lenses** - Lighter and more shatter resistant than glass. A plastic lens is thicker and bulkier and requires an extra coating for scratch proof and UV protection.

• **Polycarbonate** - Polycarbonate is lightweight with a high level of optical clarity. It is up to 50 times more impact resistant than optical glass. The disadvantage is a lower level of scratch resistance.

• **SR-91 Lens** - Offers 100% broad spectrum UV protection and combines the superior optical quality of optical glass with the lightweight strength of polycarbonate. It has water-proof, scratch-resistant and anti-glare properties.
Chapter 7: Lens Color & Tint
Chapter 7: Lens Colors & Tint

When sunglasses are made the lenses are treated with UV absorbing chemicals which block UV light. These chemicals are colorless. Tinting the lenses with a color filters light in different ways. Some tints do a better job at blocking light than others.

Different lens colors provide an array of different looks and cause your eyes to react differently to varying light.

- **Gray** - Gray sun-glass lenses are color neutral and provide crisp contrast. Made to cut glare while reducing eyestrain, these lenses are suitable for driving.

- **Yellow/Orange** - These lenses provide excellent contrast and depth perception. They work well in low light conditions because of their ability to amplify available light. Ideal for skiing, snowboarding and other snow sports.

- **Brown/Amber** - Brown tints enhance the quality of light. They cut out neutral brown tones and give the wearer increased depth perception and high contrast. These lenses work best in cloudy to sunny conditions. Perfect for fishing, hunting, cycling and water sports.

- **Green** - Green tints filter some blue light and reduce glare. They transmit all colors equally, offering visual sharpness and high contrast. Shades of green also tend to reduce eyestrain in bright light. Green tints are suitable for precision sports such as baseball, tennis and golf.
• **Purple/Red** - Red tints increase contrast by blocking blue light. These tints have a reputation of being soothing to the eyes and more comfortable than others for long duration use. They also help with visibility while driving because they reduce glare.

• **Blue** – These lenses filter our white light and enhance color recognition while subtly reducing glare. Blue shades are worn mostly for aesthetic reasons. They are best used for activities on water and around snow.

The Top 10 Sunglasses That Antonio Recommends?

[Click Here To Discover]
Sunglasses Lens Color Options

Presented By: Real Men Real Style

**Gray**
- True color perception
- Driving, Water Sports, Outdoor Activities
- Sunny or overcast conditions

**Yellow / Orange**
- Filters out blue light
- Skiing, Hunting, Target Shooting
- Foggy or hazy conditions

**Brown / Amber**
- Green against blue
- Golf, Tennis, Shooting
- Cloudy to sunny conditions

**Green**
- Transmits all colors evenly
- All outdoor activities
- Rain or shine

**Purple / Red**
- Contrast against blue and green
- Cycling, Racing, Skiing
- Most weather conditions, snowy

**Blue**
- Filters out white light
- Fishing, Skiing, Golf
- Misty, foggy, snowy conditions

**Polarized**
- Ultimate sun lens
- Block light at certain angles
- Removes glare
- Outdoor use
- 100% UV protection

Click the above image to view a larger infographic.
Chapter 8: Lens Coating
Chapter 8: Lens Coating

Layers of coatings are added to lenses for extra protection from sunlight.

- **Polarized Lenses** - Polarized lenses protect your eyes from the glare caused by reflective light. Particularly suitable for water sports, cycling and driving where there tends to be a high degree of reflective glare.

- **Photochromic** - These lenses adjust automatically to changing light intensities. They get darker on bright days and lighter in low light conditions.

- **Gradient Lenses** - Gradient lenses are tinted from the top down. The top of the lens is darkest. These lenses are suitable for driving because overhead sunlight is blocked while allowing light to pass through the bottom half of the lens.

- **Mirrored or Flash Coating** - This refers to a reflective film...
applied to the outside surfaces of some lenses that is highly desirable for people with high sensitivity to bright light. They reduce glare by reflecting much of the light that hits the lens surface.
Chapter 9: Properly Caring For Your Sunglasses
Chapter 9: Properly Caring For Your Sunglasses

When you find a pair of sunglasses - it is easy to become attached to them. Especially in the summer months - when you are likely to wear them everyday.

Sunglass lenses become dirty and smudged with daily wear.

Here are some tips to help you keep them in good condition.

- **A microfiber cloth** has far more fibers than an ordinary cloth - which makes this synthetic polymer cloth idea for cleaning delicate surfaces. Use a soft micro-fiber cloth to clean the lens and frame of your sunglasses.

- **Avoid using paper towels** because the wood content in the paper will scratch the lenses. Breathing on the lens and using your shirt to clean it is a bad idea too. You're just grinding dust and fibers into the lenses.

- **Avoid using household detergents and soaps** that have added lotions to clean your sunglasses. Glass cleaners are highly corrosive and can cause damage to your lenses. Clear dishwashing soap (like Dawn) works best.

- **The best way to clean your sunglasses?** Gently rub them with a lens cleaning cloth and a liquid cleaner specifically designed for eyewear lenses, or with a pre-moistened lens towelette.

- **Always store** your sunglasses in a sturdy case when you're not using them.
• **Check the screws on your sunglasses regularly.** If they are loose - tighten them using a small screwdriver.

You will have to shop around before finding a pair that fits your requirements.

If you want your shades to be noticed - *buy a classic pair of sunglasses that won’t go out of style soon.*
Chapter 10: Sunglasses Infographic
Chapter 10: Sunglasses Infographic

A Man’s Guide To Sunglasses

Presented By: Real Men Real Style

ANATOMY OF SUNGLASSES

FRAME STYLES

LENS SHAPE

Click the above image to view a larger infographic.
Click the above image to view a larger infographic.
SUNGLASSES LENS COLOR OPTIONS

Gray
- True color perception
- Driving, Water Sports
- Outdoor Activities
- Sunny or overcast conditions

Yellow / Orange
- Filters out blue light
- Skiing, Hunting, Target Shooting
- Foggy or hazy conditions

Brown / Amber
- Green against blue
- Golf, Tennis, Shooting
- Cloudy to sunny conditions

Green
- Transmits all colors evenly
- All outdoor activities
- Rain or shine

Purple / Red
- Contrast against blue and green
- Cycling, Racing, Skiing
- Most weather conditions, snowy

Blue
- Filters out white light
- Fishing, Skiing, Golf
- Misty, foggy, snowy conditions

Polarized
- Ultimate sun lens
- Block light at certain angles
- Removes glare
- Outdoor use
- 100% UV protection

NATURAL LIGHT
Harmful UV rays are blocked
Only useful visible rays enter your eyes

POLARIZED LENS

SIZING GUIDE

Lens Width
Narrow 42-48mm
Medium 48-52mm
Wide 52mm Plus

Bridge
Narrow 15-18mm
Medium 18-20mm
Wide 20-22mm

Temple Length
Narrow 135-140mm
Medium 140-145mm
Wide 145-150mm

Click the above image to view a larger infographic.
Click the image below to view a larger infographic.
Grab my FREE products:

Grab the **FREE RMRS** App

[Image of the RMRS App]

**Style Podcast**

Listen for **FREE**

[Image of the Style Podcast]