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Selecting Sunglasses That Reinforce Your Style And Defend Your Eyes

Whether you pick them up at a discount retailer or from a designer boutique, sunglasses are definitely must-have accessories regardless of the season. However, some distance from being just a fashion accessory, sunglasses are multi-purpose tools that may protect your eyes from damaging UV rays and provide a degree of shade on a sunny day, improving visibility and lessening your probability of being momentarily blinded by daylight (particularly important while driving).

As excellent as sunglasses (French: [lunette](#)) are, all sunglasses are not of the same sort of quality and it's vital to take care when shopping for a pair. The most vital consideration when purchasing sunglasses is to find a pair that provides full defence against ultra violet (both UVA and UVB) rays, which are generated from the sun even on cloudy days. While pros disagree about possible negative results UVA rays might have on the eye, it is known that UVB rays could cause numerous eye conditions including permanent retinal damage, so take care your sunglasses are rated for full UV protection.

Sunglasses come in a variety of styles and types. If fashion is your main consideration, pick a trendy frame and then have custom lenses with UV protection added to them. If sun protection is your primary concern, pick up a couple of wraparound sunglasses which will block light that would routinely skip past the frames of regular sunglasses.

After you have found a fashion that you like, consider the lenses. You have probably seen sunglasses with different coloured lenses. While on inexpensive plastic sunglasses color could be little more than a fashion choice, with proper lenses, the colour can tell you more about the purpose of the sunglasses. Knowing the different kinds of lenses will help you make the best call when choosing sunglasses.

- Photochromic lenses change color dependent on the quantity of UV light to which they are exposed, though for the most part, they appear darkly shaded when outside, and light or clear when within. Photochromic lenses create the semblance of sunglasses and regular glasses in one package.

- Amber-colored lenses tend to block blue light. There's discussion about whether blue light is dangerous to the eye, but out of doors lovers agree blue-blocking lenses are super on the ski slopes or while fishing or hunting.

- Mirror-coated sunglasses limit the light that reaches your eye, that might make it better to see in very bright eventualities.

- Gradient lenses, as the name indicates, are those that are coloured at different opacities from the top down or from the bottom up. Top-down gradient lenses in sunglasses are good for driving and viewing the controls obviously.

- Polarized and anti-reflection-coated sunglasses cut back the amount of reflected light reaching your eyes, which is great in super-bright scenarios like in the snow on a sunny winter day.

Pretty much every type of sunglasses, lenses and frames, can be made to accommodate special prescriptions so that even those with poor vision can gain advantage from wearing sunglasses.

Pierre Kayham has been writing about fashion and sunglasses for over 10 years. To get a bit more info on Gucci Sunglasses (French: [lunette gucci](#)) and Prada Sunglasses (French: [lunette prada](#)) come and visit our internet site.

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