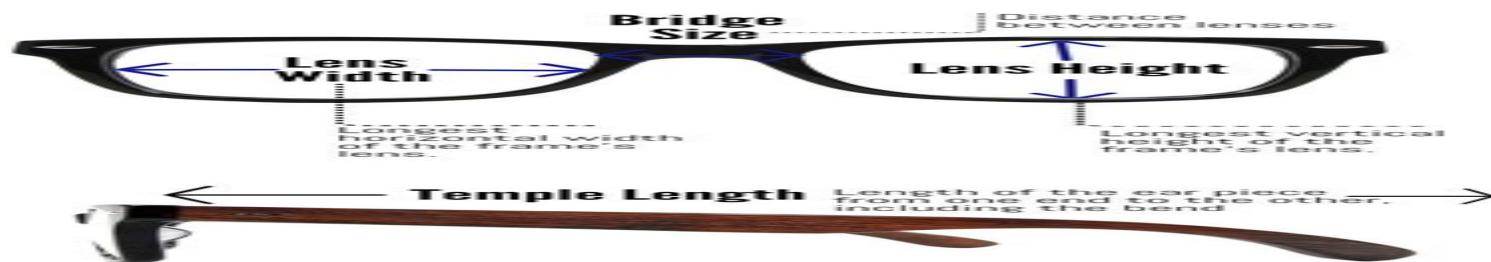


# How do I pick the correct frame size?

Made Simple.

## 1. Understand what frame dimensions are.



## 2. Know where to find these dimensions on your frames.



## 3. Use your current glasses as reference.

**Lens width**  
+/- 2-3 mm

**Lens height**  
+/- 2-3 mm

**Bridge size**  
+/- 1-2 mm

**Temple length**  
+/- 2-3 mm

Look for frames with dimensions that are within 2-3 mm of your best fitting glasses. For bridge size, it is best to stay within 1-2 mm of your current glasses.

## 4. Decide to go smaller, larger, or stay the same in size.

**P**  
46-48 mm

**S**  
48-50 mm

**M**  
50-54 mm

**L**  
55-56 mm

**XL**  
>57 mm



If you have a high prescription, it is best to stick with frame size that's smaller to keep your lenses thinner and glasses lighter.

## 5. Use the virtual mirror to see how the glasses will look on you.



## 6. Still unsure. Contact us.



416-603-2020



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# Guide To Fitting Glasses

**Puja Mehta**

## Guide To Fitting Glasses:

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## Decoding **Guide To Fitting Glasses**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Guide To Fitting Glasses**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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