

Protect your peepers with colourful shades and wraparound sunnies. NOELLE LOH picks some of the best

# SEEING STARS

## CANDY BUG

**The look:** Oversized, colourful shades

**The colours:** Candy hues like candy-cane red, bubblegum pink, tangerine orange and fairy floss blue

**Runway influence:** Christian Dior Resort 2008 collection

**Best suited for:** Slim, oval-shaped faces with a strong nose bridge

### Tips

❖ Pair your super-sized, colourful sunnies with cheerful prints and shades to inject a huge dose of fun.

❖ Make sure your shades rest on your nose bridge, not cheeks. Roger Lim, of optical store The Eye Site (B1-99 Parkway Parade) says wearing them on the cheeks causes the lenses to fog up easily as there's no space between your skin and the shades. It could also result in make-up smudges on lenses and the bottom rim.

❖ Look for alternatives. There are brands such as Japanese label Less Than Human that specialise in sunglasses for Asian faces. Or go for slightly smaller and more rectangular frames.

❖ Don't wear them with office wear. They don't gel with the corporate, serious shirt-and-suit look.

❖ Avoid if your face shape is round and plump. The giant lenses draw attention to your face and make you look owlish.

## SUN SMART

Far from protecting your eyes, sunshade: of dodgy design can actually harm your peepers. So says Dr Cheng Jin Fong, an associate consultant at the National University Hospital's department of ophthalmology. He adds that this could lead to problems like cataracts and pterygium – the former refers to the clouding of the eye lens, while the latter is the growth of tissue from the eye's conjunctiva. Both lead to impaired vision.

The two most dangerous forms of UV rays are UVA, which are of a longer wavelength and are absorbed by the lens of the eye, and UVB, which are of a shorter wavelength but can burn the eye's top layers.

Here are some pointers to buying sunnies that will keep you looking good – and we're not talking sartorial sense here.

❖ Get shades that protect against at least 95 per cent of both UVA and UVB rays. Protection levels can be checked using a UV tester available at your optician.

❖ According to Dr Cheng, sunglasses for outdoor use should have a tint of at least 80 per cent to block out light.

❖ But it's not all about the shade of your shades. Roger Lim, optometrist at optical store The Eye Site at Parkway Parade, says lenses should be made of good quality

plastic and have a protective coating of UV400 which absorbs 100 per cent of harmful UV rays.

❖ Watch for scratches on the lenses. This could mean that the UV protection coating has been compromised and could let in hazardous rays.

❖ Your sunglasses should fit snugly on your face. Ill-fitting shades could mean more room for unwanted UV rays to penetrate.