



Holiday eyes

Planning for the summer holiday season is a great time to indulge your fun side and invest in some funky sunglasses. Whether they are prescription sunglasses or



just shades, you can make a stylish statement whilst protecting your eyes from harmful rays.

Historically prescription sunglasses tended to be the same shape as everyday glasses but with a dark tinted lens. This meant they were unadventurous and usually unappealing. Now with the growth in the fashion industry and social media, our awareness of how we look and want to look has changed. We also have more disposable income and so are able to indulge ourselves and take time and care about the way we look. The media has made us far more aware of the dangers to our eyes from the sun's harmful rays and the advantages of removing distracting glare from our vision whilst driving etc.



Many of us now take part in leisure time sports such as golf, cycling and tennis and these leisure sports are greatly enhanced by eliminating distracting visual haze and sharpening contrast.

This has led to a huge increase in the variety and sophistication of the sunglasses available to us today.

Sunglasses have moved from being a functional necessity to an aesthetic 'must have'.

At Ringlands Optics I stock a wide range of both sporting and fashion sunglasses for both prescription and non-prescription wear.

If you have found this article interesting and have questions regarding it, then please do get in touch either for a chat by phone, or please feel free to email me.

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