

Just because summer is over, there's no reason to leave your sunglasses at home. Eye experts recommend them as year-round accessories to protect against UV damage, eye strain and wrinkles, and for once, it's a joy to follow the doctor's advice. This season's collection of stylish sunglasses makes it easy to look after your eyes—while at the same time boosting your spex appeal!

RETRO REVIVAL

"Old-school vintage aviators are really big," says Karina Klishtein, optometrist to the stars. "Penelope Cruz just bought aviators in several different colors. You can put them on with any outfit and you're immediately hip and happening." The celebrity clientele at her LA store, C By Karina, also love thick metal frames and chunky, plastic Jackie O styles. Superstar Jennifer Lopez is busy buying up huge, oversized frames—perfect for avoiding the paparazzi.

Giorgio Armani proved big is beautiful in his fall runway show, outfitting models in '70s chic owl goggles or large, black slab lenses that covered the eyebrow. Other brands with Jackie O and retro styling include Kate Spade, Ralph Lauren, Yves Saint Laurent and Gucci.

Another hit for both men and women are shields and wraparounds that curve around the face and protect the eyes from all angles. The most sophisticated styles combine flash mirror coatings and neutral camel and tan lenses for an ultra high-tech effect. Versace's fall runway show highlighted wraparounds that were only one step removed from ski goggles but were teamed with fabulously sexy dresses for up-to-the-minute impact. Wraparounds to spot include

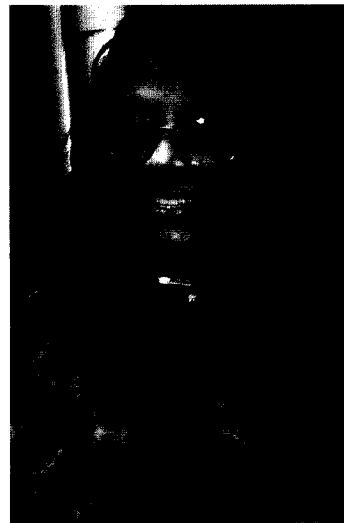
Diesel Polar Star rimless styles, plus Bollé, Live Eyewear, Dior, Yves Saint Laurent and Gucci. For flash mirror-coated lenses, check out Dior, Gucci, Burberry, Diesel, Polo Sport, Bollé and Foster Grant—some have virtually a hologram effect.

A COLORFUL OUTLOOK

Zesty tangerine and lime or apple green and turquoise! Perk up your day with layers of color in lenses and frames. Scarsdale



Jennifer Aniston & Brad Pitt



Paula Abdul

Ophthalmologist Phillip Calenda recommends yellow and rose tinted lenses, while Mark Flanagan, director of Design at Foster Grant, says green and teal are the next hot trends. He also backs sports sunglasses for men with a hint of color in the lens that shift hues as you move. Flanagan encourages guys who usually play it safe with

Pick the Right Look

"Repetition creates emphasis, so contrast the frame shape to your face shape," explains Vision Council of America Optician Rene Solstis. "If you have a curved face, choose sunglasses with some angle to cut in definition and create cheek bones, while angular faces are softened by a rounder frame." Match your shape to the most appealing frame.



Oval Face: Take your pick of the fashion favorites, but check that the frame is at least as wide as the fullest part of your face.



Long or Oblong Face: Opt for round or square frames with depth rather than width to make your face look shorter.



Round Face: Slim down with squared off styles and avoid tiny "John Lennon" lenses.



Square Face: Go for oval and rounded frames or narrow shapes that provide more width than depth.



Heart-shaped Face: Choose a balance of round and square, and avoid looking "top heavy" with light rimless styles or frames that are wider at the base to balance the forehead.



Triangular Face: Balance a generous chin with decoration or color on the brow of the frames only.

"Men in Black" shades to experiment with something different. "Don't forget, on the display the light comes from behind, so the color looks brighter than on your face," notes Flanagan. "You have to try them on, then the color becomes minimal."

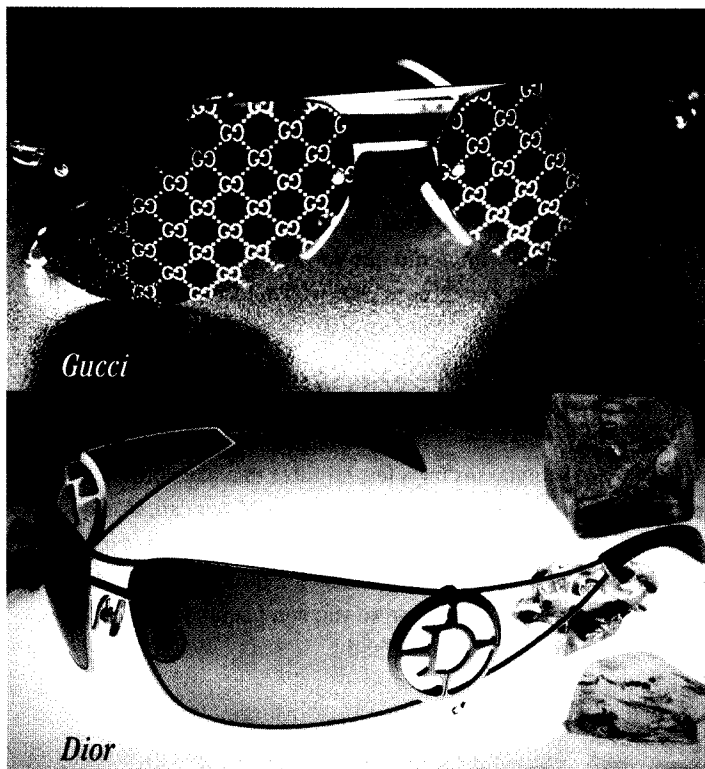
Opulent designer looks with decorative details, bejeweled frames and bold logos made a spectacular entrance this fall. Dior is a winner here; also check out Gucci and Ralph Lauren. More understated luxury comes in classy rimless styles with city-smart elegance, such as those from Burberry, DKNY and Reaction Kenneth Cole.



Bollé

FOR THE FIT

Active types should say aloha to Maui Jim's Titanium sports models, which boast polarized lenses and are rimless, hingeless and incredibly durable but so weightless and comfy you forget you're wearing them. Serengeti is also following the trend for titanium—the lightest metal you can find.



Gucci

Dior

Photochromic lenses—which shift from light to dark in response to light levels—may bring flashbacks of cheesy '70s sunspex, but the new generation is sharp in looks and action. Barberini's state-of-the-art H2F photochromic lenses come in every color under the sun, while Serengeti's shade-shifting Sedona range block glares and filter light waves to improve visual contrast.

The newest collections certainly prove there's no shortage of stylish spex this fall. No matter what style you choose this season, your eyes are bound to look—and feel—their best.

By Tania Casselle

Know What to Buy

Sunglasses are more than a fashion statement. While 79 percent of Americans know that sun exposure can cause skin cancer, only six percent know it can damage eyes, according to a survey by Transitions Optical. Even on cloudy days, ultraviolet rays sneak through. Snow and high altitude can also add to the UV risk factor.

"UV rays are invisible, but they are still there, even in haze and in winter," says New York City optometrist Dr. Kenneth J. Scherick. "People protect their bodies with lotion, but they also need to protect their eyes and the skin around them."

Dark lenses are no more effective against UV than light ones since UV protection is clear—so check the label. It should specify a 99 percent or 100 percent UVA and UVB block, or UV absorption up to 400 nm. Take your pick of high-fashion pale and pastel lenses for a super-cool look. Brands to consider include Maui Jim, Solar Shield, Panama Jack, Cable Car, Foster Grant and Bollé. Wearers of prescription glasses can ask their eye care experts for Transitions lenses, which are clear indoors but darken in response to light intensity and offer constant UV protection, as do OverRx sunglasses such as Solar Shields, which slip right over prescription eyewear.

Super-strong and impact-resistant polycarbonate lenses are also popular. Four times tougher than plastic, polycarbonates have proved popular in sports eyewear but are now hitting the fashion scene with the added benefit of being lightweight and scratch-resistant when you lose them in your gym bag!

