

Sunnies and Eyewear Trends 2014: Dr. Ngozi Etufugh Weighs In on What to Buy + Wear!

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I have a love affair with eyewear. No matter if it's sunnies or regular eyewear (I use a pair for distance and also a pair for computer work.) It's fun to have an assortment of great frames. Even if you don't need prescription lenses, having good optical quality lenses makes eyewear (sunnies or regular) prevents eye strain. If you must wear them often (as I do), you find that you collect lots of frames from different adjustments to your lens prescriptions. Rather than ditch them, recycle and reuse them for sunglasses or for different uses.

Recycling sounds great but not all frames will recycle well and most great optical stores will help you get a new lens RX but will tell you that they can't guarantee if the frames will survive a lens transplant! So do be prepared to buy more frames and when find a pair that speaks to your fashion sense- buy them!



Eyewear expert **Dr. Ngozi Etufugh** shares her thoughts about different eyewear that you need! (Eyewear featured are choices from me)

Last year, American consumers spent \$2.3 billion on nonprescription sunglasses. The 260 million pairs of sunglasses sold include those bought from street vendors and at flea markets, as well as glasses purchased at drugstores, supermarkets, and boutiques. **Sunglasses priced higher than \$30 represent the fastest-growing segment of the market**, with specialty retailers reporting sales of \$475 million last year, according to the Sunglass Association of America. Whether you are purchasing your "sunnies" on the street for \$5.00 or at a designer counter for hundreds or even thousands, fashion blogger Dr. Ngozi Etufugh helps you to keep your eye on styling with these essential tips.

1) A starter collection should essentially have 3 pairs:
One black plastic with metal detail,



Glitterati from Vint and New York



an all-white plastic pair
[Chelsea white frames from Vint and York](#)

and a gold metal rim pair.



[ZULU FLASH SE: Gold Flash from Moscot Originals](#)

2) White plastic rims will pull together a sporty casual look or support a 'high-low' hybrid combination.



[Ghost from Ivory Mason](#) is white/crystal type coloring.

3) Make fashion your victim by adopting a trend element. Translate this trend to your glasses. If neon is a trend, buy neon glasses. If pink is trending, buy a pink pair of glasses.



Gwen Stefani wearing NEON Pink Sunglasses



[Sanded Owl from thewildsoul.com](#) in a great shade of yellow as well as other colors.



Side view of "Owl" from TheWildSoul.com



[Emerald Rhino frames from The Wild Soul](#)

4) Opposites attract, choose a pair with the opposite shape of your face. This is more flattering and appealing. An opposite shape to your face will frame your face and draw attention to your face.



[No Wave by Crap Eyewear](#)

5) A small face is better suited with a pair of glasses that shows some part of the eyebrows so as not to overpower the face.



[Ayn Rand by Flutter for Women in Honey Persimmon](#)

6) Wider faces should avoid heavy thick plastic and stick to light metal frames.



[From retro-styling eyewear brand Moscot, Spiel is available in silver and gold!](#)

[Warby Parker's Wally from the Chronicle collection](#) features a low-key but sophisticated look.

7) When in doubt, buy aviators. They flatter a wide range of facial shapes and sizes and are usually always in fashion.



[From SALT Eyewear, these are the Sutherland Aviators](#)

8) Instant glam is achieved by a pair of designer sunglasses. Invest in a pair! They complement your face when you have no makeup on or can be instantly livened up with a dash of lipstick. They give an immediate illusion of mystery and allure.



[Aviator frames by Designer Thom Brown!](#)

Dr. Ngozi Etufugh
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Isn't Dr. Etufugh's piece just so easy to understand? It's smart and great to feature all the key elements you might want in sunglasses! The eyewear shown here is not just limited to the category in which I placed it. Eyewear is very stylistically flexible and you should love the color and the frame style before you invest in a pair- even if it's only a \$5 investment. It should be a reflection of you and your personality. It's a visual statement piece since it's a facial decoration as well as a utilitarian instrument as well. Now for those of you wondering how you store all your glasses, I have the answer.