



Easy Online Ordering Guide



First get a copy of your prescription



Before you order, you need to have your prescription. If you already have a copy, the prescription part of it will look something like this.

Sph	Cyl	Axis	Prism	Base		Sph	Cyl	Axis	Prism	Base	L
0.75	-0.75	175			Distance	+0.75	-0.75	178			E
	Add +2.50				Near						F
											T

If you are older than 70 years old, your prescription must be less than 1 year old. Otherwise, it must be dated less than 2 years old.

These time limits are recommended by the Association of British Dispensing Opticians, the Association of Optometrists and the Federation of Ophthalmic and Dispensing Opticians. They are set to ensure you have regular sight tests to maintain the health of your eyes.

You should know that all optometrists MUST supply you with your prescription details by law. YOU ARE NOT OBLIGED to make a purchase of glasses or contact lenses from the optician that performs your sight test.

You can simply phone your optician or go into the practice and request a copy of your prescription. Once you have it, you are ready to buy your glasses online.



Choose Your Frames and Lenses & Save Money



Choosing a frame to wear online is easy, and you can do it in the comfort of your own home without any high pressure sales tactics so often experienced in some High Street Chain-store Opticians.

Browse and choose our fantastic collections of frames to give you the look you want and save yourself lots of money at the same time.

You may be ordering the same frame you have worn before, or perhaps one you have tried on somewhere else. All you need is the product code written on the inside of the arms and you can find the same frame on our website.

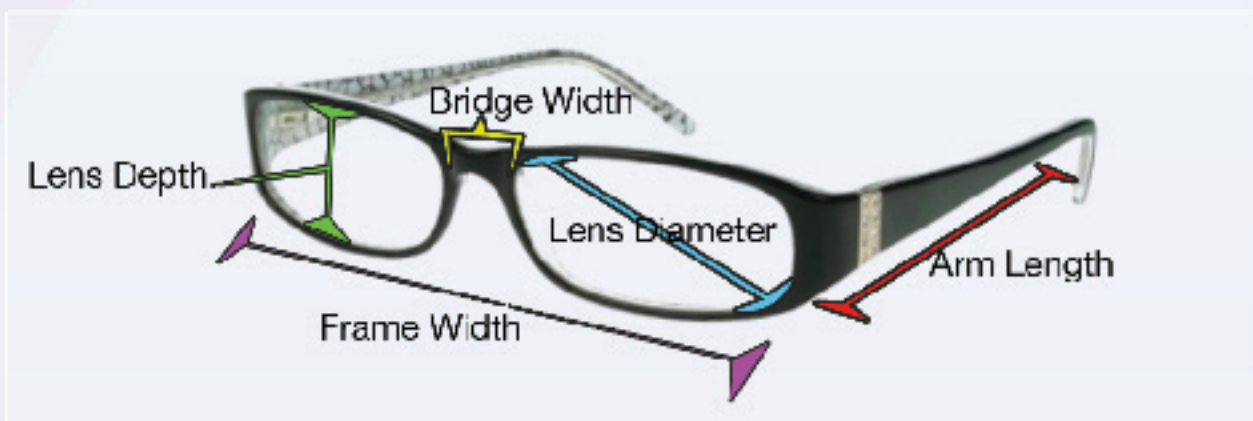
How to find a frame that will fit.

Did you know glasses frames have a size label just like a pair of trousers or a shirt?

Look inside the arms (or sometimes on the nose/bridge) - you may need a magnifying glass. There are usually 3 numbers which look like this. 54□18 135.



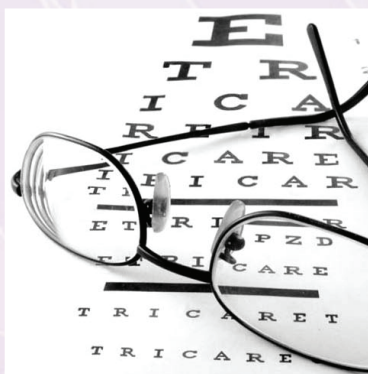
54 = the lens diameter **18 = the bridge diameter** **135 = the arm length**
(All measurements are in millimetres mm and are depicted in the diagram below)
Col 1714 – this is the colour code for this particular frame.



By choosing a frame size within 1 or 2mm of your current frame lens diameter (in the example above, 54mm) your new frame is likely to be of a similar size to your current one. You can also select a shape similar to one you are already comfortable with.

2.1. What do you intend to use your new glasses for?

Reading



Choose this type if you intend to use your new glasses for close up work only, like reading a novel or newspaper, or doing needlework.

Computer work

Choose this type if you intend to use your new glasses primarily for things like using your computer or reading music. i.e. not near or far distance but intermediate distance



General Everyday Use/Distance

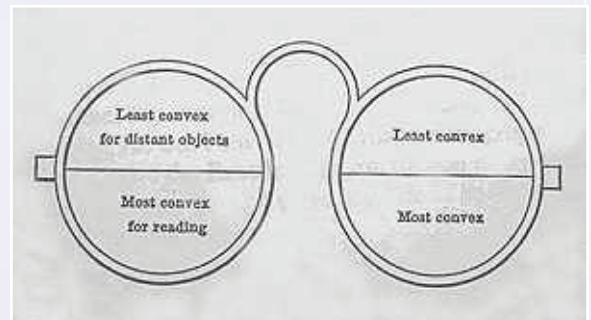


Choose this if you intend to use your new glasses for every day use such as driving or simply wearing all the time to see clearly across the room or street.

Bifocal Lenses

Choose this if you have already worn bi-focals before, or have been recommended to wear bi-focals by your optometrist.

Bifocal lenses are essentially '2 lenses in 1'. The top part is for distance vision and the bottom segment is for near vision.



Original bifocal frame drawing - by Benjamin Franklin - the creator of bifocal glasses

Varifocal Lenses



Buying Varifocals from us 100% risk free! If you don't get on with them, we will exchange them for separate reading and distance glasses, or bifocals, or give you a 100% refund. It's as simple as that.

Varifocals (or progressive lenses) can be thought of as 3 lenses combined into one. There is an area at the top for distance ①, an intermediate distance portion ②, and a near vision segment below that ③.

There is no 'line' or segment visible on a progressive lens, so they look better than bi-focals and have the advantage of giving a full range of distances that can be seen, all with the same glasses.

You can save A LOT of money if you buy your varifocal lenses from us. A fitting is required to ensure the glasses work well. At this point, we can only supply vari-focals to those customers who are available to be measured and fitted properly. If you are ordering varifocals, please contact us and we will advise you how a fitting can be arranged. Please note there may be an additional charge for your fitting.

If at any point you are unsure about what to do, you can call us and one of our friendly team will guide and help you to select the best type of lens for your frame and prescription.

2.2. Select Your Lens Options

Your glasses already come with FREE standard 1.5 lenses with FREE scratch resistant coatings.

However, if you would like your glasses lenses to look thinner, and also be considerably lighter, then you need to select Extra Thin, Very Thin or Super Thin lenses. Depending on the Sph value of your prescription, we recommend thin lenses for all Sph values over 2.5. The table below shows which lens to select.

Prescription Sph Value	Recommended lens Type	Lens Thickness
0 to -2.50 or 0 to +2.50	Standard Thickness (1.5)	Standard
-2.75 to -4.50 or +2.75 to +4.50	Extra thin lens (1.6)	Up to 15% thinner
-4.75 to -6.00 or +4.75 to +6.00	Very thin lens (1.67)	Up to 30% thinner
-6.25 to -8.00 or +6.25 to +8.00	Super thin lens (1.74)	Up to 40% thinner

Remember, ALL FRAMES PURCHASED INCLUDE FREE STANDARD LENSES WITH FREE ANTISCRATCH COATINGS (worth over £50 in many high street opticians). RIMLESS GLASSES INCLUDE HIGH INDEX LENSES (1.6) FOR BETTER AESTHETICS AND DURABILITY. These lenses regularly cost over £130 in high street shops.



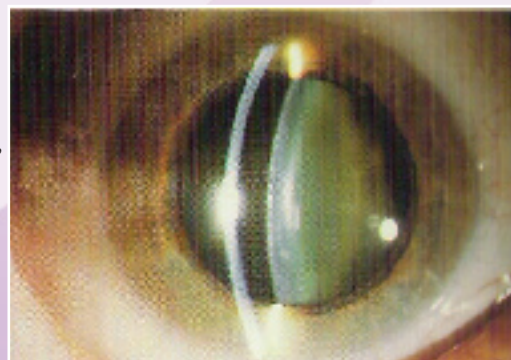
Rimless Glasses

2.3. Select Your Lens Coatings

Yours already include FREE anti-scratch coatings.

You can make your glasses LOOK BETTER by choosing anti-reflection coatings. This coating also reduces reflections when driving, particularly at night. In bright lights, it allows your eyes and face to be seen better by others, instead of the reflections of the lights and surrounding area.

You can PROTECT you eyes from sun damage by choosing a UV400 coating. Harmful rays from the sun can lead to increased chances of developing cataracts and other conditions such as pterygium. A UV coating offers protection from these harmful rays.



Slit Lamp Image of a Cataract

2.4. Lens Tints & Other Optional Extras



You can make your glasses look like stylish prescription sunglasses by adding some colour.

If you would like lenses that go dark in the sunlight automatically, choose Transition lenses.

Choose polarizing lenses for very bright light conditions such as those found when skiing or fishing or when travelling to areas where the bright light conditions mean there is a lot of glare.

2.5. Enter Your prescription details.

You don't need to understand your prescription to order online. However, in case you are interested, here are the basics.

The Sph value is the 'Sphere' value and represents the 'spherical' part of your prescription. In basic terms, if it has a minus symbol written before (or above), you are short sighted or myopic. If it has a + symbol (or no symbol), then you are long sighted (hyperopic). In the example below, the Sph values have a + sign.

Sph	Cyl	Axis	Prism	Base		Sph	Cyl	Axis	Prism	Base	L E F T
0.75	-0.75	175			Distance	+0.75	-0.75	178			
	Add +2.50				Near						

The Cyl value is the 'cylinder' part of your prescription and represents the degree of astigmatism present. Again, it has a + or - sign associated with it.

The Axis is the meridian of the astigmatism, and is a value between 0 and 180.

The Near Add (if present) is the additional power needed for reading or close up work.

The PD is the 'pupillary distance'. It is the distance between the centres of the 2 pupils in millimeters.

Read off the SPH, CYL, and Axis values from your prescription and select the appropriate numbers from the dropdown menus.

Remember if there is a minus - sign usually written before or above the SPH value, (see example) then select the minus sign value number from the dropdown menu.

In this example, the Left Eye Sph (Sphere) value is +0.75. For this, select the 0.75 value from the Sph dropdown menu. The Cyl (Cylinder) value for the left eye is -0.75. So, for this, select the -0.75 value from the dropdown menu.

The Axis number is a value from 0 to 180. Simply select the right value for each eye.

If you are ordering reading glasses, or are ordering bifocal or vari-focal lenses, then you need to enter the Add value.

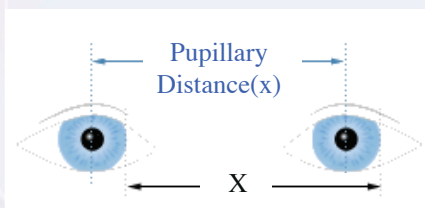
The ADD is usually exactly the same for both eyes. Some optometrists only write down the ADD for 1 eye. (as in the above example). Others write it down for both eyes.

Enter the same number, into the RIGHT EYE field as the LEFT EYE field for the ADD.

PD (Pupillary Distance)

The best way to get your PD is to request that your optometrist give it to you at the time of your sight test. They must give you your prescription BY LAW, but they do not have to give you a PD measurement.

Thus, your prescription may or may not have the PD written on it. If your optician has made glasses for you before, he or she should know it and so ought to be able to supply you with it.



The PD is often called the 'Pupillary Distance, or more correctly, the 'Inter-Pupillary Distance'. It is the distance between the centres of the 2 pupils, whilst looking straight ahead into the distance.

If you cannot obtain this, then don't worry. If you leave this field blank, we can use an average measurement based on the UK population.

It is possible to measure your own PD – or get somebody to measure it for you.

Method 1

In order to measure your own PD, you need a mirror and a ruler. 1. Look into the mirror and hold the ruler across the bridge of your nose, so the ruler is against your forehead, and the ruler markings are clearly seen.

2. Line up the centre of your right pupil, with the zero mark on the ruler. It might be easier if you keep the left eye closed, whilst looking straight ahead at the reflection of your right eye, with your right eye.

3. Then, close the right eye and read off the distance to the centre of the left pupil, still looking straight ahead with the left eye, directly at the reflection of the left eye in the mirror.

4. Be careful not to move the ruler sideways whilst measuring. Touching your forehead with the ruler gives it a rest, and helps stop unintended movements.

5. Check your measurement by closing the left eye and then the right eye alternately. This way, you can check the zero is still lined up correctly.

Most people have a PD of between 55mm and 70mm.

Method 2

1. You can get a friend or partner to measure your PD for you.
2. Sit opposite your partner, with your eyes at the same level, about 2 feet apart (arms length)
3. Your partner then asks you to look into his/her left eye. You keep both eyes open. Your partner can close his/her right eye.
4. Your partner aligns the ruler, which is held across your forehead and the nasal bridge, so that the zero mark of the ruler is aligned with the centre of your right pupil (which is looking directly ahead at his/her left eye)
5. Then, your partner asks you to look at his/her right eye (which is exactly opposite your left eye).
6. Your partner can close his/her left eye, but you keep both eyes open. The partner reads off the centre of your left pupil, against the ruler, ensuring the ruler has not moved. The partner can check, by going back and forth between the two eyes, asking you to look at his left eye, then right eye in quick succession.

Method 3

Take a picture of yourself (or ask somebody to take it for you) looking into the distance, with a ruler rested across your forehead over the bridge of your eyes, so that the markings can be seen. E-mail the picture to us along with your order number. We will read off your PD for you.

Now you have entered in all of your prescription details, you are ready to proceed to the checkout or continue shopping.



**Complete your purchase
through the 100% secure payment gateway
and receive your glasses in the post**



After placing your order, sit back and relax. You have just saved yourself A LOT of money. Your glasses will be sent to you by post.

**Please don't keep us a secret!
Send this guide to everyone you know who wears glasses so that all of
your friends, work colleagues and family can SAVE MONEY too!**