



THE COMPLETE GUIDE TO

# Prescription Lenses

All You Need To Know About The Different Types of  
Glasses Lenses & Reading Your Prescription



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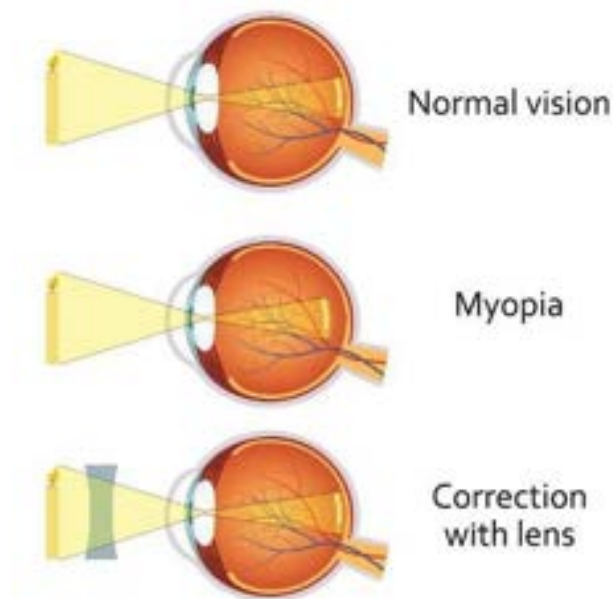
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# Chapter 1 – Different Lens Types

Your eyesight is dependent on the quality of all the components of your eyes. If any of the components don't function properly then vision problems can occur. For you to see clearly, light must travel through the front of your eye to the cornea and lens who work together to bend or refract the light onto the retina. Prescription lenses help correct your vision by focussing the light accurately onto the retina. In this chapter we will discuss the different type of glasses lenses available for your visual needs.

## Distance Lenses

If you struggle to see the television or make out road signs when driving, then you most likely suffer with short-sightedness (Myopia). This occurs because the shape of certain parts of the eye prevents the light from bending on to the retina correctly. As a result, the light falls in front of it, causing blurred vision.

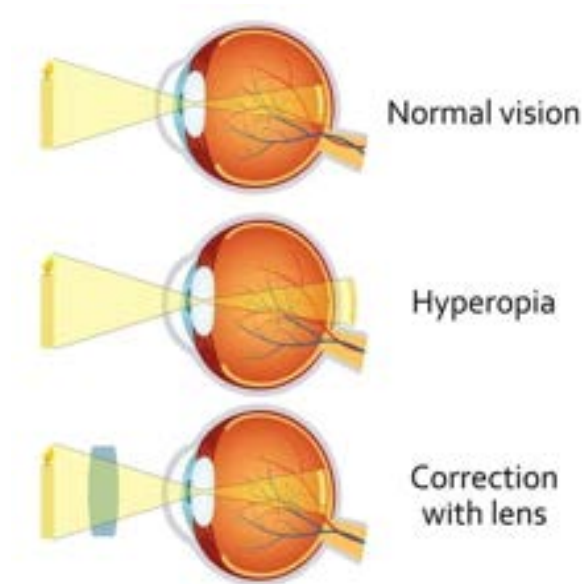


*Neokryuger / Shutterstock*

Distance glasses enable wearers to see far away objects more clearly. The lenses correct short-sightedness with their concave shape. They curve inward, which helps the eyes focus on objects far away.

## Reading Lenses

People who suffer with far-sightedness (Hyperopia), can see things far away, but struggle to read books, menus, and texts. This becomes more common as you get older. If you are long-sighted, your eye is either shorter than it should be, or your cornea is too flat. This means that the light coming from nearby objects lands behind the retina instead of directly on it, like it should. As a result, you cannot focus properly on anything close up.



*Neokryuger / Shutterstock*

Reading lenses are convex in shape. They tend to curve outwards which corrects near vision, and helps wearers to see close up objects more clearly.

## Intermediate/Computer Lenses

Intermediate/computer glasses are designed to correct Presbyopia. This is a common age-related condition that causes difficulty seeing objects at varying distances. These type of lenses are often required for people over the age of around 40, because the natural lens in the eye can become less flexible the older you get.

Intermediate glasses use lenses that correct near and far vision simultaneously, and are tailored to focus on a distance of about 30cm to 60cm. They are particularly useful for activities such as working at a desk or using a computer screen and keyboard.

## Lens Refraction Index

The lens index number represents how efficiently a lens material bends light. If your prescription has a minus value, the edges of the lens will normally be the thicker and if it has plus values, the centre of the lens will normally be thicker.

The bigger the prescription, the lower the lens index will be. As a general rule of thumb, prescriptions with a high index are more suited to thinner lenses. However, prescription add-ons such as the cylinder and axis values for astigmatisms have to be taken into consideration, when gauging the thickness for any given prescription.



*Standard thinning down to maximum thinning*

The most suitable index for you will depend on the strength of your prescription, your pupillary distance, the glasses frame size and your personal preference.

PLEASE NOTE - the index number does not represent a measurement of the thickness of the lens in mm's. It is the measure of how efficiently the material bends light, as it travels through the material.



## Suggested Indices For Your Prescription:

- 1.5 Standard Index – The standard, un-thinned 1.5 index is suitable for those who have a lower value prescription, up to +3.00 and -3.00 SPH.
- 1.61 Index – For those who prefer a more modern look. Ideal for prescriptions with a SPH of less than +4.00 and -4.00.
- 1.67 Index – Thinner and lighter than the 1.61 and perfect for those with stronger prescriptions up to +6.00 and -6.00.
- 1.74 High Index – The thinnest plastic lens available on the market. It is around 50% thinner than the standard 1.5 lens and 30% lighter than the glass equivalent. Prescriptions with the highest powers will benefit from this type of lens.

Standard Index lenses are the most affordable, but higher index lenses are generally more lightweight and more aesthetically pleasing for cosmetic reasons. If you're very short sighted the edge of your lenses will often be thick and more visible, so you might benefit from a thinner lens in a plastic frame. This is because plastic frames can help remove edge thickness for minus "-" prescriptions.

### Advantages of High Index Lenses:

If you're very short sighted the edge of your lenses will be thicker. Spectacle lenses with a higher index are able to bend light more efficiently so the lenses are generally thinner and more aesthetically pleasing.

Lenses that are thinner require less lens material. This reduces the overall weight of the lenses and, as a result, can make them feel more comfortable.

Most of today's fashionable glasses frames are made of plastic or metal, with rims that are thinner than the lens itself. This means that low index lenses with thicker edges, could be highly visible and distract from your glasses frame. High index lenses fit better into most frames giving a more natural and pleasing appearance.

[Click To View Prices For Specific Lens Thickness](#)

# Chapter 2 – Multifocal Lenses

Having separate pairs of glasses for varying distances can be a nuisance. Multifocal lenses allow you to have just one pair of glasses, even if you need different types of lenses for your vision. Read the following information if you require a lens with multifocal view-points, so you can decide which one is most beneficial for your requirements.

## Bifocal Lenses

Bifocal glasses were initially invented by Benjamin Franklin in 1784. Fed up of having to constantly switch between his distance glasses and his reading glasses, he came up with a way to have both types of lenses in one frame. By sawing his lenses in half and placing the distance half at the top of the frame and the reading half at the bottom, he made himself one pair of glasses with two different lens powers.

### **How Bifocals Work:**

A bifocal lens combines two distinct prescriptions, with a visible line between the top and the bottom sections. Wearers must move their eyes up and down to switch to the prescription distance they require.

Depending on the wearer's optical needs, bifocals are available with different prescription combinations:

- Distance at the top and reading at the bottom – This is the most common bifocal combination.
- Distance at the top and intermediate and the bottom - Ideal for people such as lorry drivers who require distance to see the road, as well as intermediate to see the dashboard or sat-nav.
- Intermediate at the top and reading at the bottom - Useful for those who don't require a distance lens, but work at a desk all day long and need an intermediate prescription for computer work and a near prescription for reading documents.

## Examples of Bifocal lenses:

### D Seg Bifocals

The most widely used bifocal style is the standard D28. These lenses have the distance prescription in the top portion of the lens and the reading prescription at the bottom, in a 28mm or 35mm wide D shape with a flat top.



### Round Bifocals



The 28mm reading section of the R28 lens is round at the top, and were originally designed to help wearers reach the reading segment

more easily. They are however, less popular than the D Seg because the width of near vision available at the top of the segment is reduced.

## Pros & Cons of Bifocals:

Bifocal lenses are useful for people who need optical corrections for two different distances. Instead of carrying around two pairs of glasses you can have both prescriptions in the one frame. They are cheaper than progressive lenses as well as being easier to adjust to.

However, the stark contrast between the lens distances can be distracting and annoying to some people. The line separating the two prescriptions is visible making them less aesthetically pleasing, as well as reducing the field of view. Wearers may also experience some visual distortions, for example, when climbing stairs.



## Varifocal Lenses

Varifocal technology came about in 1953 when the engineer Bernard Maitenaz patented the first progressive, no-line lenses. The product, named Varilux, was introduced by Essilor in 1959 as an innovation that provides a superior option to bifocals.

### **How Varifocals Work:**

Varifocal lenses, also known as progressive lenses, have a gradient of optical powers. This means that they contain multiple prescriptions in the same lens. Distance vision is at the top, intermediate vision in the middle and near vision at the bottom. They deliver a completely smooth, continuous transition between the different prescriptions.



Varifocal glasses are tailor made to you with all of your prescription details. When you are fitted for varifocals, your pupillary distance will be measured to ensure a perfect fit and maximum comfort.

### **Pros & Cons of Varifocals:**



Varifocal lenses progressively change power in a gradual transition, allowing for quick changes of focus as the wearer needs it. They accommodate more prescriptions so you can see clearly at all distances. There are no definitive lines on a varifocal lens, making them more aesthetically pleasing than Bifocals. However, varifocal glasses can

sometimes take a short while to get used to, because your brain needs time to adjust to the new visual experience.

## Varifocal Grades:

There are several types of varifocal lenses available. The best one for you will depend on your personal requirements, budget and your prescription. This is why at Spex4Less we offer a range of 'Standard', 'Premium' and 'Elite' varifocal lenses. All are high-quality lenses but when upgrading from standard to elite the field of view becomes wider, and the peripheral distortion lessens.



**Standard  
Varifocal**



**Premium  
Varifocal**



**Elite Varifocal**

[Click To View Prices For Specific Varifocal Lenses](#)

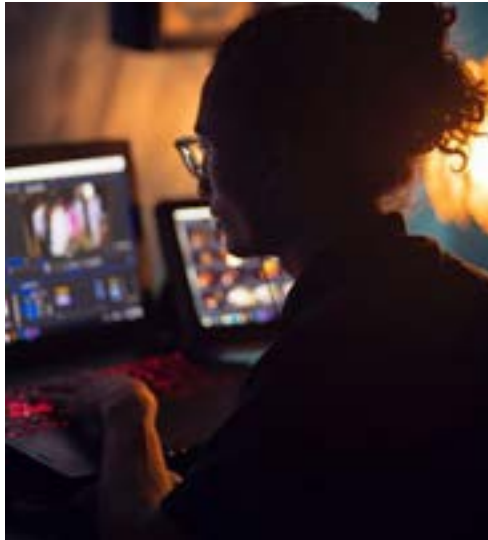
## Occupational/Indoor Lenses:

Occupational/indoor lenses are designed for use during your job, when you work indoors. They are useful for when you need to do close up work and also be able view objects a little bit further away. These type of lenses are particularly suitable for people around the age of 40 and above, who find themselves struggling to see clearly at intermediate/computer distances.

At Spex4Less we offer a range of occupational/indoor glasses as follows:

**Essilor Computer 2V:** These lenses offer an extremely wide Intermediate and reading vision. The 2V lens is perfect for office workers as it gives full coverage of both screen and keyboard. They are also a useful solution for those who don't normally wear a distance correction but who concentrate on digital screens for long periods of time.

**Essilor Computer 3V:** These lenses offer a small distance portion at the very top of the lens, progressing down to a wide intermediate view in the middle and a wide near portion at the bottom. These lenses are a particularly useful for someone who regularly shifts from computer vision to semi-distance, such as looking across to the other side of a room.



**Jai Kudo Wideview Occupational Lenses:** An ideal solution for professionals requiring intensive use of near and intermediate vision zones. These lenses reduce the overall distance ranges to just near and intermediate, which greatly improves the visual fields, ensuring wider optimised areas of use.

There are 3 product designs that promote easy adaptation and comfort for people struggling to see up close or a few meters away:

- My Desktop - Up to 1.3m range. Perfect for close proximity visual tasks such as computer use.
- My Office - Up to 2m range. Offers improved clarity within a conventional office space or across a desk.
- My Meeting - Up to 4m range. Designed for vision within a conference room.

**Zeiss Officelenses:** Offering clear and crisp vision of the 3 main working distances.

1. Reading (100cm)
2. Workplace (200cm)
3. Room distance (400cm)

These lenses are an excellent choice for those who spend many hours in front of screens. The field of vision in Zeiss Officelenses help to create a natural head and body posture. As a result the wearer may notice less neck, shoulder and back strain, and a more comfortable and relaxed vision all day long.

# Chapter 3 – Understanding Your Prescription

Your glasses prescription consists of the measurements determined by an optician to correct your vision. Your optician is legally obliged to provide you with a copy of your prescription following an eye exam.

All glasses prescriptions will have the same information on them. However, they can be displayed in different formats, which may seem quite confusing. In this chapter we will explain the values on your prescription and what the abbreviations mean, so you'll understand how to read it correctly.

## Prescription Format Examples

### Standard NHS Prescription

	Sph	Cyl	Axis	Prism	Base		Sph	Cyl	Axis	Prism	Base	
R I G H T	+0.25	-1.00	95.0			Distance	+0.25	-0.25	10.0			L E F T
	+2.50	-1.00	95.0			Near	+2.50	-0.25	10.0			

### Boots Prescription

Your Glasses Prescription

	Sphere	Cylinder	Axis	D. Prism	N. Prism
Right	+2.75	-0.50	90		
Left	+3.00	-1.25	95		
Reading addition	R: +2.50 L: +2.50				
Intermediate addition					
Back vertex distance	12				

## Specsavers Prescription

	SPH	CYL	AXIS	Near-ADD	Inter-ADD	BVD
R	+1.00			+2.25	+1.50	
L	+0.75	-0.50	50.0	+2.25	+1.50	
		H-Dist		V-Dist	H-Near	V-Near
RPrism						
LPrism						

## Common Abbreviations

**OD or R - right eye**

**OS or L - left eye**

**SPH - sphere**

**CYL - cylinder**

**PD - pupillary Distance**

**NV/ADD - a reading addition**

**DV/ADD - a distance addition**

**Inter ADD - an intermediate addition**

**VA - visual acuity**

**BVD - back vertex distance**



## Prescription Values

**Sphere:** This is the power of your lens for correction of long or short sightedness. It is common for this number to be different for each eye.

**VERY IMPORTANT** – A plus symbol (+) indicates long-sightedness, meaning that your struggle to see things close up and require reading glasses. A minus symbol (-) indicates short-sightedness, meaning you struggle to see things far away and require distance glasses.

The SPH number on your prescription is written in 0.25 increments and can range from 0.25 to 6.00 or higher. Sometimes your SPH will contain comments such as **Plano**, Infinity, ~ or  $\infty$  which all mean that no correction is required.

**Cylinder:** This is the value for an 'astigmatism', a condition that is caused by an irregular shaped cornea. It means your eyes is oval-shaped like a rugby ball rather than round like a football. Cylinder values also consist of + or – powers, in 0.25 steps. If the CYL box is left blank, it means you have a perfectly shaped eye. If this is the case there will also be no Axis value for that particular eye either. The axis is the correction value for the Astigmatism and will be a number between 1 – 180.

**Intermediate/Computer Addition:** The number in this box on your prescription is the correction value needed to bring you mid-range distance into focus. We use this value to make single vision lenses for intermediate/computer use, where the focus is further away than your reading glasses.

The "Inter Add" value is not required for varifocals as this is already incorporated in to the lens.

**Back Vertex Distance (BVD):** The distance in millimetres between the front of your eye and the back of your lens. It can influence the effectiveness of a lens and is normally found on higher-strength prescriptions.

**Pupillary Distance:** This is the distance between the centre of one pupil to the other as you look straight ahead into the distance and may not be shown on your prescription. However, it is an important measurement to for the accurate fitting of lenses that have higher values and/or multi-focal components, so you should request that your optician make a note of it.

**Prism & Base:** These values are not usually required on a prescription as they are used for correction of eye alignment issues, which is uncommon.

**Visual Acuity:** This value describes your vision, but is not needed for making your glasses.

# Chapter 4 – Lens Treatments

Lens treatments can be applied to single vision lenses, bifocals and varifocals. They enhance the durability and performance of your spectacles and can help improve your overall visual clarity when wearing glasses. Here's a breakdown of the most beneficial treatment that you should consider when buying a new pair of glasses.

## Lens Coatings

**Multi Anti-Reflective (MAR):** Also known as 'Anti-Glare', this coating eliminates reflections from the surface of the lens, by allowing more light to reach the eye. It helps improve clarity of vision, reduce eye strain and helps to make your glasses appear more attractive.



Without Anti-Reflective

With Anti-Reflective

This particular coating also contains a lens hardening compound, which provides enhanced scratch resistance and a level of water-droplet resistance to help prevent lenses fogging up.

**Scratch Resistant:** Be aware – no lenses are completely "scratch-proof", and there is a big difference between a scratch and a gouge.

A scratch is largely superficial and just on the surface of the lens. Over time, lenses will naturally become scratched to a certain degree - from everyday wear and tear, or incorrect storage or cleaning. A scratch-resistant compound known as a 'hard coat' will reduce the impact and appearance of scratches.





**Blue Light Control:** Blue light is present in many of the devices we use every day, including computers, tablets smartphones, television screens and strip lights. Over exposure to this light can cause eye strain, fatigue and disrupted sleep.



A blue light coating on your lenses neutralises the light to help prevent it from entering your eyes. This makes for a more relaxed vision and healthier eyes.

**Anti-Fogging:** An anti-fog coating absorbs moisture on lenses, which helps prevent them from fogging up and making it impossible for you to see properly.



This lens coating is particularly useful for helping to keep your glasses clear and steam-free when you are wearing a mask, cooking, or taking part in outdoor activities.



**Honeycomb:** Innovative honeycomb lenses work by utilising a special coating that creates a series of small, hexagonal-shaped holes that look like a honeycomb pattern.



Honeycomb is an advanced technology designed to physically redirect and distribute the light entering your eyes, giving you crisper, sharper vision with optimum clarity. This makes them particularly useful for night driving, as it improves vision accuracy and reduces eye fatigue.

Honeycomb lenses also offer full UV protection and are super hydrophobic which helps repel water and any natural oils from the lens surface. Additionally, they are perfect for those who struggles with low-light conditions or eye strain, as the advanced technology protects your eyes from excessive glare from digital devices.



## Lens Tints

**Photochromatic:** These lenses change colour in accordance with the brightness of the atmospheric light, and provide the correct amount of protection for varying light conditions. The more UV light there is, the darker the lenses will go. From clear lenses indoors to fully dark lenses in the bright sunlight – just like sunglasses.



A photochromic coating is especially beneficial for those who regularly interchange from indoors to outdoors. However, they do not work quite so well inside a car, because there is less UV light is present inside a vehicle which reduces the ability of the lens to darken.

**Polarised:** These lenses act like venetian blinds, with tiny stripes that help remove glare away from your eyes. This means that any blinding light or glare bouncing off shiny surfaces or water, are blocked out.



Wearing polarised lenses will improve your visual comfort, enhance colour contrast and block out 100% of all harmful UV rays. They make driving in daylight a lot safer, however, because they reduce the amount of light entering the eye, they should not be used at night time.

**Coloured:** Different colour lens tints offer unique benefits for your vision. Your favourite colour may, therefore, not necessarily be the best choice for you. Finding the right shade for your lifestyle could make a massive difference to your comfort.



**Grey** – A good allrounder for sunny and interchangeable weather. A grey tint reduces brightness and glare and helps prevent eye strain, squinting and tiredness. This makes it an ideal colour for driving and outdoor activities such as fishing and cycling, as they protect your eyes from glare shining off water and wet roads.

**Green** – Helping to filter out harmful blue light and providing high contrast and visual sharpness, a green tint is a great everyday option for when grey is too dark. Green lenses also work well in both cloudy or sunny weather. They reduce glare and brighten shadows, making them suitable for precision sports such as tennis, cricket and golf.

**Brown** – Glare-reducing brown tinted lenses improve contrast and reduce visual fatigue, making them ideal for driving. Brown is the perfect tint for those with short-sightedness, as the red hue in brown lenses improves depth perception. They are recommended for all activities where distance needs to be judged.

**Yellow/Amber** – Able to block blue light and harmful UV rays from the sun, while providing enhanced depth perception. Yellow lenses can cause colour distortion but they yield sharper vision in bad light. This makes them beneficial in low light conditions, on cloudy days, or during fog. Yellow tints are popular with outdoor enthusiasts where cloud cover is imminent, such as skiing, hiking, or mountain biking.

**Blue** – Enhances the contours of objects and improves colour perception, which enables you to distinguish between different objects more easily. Blue tints are fashion-savvy and also provide a peaceful and calming effect on the eyes. Blue lenses reduce glare in snowy conditions, and are also perfect for water sports or enjoying leisure activities out in the sunshine.

**Red/Pink** – A favourite lens tint among computer users and gamers. Red and rose-coloured lenses reduce eye strain by blocking blue light and reducing eye strain. They also improve driving visibility by increasing your vision's depth of field and providing enhanced detail. Red tints are good in most weather conditions and are especially useful for skiing.

**Mirrored:** One of the hottest trends around, mirrored sunglasses feature a special metallic layer that effectively minimises the amount of light that can pass through the lens.



Mirrored sunglasses lenses reflect light and glare away from the eyes more than any other glasses tint. They assist in contributing toward enhanced clarity when driving and taking part in high-intensity activities, where glare can affect performance and safety.

Mirrored sunglasses help you to experience a brighter field of vision and superior visual clarity, making them a great choice for those who spend a lot of time outdoors. They are extremely durable, and offer more protection and comfort for your eyes than regular sunglasses.

# Chapter 5 – Specialist Lenses

If you are used to the quality of your branded lenses and want to stick with them, rather than use our own stock lenses, don't worry! We also offer a variety of specialist lenses from the top brands in the industry. Read on for a breakdown of the best branded lenses we provide, to help you decide on the best lens for your needs and lifestyle.

## Zeiss

A world leading technology enterprise in optics and optoelectronics, and manufacturer of premium quality eyeglass lenses for optimum vision.



**Smartlife:** Lenses with wide fields of view across all distances and in all directions. Features special properties that filter out harmful UV rays and provide lasting protection for your eyes. They enable you to see clearly all day long and can improve your clarity of vision, no matter what age you are.

**DriveSafe:** Powered by DuraVision® DriveSafe Coating, these every day lenses are designed to meet the visual needs of drivers. They help reduce reflections and irritating glare, especially while driving at night. Zeiss Luminance Design™ Technology enhances the wearer's natural vision even in low-light conditions, ensuring a safer, more comfortable drive at all times.





**DriveSafe Varifocal:** Designed for dynamic vision and optimised for near, mid-distance and transition zones for driving and daily use. These lenses feature a large, wide distance zone and ensure a comfortable shift of focus with less horizontal head movements.

## Essilor

An international leader in prescription lenses with the largest optical research centre in the world, Essilor provide vision solutions for every lifestyle and need, including innovative progressive lenses for seeing sharply and seamlessly at all distances.



**Varilux Comfort Max** - Progressive lenses that provide sharp vision at all distances and are easy to adapt to. With a wide reading area, these lenses are designed to maximise your postural flexibility for comfortable vision all day long.



**Varilux Phyo 3.0** - Progressive lenses providing sharp, effortless vision with a smooth transition from near to distance vision. Varilux® Phyo® 3.0 lenses use WAVE 2.0 technology to deliver high resolution vision at every point on the lens with no distortions, even in low light conditions.

**Varilux X Series** - Progressive lenses that dramatically reduce the need for head movement, and deliver instant, sharp, and continuous vision. Designed to optimise near and intermediate vision, they feature technology that extends vision at arm's length, so you no longer have to tilt your head to find your focus.

## WLC

Partnered with Essilor, WLC are one of the largest suppliers of stock lenses in the UK who offer innovative materials and coatings to fulfil every requirement through a range of varifocal, bifocal, and single vision lenses.

**Nova Plus:** Lenses with Digi-Contour Technology designed specifically to accommodate the exact visual requirement of the wearer. Nova lenses allows clear vision in all zones of the lens, eliminating distortion and reducing head movements to achieve comfortable, clear vision. They feature a smooth transitional corridor between near and far vision, for a lens that is easy to adapt to.



**Nova Drive:** lenses that offer sharp, natural panoramic vision that is virtually glare free in all light conditions. They benefit from Panoramic Vision Enhancement Technology, meaning the wearer can enjoy extended fields of clear vision at the steering wheel, and can focus from right to left wing mirrors, with minimal horizontal head movement.

**Nova Drive Blumax:** Powered by BLUMAX material for complete protection from UV rays and maximum filtration of HEV Blue Light emitted from sources such as LED or Xenon headlights and digital devices.



**Nova Drive Blumax Varifocal:** Provides a wide intermediate vision zone designed with driving ergonomics in mind. The stable power progression ensures easy switch of gaze direction between a number of focal points while driving, minimising visual fatigue and discomfort.

## Jai Kudo

**Wideview Easy Varifocals:** These lenses as been specifically designed to address common problems of transitioning to progressive lenses. They are the perfect choice for someone who is new to progressive lenses and who requires good intermediate vision.

**Wideview Zenix Varifocals:** Designed with the intent of delivering balanced visual performance between the distance and reading zone. These lenses are the ideal choice if your someone has worn progressives before and require good distance and reading vision.

## Hoya

**Hoya Premium:** Hoya is one of the worlds leading varifocal manufactures. This is a digital free-form varifocal lens which offers w wider field of view through the intermediate and reading part of the lens and also offers less edge distortion than a conventional varifocal.

**Hoya Elite:** This is a varifocal lens lens that is a step up from the premium, providing wider visual fields and precise power even at periphery, with even less visual distortion.



# Chapter 6 - Reglazing

## Our Reglaze Service

If your prescription changes but you love your current glasses and can bare to get rid of them, we can supply lenses made to your new prescription and fit them to your existing frames. This is a much more environmentally-friendly alternative to throwing your old glasses away. We can also read the prescription details from your existing lenses to produce a replacement pair if you wish.



### Advantages Of Reglazing:

- Your prescription changes and you wish to recycle your current frame.
- You damage your current lenses and wish to replace them.
- You wish to replace your current glasses with a different lens type or quality.
- You purchase a new frame elsewhere and would like us to fit your lenses.

There is an additional charge for rimless reglazing due to the complexity and time taken to match the shape and drill positions to your existing lenses.

**Please note:** Whilst the vast majority of frames are suitable for standard reglazing, there are some frames that aren't suitable, such as highly wrapped sports frames or impact safety glasses, require specialist manufacturer glazing.

[Click Here To Order Your Reglaze](#)

## Top Ten Insider Tips

1. High prescription but not keen on thick looking lenses - or paying for thinner lenses? Choose smaller, oval frames as they help reduce the distortion and thickness which are usually seen at the outer edges of larger frames.
2. Your favourite glasses frames can now have a new purpose! Save money by sending us your old beloved eyeglasses to recycle into stylish and functional sunglasses.
3. Why bring two pairs of glasses to the beach when you only need one? Our reading sunglasses with bifocal lenses are the perfect solution for protecting your eyes from the sun while reading your favourite book. With these versatile glasses, you can easily switch between reading and taking in the sights without any hassle.
4. Don't worry about protecting your upgraded glasses - we've got you covered with a FREE hard glasses case included with any reglaze order.
5. Need to know which frame will fit ? Look for a combination of numbers such as "54-18-140" on the arm. These indicate the lens width, bridge width, and arm length. Use these numbers to choose a frame that matches your own measurements and preferences.
6. Don't know where to start when it comes to choosing the perfect glasses frames? Our [blog](#) offers a detailed breakdown of different face shapes and expert advice on the glasses that work best with each. Take a look and find your new favourite pair today.
7. Get the perfect visual solution for your skiing and swimming needs with prescription inserts for masks and goggles. With these custom inserts, you can take on the slopes and water with perfect clarity.
8. Don't let a lack of prescription hold you back from the perfect accessory - all of our designer glasses and sunglasses frames are available with non-prescription clear lenses. Just what you need to upgrade your fashion game.
9. Your glasses prescription belongs to you - and your optician is required by law to give it to you after an eye test, regardless of whether you buy glasses from them.
10. Our loyal customers mean the world to us, and we like to show our appreciation by offering frequent special offers and discounts on glasses frames and lenses - be sure to check your email for the latest deals.

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100% Satisfaction Guarantee

2 Months Frame Warranty

Top Rated Glasses Company by Trustpilot Users

If you have any further questions about your prescription lenses, please call our dedicated customer services team on **0151 632 6611** or email us at **[info@spex4less.com](mailto:info@spex4less.com)**