

Insight

Summer is in the air, and so is the pollen! Read our tips for reducing eye allergies...

- 01.** Get an early start. See your optometrist before allergy season begins to learn how to reduce your sensitivity to allergens.
- 02.** Try to avoid or limit your exposure to the primary causes of your eye allergies. In the spring and summer, pollen from trees and grasses are the usual suspects. Ragweed pollen is the biggest culprit in late summer and autumn. Mould, dust mites and pet dander are common indoor allergens during winter.
- 03.** Protect your eyes from airborne allergens outdoors by wearing wraparound-style sunglasses.
- 04.** Don't rub your eyes if they itch! Eye rubbing releases more histamine and makes your allergy symptoms worse.
- 05.** Use plenty of artificial tears to wash airborne allergens from your eyes. Ask your optometrist which brands are best for you.

- 06.** Cut down your contact lens wear or switch to daily disposable lenses to reduce the build-up of allergens on your lenses.
- 07.** Shower before bedtime and gently clean your eyelids to remove any pollen that could cause irritation while you sleep.
- 08.** Consider purchasing an air purifier for your home and purchase an allergen-trapping filter for your heating/cooling system.

Maui Jim Sunglasses – born on the beaches of Maui, Hawaii Enjoy colour, clarity and detail like never before.

Created on the Hawaiian Islands to make the colours shine, all Maui Jim sunglasses feature patented PolarizedPlus2® lens technology and will change the way you see the world. Experience vivid colours, improved clarity, and crisp details - all while blocking glare and harmful UV.

Did you know? Glare washes out colours, obscures details and fatigues your eyes.

You can choose prescription or non-prescription sunglasses, all of which are manufactured to the highest quality and craftsmanship and backed by a two-year warranty.

The Maui Jim difference:

- Flower icon: Eliminate 99.9% of glare and see the world at its brilliant best. Without the need to squint and strain, you can avoid eye fatigue, wrinkles around the eyes and even headaches.
- Flower icon: Enhance the world's true vivid colours in detail.
- Flower icon: Shield your eyes from glare and harmful UV. Maui Jim lenses block 100% of all harmful UV rays, protecting your eyes from damage and long-term health risks.

- Flower icon: Anti-reflective treatment blocks reflected light and glare from behind.
- Flower icon: A Bi-Gradient mirror is applied to the top and bottom of the lens. The mirror squints for you to reduce the brightest light from above and below, allowing your eyes to relax.



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LENSSES AND ACCESSORIES.



We sincerely appreciate
amazing clients like you.
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Sight Gags by Scott Lee, O.D.



"Your eye is the first sign of Popeye Syndrome. It's followed by swollen forearms, muttered speech, and an addiction to spinach."

Did you know...

Daylight Savings makes life easier for those with poor eyesight.

A driver's reaction depends on his or her vision, up to 90%. Research suggests that around a third of all vehicle drivers complain about vision issues when driving in the darkness. Poor eyesight contributes to greater risk of injuries, especially at night.



Daily eyelid care is as important as brushing your teeth!

You wouldn't start your day without taking care of your teeth, but how about taking care of your eyes? Cleaning your eyes (properly) on a daily basis is a habit that leads to healthier eyes, fewer eye infections, and prevents damage to the surface of your eyes.

At this time of year the pollen in the air can settle on your lids and lashes and cause irritated eyes if not properly washed at the end of each day – so if you suffer from eye allergies at this time of year, a special eye lid cleanser or wipe could be the solution you're after.

Daily wiping also reduces symptoms like:

- Sensitivity to light
- Blurry vision
- Itching and burning sensations
- Swollen eyelids
- Watery eyes
- Fatigued eyes
- Dryness and discomfort

At Visique Greerton we stock Blephadex which uses an all-natural formula of tea tree oil and coconut oil specifically designed for cleaning lashes, eyelids, and the face without any harmful chemicals or burning sensation. It's an all-natural, eyelid, eyelash and facial cleaner that helps to relieve the symptoms of dry, itchy eyes, blepharitis, rosacea, and demodex mites without any burning or stinging.

“ I have extremely dry and itchy eyes due to seasonal allergies this year. These wipes are so soothing and moisturising! They also seem to take off any makeup that may be left on my eyelid. I like that they are individually wrapped so I can throw a couple in my purse just in case I forget to use them in the morning. I would definitely recommend these. ”

- A happy Blephadex customer.



Wipes



Cleanser

Indestructible Eyewear for Kids - made to last

Nanovista Eyewear frames for kids and toddlers can be adapted to changeable temples (just like regular glasses) or switched to wear as a headband (great for active play as helps them stay put). This makes them ideal for kids both in the classroom or outside playing.

These creative and exciting frames are made from safe Siliflex™ silicon material for maximum comfort and flexibility.

Nanovista frames are

\$299

which includes standard lenses.

Or opt for a frame with clip on sunspecs for just

\$349



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