

Insight

VISIQUE SPRING
NEWSLETTER 2022



HOT

**New frames and
sunglasses for the
ladies...**



\$449

VANNI 6240/C284

\$549



WILLIAM MORRIS PETRA, C2



\$399

WOODYS THYSSEN, C2

\$249



WILLIAM MORRIS 10037, C1



\$269

ORTON LENNON, NAVY

\$599



LARA D 22/TORT YELLOW

OUR TOP 10 SPRING EYE CARE TIPS



1. 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.
2. Protect your eyes from airborne allergens outdoors by wearing sunglasses – a wraparound-style will provide the best protection.
3. Don't rub your eyes if they itch! Eye rubbing releases more histamine and makes your allergy symptoms worse.
4. Use plenty of artificial tears to wash airborne allergens from your eyes. Ask your optometrist which brands are best for you.
5. Wash your hands more frequently – pollen is everywhere at this time of year, including your hands. And when our eyes are irritated, our first instinct is to rub them, which transfers any pollen on our hands into our eyes.
6. Cut down your contact lens wear or switch to daily disposable lenses to reduce the build-up of allergens on your lenses.
7. Shower before bedtime and gently clean your eyelids to remove any pollen that could cause irritation while you sleep.

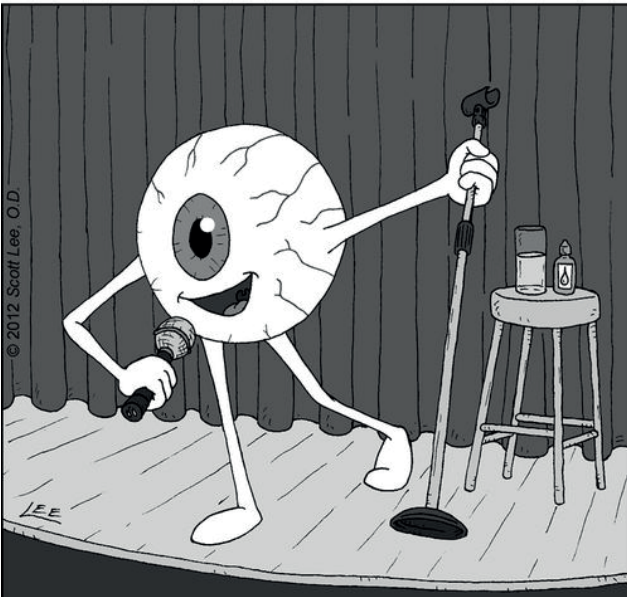


8. Make sure you remove eye makeup at the end of each day. Any cosmetics worn on the eyes can attract pollen particles.
9. Consider purchasing an air purifier for your home and purchase an allergen-trapping filter for your heating/cooling system.



10. Many kinds of seasonal eye discomfort can be alleviated with some changes in your diet. Cutting down on sodium-rich foods can help reduce water retention and swelling under the eyes. Foods rich in vitamins A, E and D, as well as Omega-3 fatty acids, are essential for maintaining eye health.

Sight Gags by Scott Lee, O.D.



“So the patient asks, ‘What’s this floater doing in my eye?’ and the doctor says, ‘The backstroke!’ Thank you! Just a little vitreous humor, folks!”

TRUE OR FALSE

1. Wearing false eyelashes can cause an allergic reaction that makes your eyes red, watery, itchy and swollen.
2. Allergy sufferers can apply petroleum jelly to their nostrils to trap pollen.
3. Contact lenses can get lost behind your eyes.
4. Eating carrots will improve your eyesight.
5. On average we blink over 20,000 times a day.
6. Our iris is unique just like a fingerprint.
7. The surface of the cornea is the slowest healing part of the body.
8. Babies can only see black and white for the first eight weeks.

3 EASY WAYS TO CARE FOR YOUR EYES THIS SPRING...

1. **Relax your eyes with a wheat bag**
Using a wheat bag on tired or sore eyes relaxes and rejuvenates them. For sufferers of dry or watery eyes, a heated eye mask softens oil in the meibomian glands which helps increase the flow of oil across the eye surface. **Pro tip:** Apply for 5 minutes, twice a day.
2. **Take a supplement designed for dry eyes**
A specific combination of Omega 3 and Omega 6 Oils, together with Gamma-Linolenic Acid has been shown to help with dry eye symptoms, increase tear production and improve tear quality. Lacritec helps to reduce the symptoms of dry eyes such as irritation and burning.
3. **Cleanse your eyelids the right way**
It is possible to manage the symptoms of discomfort and itching caused by blepharitis, dry eye syndrome, meibomian gland dysfunction and rosacea. Blephadex Eyelid Foam Cleanser contains a blend of tea tree oil and coconut oil. It is effective, soothing and easy to use.

NOW ONLY
\$69
save
\$24.90



THE EYE CARE PACK YOU NEED:

Includes: • Wheat eye mask • One month's supply of Lacritec • Blephadex Eyelid Foam Cleanser

Only at Visique Greerton

TRUE OR FALSE ANSWERS

1. **TRUE:** The glue used to apply false eyelashes is a type of superglue, which can cause an allergic reaction in some people.
2. **TRUE!**
3. **FALSE:** The conjunctiva membrane lines your eyelids, so it is impossible for a contact lens to get lost behind your eyes.
4. **TRUE – SORT OF:** Carrots are a source of vitamin A, which is important for the eyes.
5. **FALSE:** On average we blink 13,660 times a day. Using a computer can reduce this to around 10,350, making our eyes dry.
6. **TRUE!**
7. **FALSE!** It's actually the quickest!
8. **FALSE:** Babies see black and white for around four months.