

33% OFF OAKLEY SKI GOGGLES

Come and visit us in
branch to check out
what's on offer



KEEPING YOUR EYES HEALTHY IN THE WINTER

The colder months and their shorter days often put more strain on our eyes than we think. Why not take advantage of our Olney branch Oakley sale?

For those of you who love snow sports it's really important to wear polarized sunglasses and goggles that will properly protect you. Reflections from the snow mean your eyes can be absorbing up to twice as much UV as normal. Why not take full advantage of the Oakley Ski Goggles sale at our Olney branch? There's 33% off a number of different products.

Visit our website for more information about our sale at Olney.

Cold and windy weather can be hard on your eyes too. And, strangely enough, so can your central heating. Changes in the air tend to affect the composition of our tears and it's very easy to end up with a condition known as Dry Eye. You'll know you have this when your eyes are constantly streaming but you're not really sure why...

For more information about Dry Eye visit our website.



PRESCRIPTION+ BECAUSE YOUR PRESCRIPTION ISN'T JUST A NUMBER

At Davis Optometrists we like to go further. Our signature approach, Prescription Plus, is all about basing spectacle prescriptions on you and not just your physical condition.

As well as your clinical prescription, we'll spend time listening to you and understanding your lifestyle activities. Whether that's spending a lot of time at the computer, playing different sports or co-ordinating your outfits, we'll find the perfect frame and prescription for you.

Our new comment cards are now available in branch too. So make sure to tell us how we're doing and how you think a change in eyewear could improve your day.

Visit our website to find out more about Prescription Plus.

HEALTHY EYES: EATING YOUR GREENS... AND EVERY OTHER COLOUR!

If you've promised to make 2016 healthier then know that your eyes can benefit too.

Many of us have heard that carrots help promote eye health and protect vision – and this is true. Carrots contain a type of vitamin A that helps protect the cornea.

Almonds do just the same job, reducing the advancement of Macular Degeneration, while also contributing towards healthy hair, skin and nails.

MAKE CONTACT WITH CONTACT LENSES

Contact lenses are now more hygienic and flexible than ever before.

It's true! Nowadays they come in such a variety of materials and prescriptions that there is usually an option for everyone, even those who have been previously told they cannot wear them.

We have lenses suitable for a whole variety of situations. Whether it's reading, looking at computers, helping with Astigmatism, or giving your eyes sparkle, there's something for everyone. After all, glasses aren't for everybody, or at least not all of the time.

Wearable for up to a month, all contact lenses come with hygienic cleaning solutions that are simple to use.

Visit our website for further information on contact lenses and consult your Optometrist for individual advice.



And the list doesn't stop there, leafy greens such as broccoli and spinach also play a part in boosting your eye health. So get that smoothie maker out and see if you can see the difference!

For further information about nutrition and eye health visit our website.