

# Watchfield Opticians

Winter 2016  
newsletter



Introducing

## JONATHAN ADLER EYEWEAR

Jonathan Adler is dedicated to bringing style, craft, and joy to your life. His roots as an artist and sculptor continue to influence his brand of eyewear; lending to a decadent 50's feel. Bold colours and vibrant design, make this a truly stunning range of eyewear. His designs also include home accessories, bedding, bath accessories, furniture and lighting.

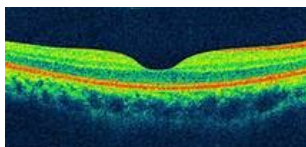
## A very Happy New Year to everyone!



At this time of year your eyes can feel very dry and itchy. Dry Eye is a condition caused by changes in the quantity or quality of your tears. Tears are composed of three layers that work together to keep your eyes comfortable and protected. If anything affects the balance of these elements, your tears will dissipate too quickly. There are many solutions and remedies out there to help you. The simplest is to keep hydrated. Make sure that your omega-3 levels are adequate. Eye drops for different dry eye conditions are also available, for more immediate relief.



## Our fully comprehensive eye examination includes the ZEISS OCT scanner.



"It can reveal details about the structure of the inner layers inside the eye to a degree that is not possible by direct observation in the regular eye examination. It only takes a few seconds to do the test and there really are no side effects to having it done. I discovered facts about the inside of my eye which I didn't know before." Dr R. Fisher

Unlike many optical practices we do not charge for repairs, nose pads or adjustments. All we ask for is a donation to one of our charities; Air Ambulance or Vision Aid Overseas.

[watchfieldopticians.com](http://watchfieldopticians.com)

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