

# **7 ways** **to save money** **whilst caring for your eyes**



# 7 ways to save money whilst caring for your eyes

**Learn how to reduce your outgoings with our money-saving guide.**

By following our realistic and easy strategy, you'll be surprised by how much richer you could become. Putting these excellent money-saving techniques into practice can help you achieve your financial goals.

Saving money does not have to be an overwhelming process when you follow our simple steps.



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# 1. Be brand savvy

We all have our go-to brands for certain things, be it cleaning products or condiments. Nevertheless, you'd be surprised at how much money you can save by finding a cheaper alternative that is just as good.

The same applies to [contact lenses](#) and eye care essentials. For example, you can find cheaper alternatives to big brands such as Acuvue, Air Optix, Clariti and more when you shop our very own [comfi](#) range.

It helps to be savvy about where you shop. Did you know, you can purchase the same contact lenses prescribed to you by Boots, Specsavers and Tesco Opticians at Feel Good Contacts for much cheaper prices?

Take a look at our [chart](#) for information on how much you can save.

**comfi**<sup>™</sup>



The table below shows how much you can save based on a year's supply when you purchase products from our comfi range as opposed to other well-known brands. Take a look at our [comfi savings](#) page for more ideas on how you can save when you shop comfi.

comfi	Big Brand	Yearly Savings
 £285.60	 £513.60	 <b>£228</b>
 £203.76	 £332.40	 <b>£128.64</b>
 £53.88	 £119.88	 <b>£66</b>

## 2. Take care of your goods

Taking care of what you've got means that you won't have to replace things as often and therefore won't waste as much money.

Looking after your belongings be it your air con, sunglasses or glasses will ensure they remain in tip top condition and therefore last longer.

For example, having a pair of designer sunglasses is considered an expensive luxury, so why not have them last you by spending a little extra on accessories to care for them and protect them from getting scratched?



If you're a 2 weekly or monthly wearer it is essential to [look after your lenses](#), taking the time to clean them thoroughly and store them in [contact lens solution](#) overnight.





### 3. Secret hacks

**Did you know that there are several online shopping hacks that will save you a tonne of money?**



### 3. Secret hacks



#### Discount codes and refer a friend schemes

You'd be surprised at how many discount codes, special deals and [refer a friend](#) schemes are floating around; you just have to be savvy enough to seek them out. You'll often find them easily by following your favourite brands on social media or signing up to their newsletters.

#### Welcome offers and auto-replenish

Many online retailers have welcome offers. At Feel Good Contacts, we offer [10% off your 1st order](#) by entering a code at checkout. To make ordering even easier, you can use our [auto-replenish](#) service. With our auto-replenish service, you can get 5% off every order, enabling you to save money. You will not be signed up to a contract and you can change your order or opt out at any time.



#### Earn reward points

We also offer [reward points](#) whereby for every £1 you spend; you earn 20 reward points. You can use these points to get money off your next order or save them up to maximise your discount on a future order. For every 1000 points you earn, you can get 50p off a purchase. These points are valid for a year from your last purchase.



### 3. Secret hacks



#### Price match guarantee

Shopping around is always a good idea too. However, at Feel Good Contacts, we've removed the hassle with our price match guarantee which ensures that you'll get the best deals on the market for contact lenses and eye care accessories.

#### Student discounts

If you're a student, don't forget to use your student discount wherever possible. When shopping with us you can use our [UNiDAYS student discount](#) to save money on your first order.



#### Cheap next day delivery

Lastly, look out for cheap delivery options. It's worth knowing that you can get next day delivery for only £2.95 when you shop online at Feel Good Contacts. This makes us the most affordable online eyewear retailer on the market. Just make sure you place your order before 11:59pm.

## 4. Review your Direct Debit

In the fast-paced world that we live in, it's easy to sign up to countless online subscriptions and direct debits. Doing a direct debit audit will stop money from flying out your account, enabling you to save.

Many of us sign up to contact lens direct debit schemes with our opticians thinking that it's a low-cost and efficient way of receiving our contact lenses each month. This is not the case. For example, you may be someone who wears daily contact lenses but occasionally likes to wear glasses. If this is so, you may find that you don't use up your full supply of lenses, therefore wasting money.

In addition to this, high street opticians charge more for the same contact lenses which can be purchased for less at Feel Good Contacts. Take a look at our [comparison chart](#) to see how much you can save. You will not be signed up to a direct debit scheme when you shop with us.



Nevertheless, if you do like the convenience of having your contact lenses delivered every month, you can use our [Auto-Replenish](#) service without being tied into a contract.

This service will even allow you to change the frequency of your orders at any time. In addition to this, you'll get **5% off all orders** when you use our auto-replenish service.

### Benefits of Auto-Replenish?

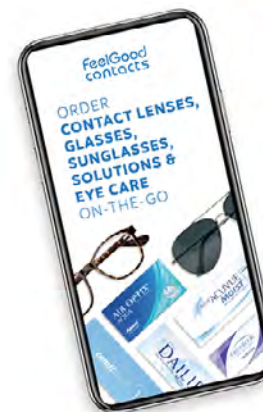
- ✓ 5% off ALL orders
- ✓ Automatic ordering
- ✓ No strings attached
- ✓ Prescription availability



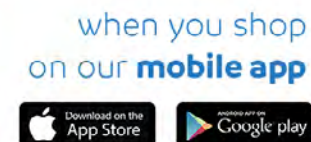
You can select this service at the checkout page or from your account.

Speaking of convenience, did you know that our FGC app for iPhone and Android makes it even easier to order contact lenses while on the go?

The app features a handy reminder alert which helps to keep track of lens replacement dates. Once set up, you'll no longer have to repeatedly log in and re-enter your order details. It can be downloaded for free via the [App Store](#) or [Google Play](#). In addition to this, you'll get **5% off on all orders** when you order through our app. Simply enter the code **APPY5** at checkout.



# GET 5% OFF ON ALL ORDERS





## 5. Choose quality over quantity

We believe it's always a good idea to invest in quality by spending a little bit extra on things that will last longer. When you spend a bit extra on quality, you'll be sure to get your money's worth.

Purchasing designer sunglasses and glasses instead of fakes is a good example of this. Designer sunglasses and glasses are made of high-quality materials and feature lenses which are guaranteed to protect your eyes and are less likely to scratch. While designer glasses and sunglasses aren't generally cheap, you'll find they last longer and are more comfortable, making them worth the investment and saving you money in the long run.

With this in mind, we have created our very own Feel Good Collection [sunglasses](#) and [glasses](#) which introduces a luxurious, high-quality range at affordable prices. Another fantastic way to save money.



## 6. Cheap meals for better eye health

Cooking your meals is not only a super healthy option but also presents itself as a great way to save money.

Forget Deliveroo and fancy restaurants. Bring the fine dining to your home, this is a healthier and cheaper alternative.

In addition to saving money, cooking provides us with a calming experience and an excellent opportunity to improve our skills in the kitchen.

You'll save money and gain health by choosing to cook nutritious recipes, including foods which are good for your eyes. Here are some of our favourite recipes for eye health.





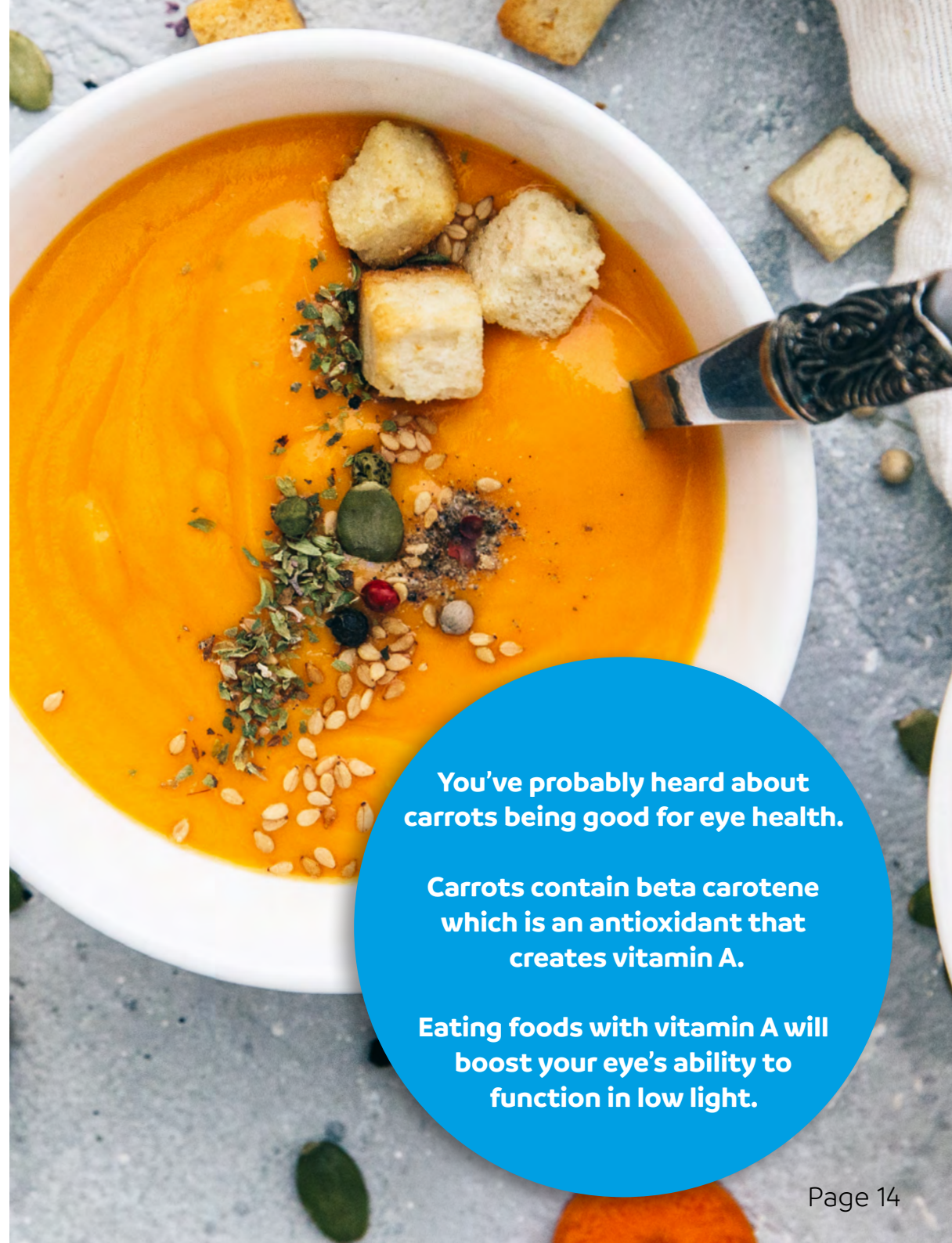
# Carrot soup

**Ingredients:** *Serves 4*

450g carrots  
1 onion  
1 potato  
1 tbsp ground coriander  
1 tbsp oil  
1 litre vegetable stock  
A handful of fresh coriander

## Method:

Cook the onion in a pan on a low to medium heat until soft. Then add the potato (it will cook more quickly if you chop it up small) along with the ground coriander. Cook for a few minutes. Then add the carrots and stock, bring to the boil and then turn it down to simmer. Cook for 25 minutes or until the carrots are soft. Then blitz the mixture in a food processor or blender. It's best if you blend this in two or three batches, to ensure all of the soup is blended.



**You've probably heard about carrots being good for eye health.**

**Carrots contain beta carotene which is an antioxidant that creates vitamin A.**

**Eating foods with vitamin A will boost your eye's ability to function in low light.**



# Salmon, spinach and pesto tart

**Ingredients:** *Serves 4*

320g smoked salmon  
500g defrosted (or chilled) puff pastry  
500g spinach  
Salt and pepper  
Half teaspoon nutmeg  
250g crème fraîche  
1 egg  
2 tbsp pesto

## Method:

Preheat the oven to 200C/400F/Gas 6. Roll the pastry out into a giant rectangle, fold over the perimeter of the pastry to form a crust. Pierce the base of the tart several times with a fork. This will stop the base from rising while in the oven. Bake for 10 minutes or until golden. Wilt the spinach in a pan with salt, pepper and nutmeg. Transfer to a bowl to cool, then squeeze the excess water out and leave to one side. In a separate bowl, whisk the crème fraîche and egg together, season with salt and pepper. Spread the spinach and crème fraîche/egg mixture over the base of the pastry. Then top with the smoked salmon. Return to the oven for a further 5 minutes. Drizzle the pesto over the top and serve. Great with mashed potatoes and a salad for a hearty and healthy dinner.



**Oily fish like salmon and mackerel contain omega-3 fatty acids which help prevent dry eye and protect the retina.**

**Spinach and other dark leafy greens are rich in lutein and zeaxanthin. These antioxidants could help you to avoid developing harmful eye diseases.**

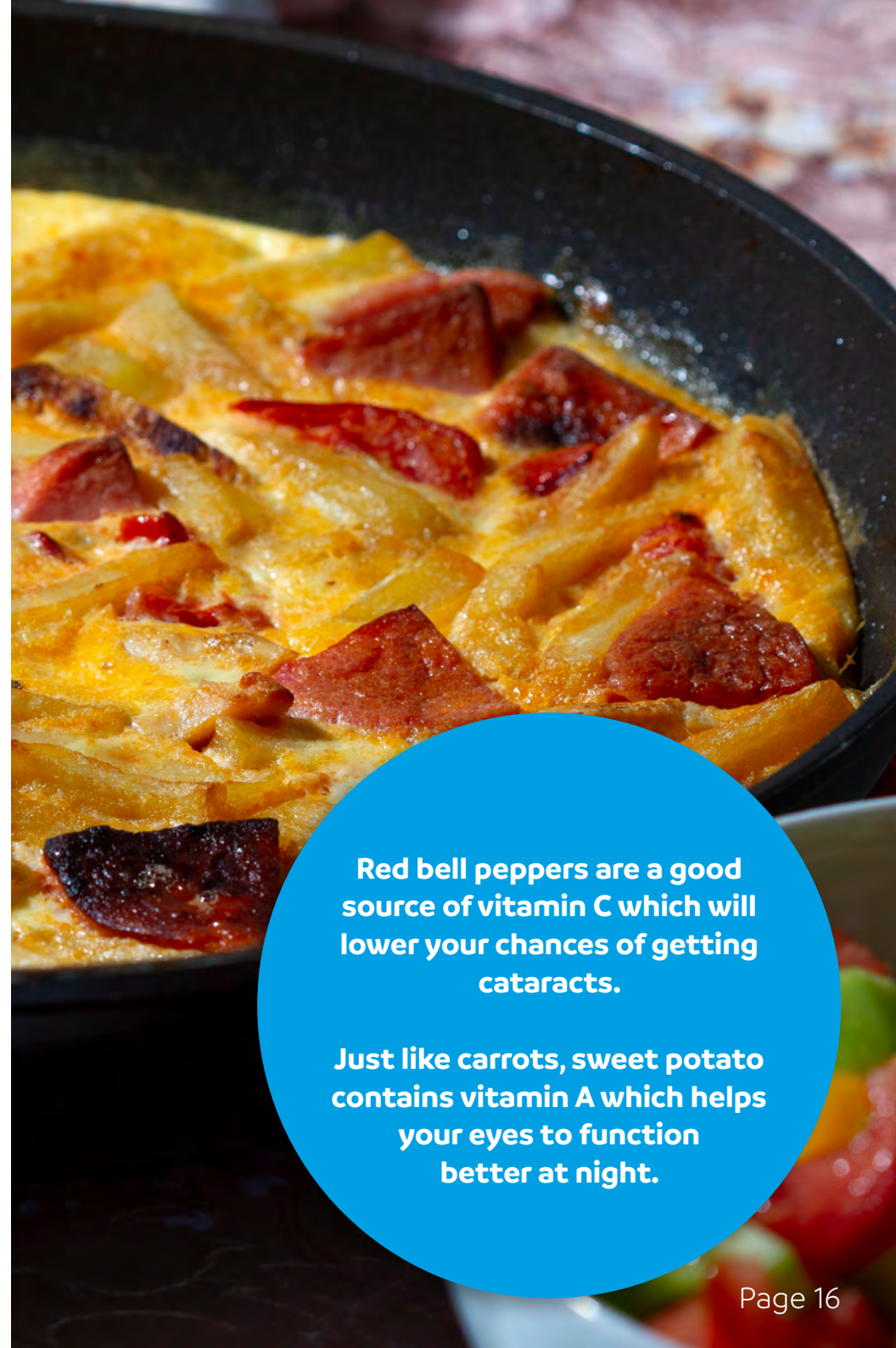
# Sweet potato, bell pepper & chorizo frittata

**Ingredients:** *Serves 4*

200g sweet potato  
6 eggs  
200g chorizo  
2 red bell peppers  
2 garlic cloves  
A pinch of salt and pepper  
1 large onion

## **Method:**

Preheat your oven to 200C/400F/Gas 6. Slice the sweet potato into small chunks and steam until soft. Fry the chorizo lightly (you won't need any oil, the chorizo will release its natural oils) for a few minutes, then add the onion, garlic and red bell peppers for a few minutes until they start to soften. Crack the eggs into a jug or a bowl, add a pinch of salt and pepper and whisk. Turn the heat down to low/medium and pour in the egg and potato. Cook the base of the frittata for 5 minutes. Transfer to the oven and cook for 15 minutes or until golden brown. Serve hot or cold.



**Red bell peppers are a good source of vitamin C which will lower your chances of getting cataracts.**

**Just like carrots, sweet potato contains vitamin A which helps your eyes to function better at night.**



## 7. Declutter

Decluttering is an excellent solution to clearing your mind and filling your wallet, so why not go all out and Marie Kondo your home?

Whilst you may find yourself with a pile of stuff fit for the charity store, you may also find yourself with a collection of goodies fit for selling on apps and websites such as Depop, Etsy, eBay and Vestiaire Collective to name a few. These sites will make selling your unwanted goods easy and simple.





# Thank you for reading!

# Thank you!

We hope you found our guide beneficial.

Follow us on social media for more tips and tricks,  
fun facts and the latest updates in the world of  
**Feel Good Contacts.**

