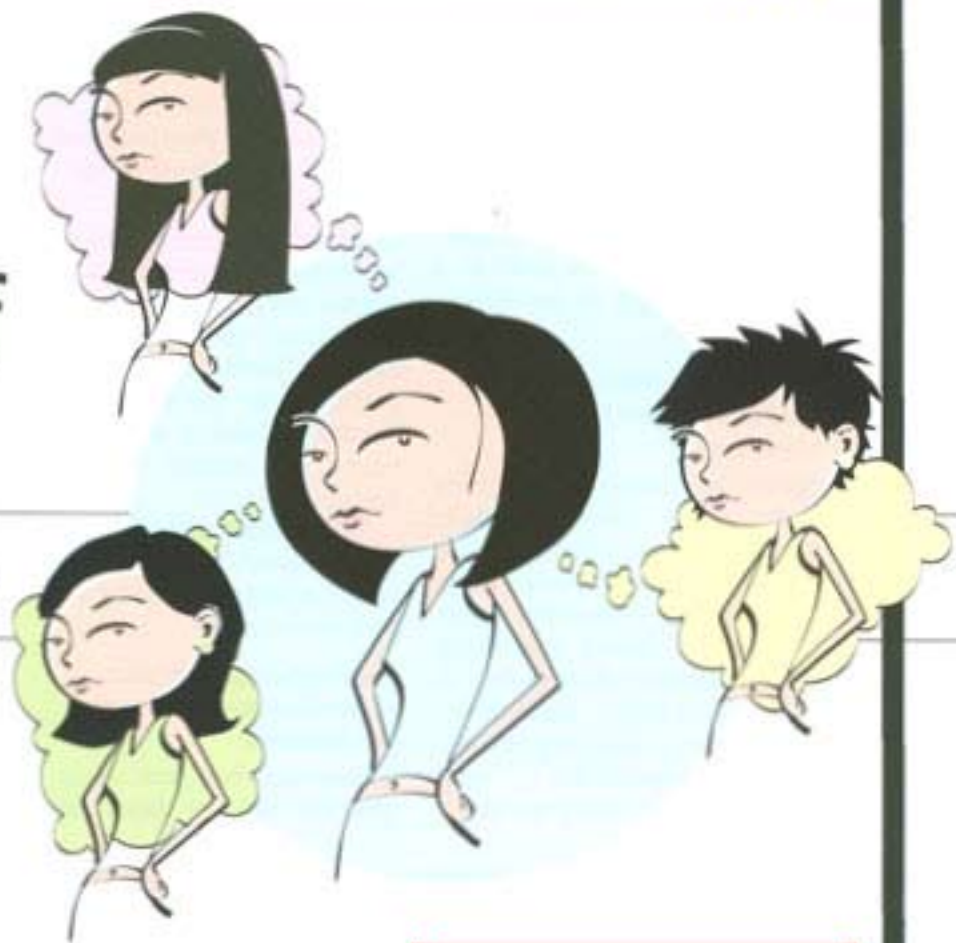


The Shape of Things

MATCH YOUR HAIRSTYLE TO YOUR FACE SHAPE FOR A NO-FAIL LOOK by emily hehemann



Here's a scenario that just about any woman can relate to: You leave the salon feeling good about your hair, but by the time you get home you realize you don't like your new look. No matter how long you stare at the mirror, you can't quite figure out what went wrong.

Chances are good that the haircut doesn't match your face shape. "I've been doing hair for over 30 years and there's only a handful of people, I think, that really realize what shape face they have," says Stephanie Pastura, director of education, Valenti Salon and Spa, Mariemont and Anderson Township. It's important because face shape can make all the difference in determining a hair style that's right for you.

Sizing Up

Most women think faces are either round or long, but it's more complicated than that, says Judy McQueen, a stylist with Dillard's Salon and Spa in Kenwood. Here's McQueen's formula for assessing face shape:

- 1) Use a tape measure that can flex to the contours of your face—the kind a dressmaker would

use is perfect—to measure the horizontal distance (width) between the tops of your cheekbones.

- 2) Measure the width of your face at jaw level.
- 3) Measure the length from the widest part of your forehead down to just above your eyebrows.
- 4) Finally, run the tape measure from your hairline to the bottom tip of your chin.

So What?

Once you've recorded these measurements, you can figure out what face shape you have, and, more importantly, what cuts to ask for or avoid.

Oval: The distance between hairline to chin is one-and-a-half times or more longer than the width.

"Oval is considered the perfect face

shape and they can wear nearly any hairstyle," says Jennie Holt, director of education, Mitchell's Salon and Day Spa (five locations, www.mitchellssalon.com).

Because oval faces are so well proportioned, best results will come from exposing the face as much as possible. Those with oval shapes want to avoid styles that cover up the face with heavy fringe because it adds unwanted weight to the face.

Round: Length and width are almost equal.

"Everybody thinks they have a round face," says McQueen, "but it's actually the least common face shape."

For someone with a round face, styles need to be cut either longer or shorter than chin length. "You don't want anything framing the chin or the face too much because then it just accentuates the roundness," says Jessie Hoffman.

more dramatic, beautiful, right back. Ladies want the sleek, angular, learning and being because they will overemphasize the smoothness. It's a little tapered with graduated layering to give it a round face to work as a style with length at the crown," Hoffmann says.

Square: The width of your forehead and jaw line will be almost equal.

Square face shapes tend to have very strong lines, especially around the jaw. To soften these lines, hair can offer some extra length in the crown and back that says, "I would recommend adding waves to straighten out the lines and soften them. Some straight bangs and long, straight sweeping bangs that will only soften the back line of the face."

Round-shaped: The forehead in the forehead will be the widest part of your face, but significantly wider than the jaw line.

Round faces for round-shaped face are tapered sides with soft layering around the face, such as a fringe to balance the shape. Debra explains, "It's just length with a bit of soft cut for the shape because I would suggest not follow where it's needed, the oval," Hoffmann says.

Soft cut means that our round-shaped face to avoid length at the crown or any more that is added back from the face.

Diamond-shaped: When all cheeks, narrow at forehead, and forehead.

A diamond face can often be softened with a blunt fringe.

Though circles, tapered shaped face are wider at the crown and narrow at the chin and forehead, offering heart-shaped face as wider at the top and fringe are with a narrow chin. With heart shapes, however, it is really forehead to keep the weight of the hair in the back for balance.

Long: Length from forehead to chin is significantly longer than the width from forehead to chin.

For long faces, Hoffmann says, "We want to draw away from that length so a side-swept bang or a chin-length, full fringe hair. The way to avoid any long or oval face."

Debra agrees, "Long face should emphasize asymmetry of all styling shapes to draw length and work in the shape."

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"I think that the very angular, very geometric haircuts are going to come back," says Christopher Chambers, co-owner and stylist, Hair Studio Blue. "People are using their hot tools, they're using their curling irons, and they're using their flat irons, everything like that is big again," Chambers adds.

Natural texture is also very hot right now, according to senior designer, Beauty First, Hyde Park. "You see wavy hair everywhere—a lot of messy styles that are kind of tousled—or even if you have long, fine hair just wearing it sleek with a little bit of bang to give you some volume," Hoffman says.

The bob is not low maintenance option that continuously comes back into style. If you've been under a rock the last few years, the bob is a short cut where both sides curve toward the neck—think Tina Turner in "Pulp Fiction" or Beyoncé in the video for "Lamborghini." "The haircut does all the work for you," says Jennie Heft, director of education, Mitchell's Salon and Day Spa. "If you get a great bob, you don't have to work that hard."

Further, a soft fringe will create width around the face and distract from the length.

More to Hair Than Shape Alone

Although face shape should always be a determining factor when choosing a hairstyle, it's not the only important item. "Personality is also a huge component of a hairstyle. You have to take into consideration the person's lifestyle because if you give somebody a style that's not going to suit them in their lifestyle, it's going to create more work than it is worth," McQueen says.

Christopher Chambers, co-owner and stylist, Hair Studio Blue, advises you to be honest about the amount of time you have to spend on your hair. "We always want to find out about someone's daily routine, what their lifestyle is, because a lot of people don't want to spend over 10 minutes on their hair," Chambers says.

Aside from haircut, color can also be used to enhance your strengths or diminish weaknesses. "For example, if you have thin hair and want to create some fullness go with a darker color," says Leann Moore, Chappies Color, Cut and Hair Extensions Studio in Crescent Springs, Ky. "Or even add some lowlights and do a lot of layering that will 'texturize' the hair to create some fullness. The golden rule is that lighter hair looks thinner than darker," Moore adds.

Color comes into play with face shape, as well. "If you darken around their hair line then that can change the face shape because you're drawing attention to the hairline," Pastura says. "If you did a dark bang and panels of lighter color

on top of that, the darker piece is going to close their face." An oval face shape, in contrast, would not benefit from a darker frame, because this face shape is better opened up.

Get in Shape

Whether it's with color or cut, your hair should complement your face shape to accentuate the positives and draw focus away from flaws. So the next time you greet your hair stylist, be armed with your unique face shape secrets. *

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Cosmetics aren't the only way to accent or diminish facial features. Hair, too, can camouflage or highlight specific areas of the face. "In general, whatever you want to take away from, you take the hair away from that area, and whatever you want to emphasize, you direct hair towards," says Christopher Chambers, co-owner and stylist, Hair Studio Blue. Other stylist tricks include:

- If you have smaller eyes that are towards your nose, start your fringe bang at your eyes so it covers your face at the side of your eyes and minimizes the space there.
- If you have a long nose, avoid a heavy bang because it will make the nose more pronounced.