



*All I want for Christmas is a*

## good haircut

**T**HIS HOLIDAY SEASON, give yourself the gift of the ultimate accessory — a great haircut. Take the time to figure out how your hair can serve as the perfect complement to your face shape and features.

“By giving a woman a haircut to suit her face shape, you can bring out her beautiful features and help eliminate the things she doesn’t like so much about her face,” says Tess Wright, co-owner of An Epic Salon.

For starters, Wright suggests pulling back all your hair and studying the shape of your face, to determine whether it’s round, square, long or heart-shaped. Look to see if your forehead is low or high, and pick out your favorite features, as well as those you like the least.

“Think of your hair as the frame for your face,” says Douglas Christensen, owner of Ethan Douglas Paul Mitchell Salon and Paul Mitchell the School Reno. “Our job is to enhance your natural bone structure and bring out your best features.”

If your eyes are your favorite feature, you may want to frame them with hair that’s swept away, rather than hanging close and hiding them. If a square jaw is the least favorite aspect of your face, consider avoiding a cut that ends along the jaw and accentuates it.

“If you have a really low hairline, be cautious about getting bangs, because you already have a small forehead,” says Christensen, who has styled the hair of celebrities such as Cindy Crawford, Carmen Electra and Rihanna. “If you have a high forehead, having side-swept bangs or a side part can be great.”

As a general rule, think about how different body shapes appear in clothing with horizontal or vertical stripes, then apply these same concepts to find the best haircut for your face shape. For example, if your face is round, a cut with volume on the sides can make it look rounder, the same way horizontal stripes can make a wide body look wider.

“If you have a full, round face, then adding height rather than width is a great idea,” Christensen says. “On the other hand, if a person has a long and narrow face, you’re not going to want anything that looks too vertical.”

Beyond one’s face shape and features, getting a great haircut also entails an honest assessment of your hair’s texture and density, your preferred hair-maintenance habits, and your overall lifestyle. Be sure to discuss these details with your stylist, and be open to professional feedback.

“I always ask my clients what they do with their hair in the morning,” Wright says. “If they don’t style their hair, then I’m not going to give them a cut that needs maintenance.”

One of the final factors in making your best hair happen is not nearly as tangible as your face shape, features, or morning routine. It’s knowing your boundaries — what you are and are not comfortable with when it comes to your hair.

“I could give someone the most amazing haircut, but if they don’t feel comfortable wearing it, their confidence won’t shine through,” Christensen says. “My No. 1 goal is to help people feel confident, because beauty really does come from within.” ➤

# Seek

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## HAIR DOS

Tips for getting great hair



### FIND THE RIGHT STYLIST

Be on the lookout for women who have the hair you want – then ask for a referral to their stylist.

“Make sure the person you make an appointment with has experience,” says

Tess Wright, co-owner of An Epic Salon. “I don’t think it’s inappropriate to ask how long they’ve been doing hair and whether they receive continuing education.”

### COLOR ME NATURAL

“You want to be the very best version of you, so when it comes to color, honor what you’ve been given,” says Kristen Buchanan, a stylist at Caesar’s Beauty World. “Most people look so much more attractive when they stay close to their natural color.”



### SOOTHE SPLIT ENDS

If you’re plagued by mild split ends, which often affect longer hair, consider treating them, rather than chopping them.

“Cutting is not the answer – conditioning is the answer,” says Douglas Christensen, owner of Ethan Douglas Paul Mitchell Salon and Paul Mitchell the School Reno. He recommends regular deep-conditioning treatments to help repair and prevent split ends.

### COMMUNICATE CLEARLY

When you arrive at your appointment, be ready to verbally describe your ideal haircut. If possible, bring photographs that show the specific features you seek.



“Nobody knows your hair better than you do,” Buchanan says, “so don’t be afraid to speak up and share any issues with your stylist – for example, if you know your hair has a tendency to get kind of bushy and dry.”

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