



Face Shape and Hair Care

When selecting a hair style, consider the shape of your face. What style will compliment that shape? What attributes do you want to emphasize?

Special section on hair removal treatments included.

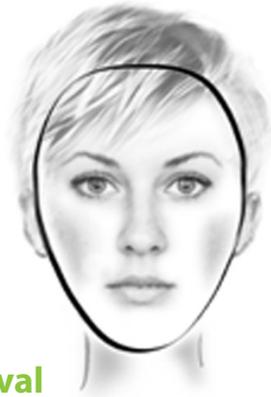


Face Shapes

Hair stylists categorize face shapes as oval, round, rectangular, pear, heart, diamond, or square. Hair styles should balance the face and create pleasing proportions in length and width.

Take time to select a hair stylist who considers your face shape, personal characteristics, and lifestyle.

Oval shaped faces are 1.5 times longer than they are wide. Facial features are well balanced, with chin and forehead in proportion. Almost any hair style will compliment an oval face. Avoid styles that add height to the top of the head.



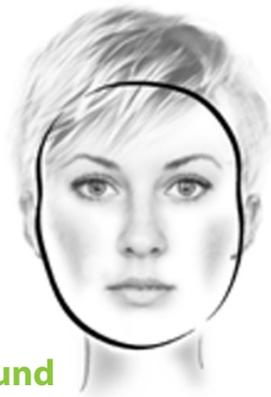
Oval

Rectangular faces are longer than they are wide, with square chins and hairlines. The face is often narrow, and the jaw line is usually strong. Hairstyles need to create width. This width can be accomplished with bangs, chin-length bobs, or fringed layers around face. Avoid extremely short or extremely long styles.



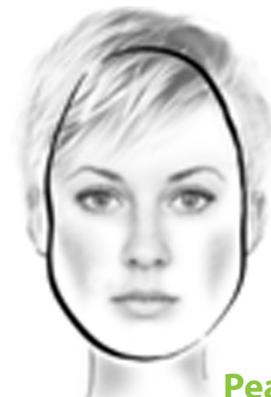
Rectangular

Round faces are as wide as they are long, causing the cheeks to appear full. To create a more oval shape, the hair style should add height to the top of the head while minimizing the width at the sides.



Round

Pear-shaped faces have narrow foreheads, wide jaw lines, and rounded chins. Hair styles should add width at the temple and forehead. Long layers at the crown create a good shape. Avoid short blunt cuts.



Pear-shaped

Heart-shaped faces are widest at the temple and narrowest at the chin. The chin is usually small and delicate. Hairstyles that create width at the jaw line are complimentary. Side sweeping bangs draw attention to the eyes and cheekbones. A hair style with light fringe around the brow and a strong part work well.



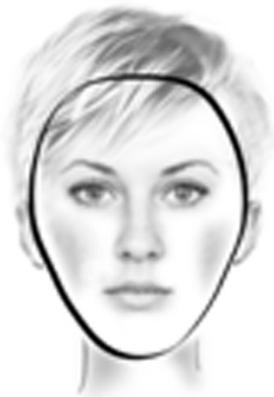
Heart-shaped

Square faces have square jaw and hair lines. The face tends to be fuller on the sides. Hair-styles should elongate the face. Wispy layers around the face will soften features and reduce roundness. Short spiky hair styles and long sleek hair styles compliment the square face.



Square

Diamond-shaped faces are wide at the cheekbone and narrow at the forehead, chin, and jaw. Hair styles should create width at the forehead while minimizing width of the cheekbones.



Diamond-shaped

Several internet sites provide virtual hair styling for a fee. The cost varies according to the type of service provided. Some sites will ask you to describe your face shape, type of hair, color, age and lifestyle while others ask you to upload a photograph of yourself.

Many hair stylists are adept at cutting and styling hair becoming to your face shape, playing on your good features. Take time to select a hair stylist who considers your face shape, personal characteristics, and lifestyle. Your stylist can help you decide on the best style for your type and texture of hair; the amount of time you have available for styling; and the amount of money you can spend for products and maintenance.

References

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Hair Removal Treatments

Different cultures view body hair in different ways. Removal of body hair is a personal choice and does not affect your health.

There are different types of hair growing on our bodies. Vellus is a soft fine hair that grows on our chest, back and face. The hair on your head is called terminal hair. It is coarser, darker and longer than vellus. At puberty, terminal hair begins to appear on other parts of the body, such as armpits and pubic region for females and face, back, legs and chest of males. If a person has an excessive growth of hair on their face or body, it may be a medical condition called hirsutism (hēr-soo-tiz-em).

A variety of hair removal treatments have been introduced in recent years. The treatments vary in convenience, cost, and type. Carefully read the product label for substances that you should avoid, such as allergens or ingredients that have caused skin irritations previously.

Shaving is inexpensive, and requires a razor, shaving cream or gel, and warm water. A closer shave is accomplished when your skin is warm and moist (during or immediately after a shower). Change razors often and use a shaving cream or gel that is appropriate for your skin type.

Plucking is inexpensive but time consuming. Tweezers are used to remove individual hairs. Plucking hairs may cause pain and create temporary swelling or irritation.

Depilatories are creams and liquids that dissolve hair, allowing the hair to be washed away. They can be purchased inexpensively for home use. Read the directions and recommended use for the product before purchasing. Check to insure that the product is recommended for the area of your body where you plan to use it.

Waxing can be done with kits for home use or by professionals. A sticky wax is placed on the hairs that are to be removed. A strip of cloth is applied over the wax. When the cloth is pulled away, both hair and dead skin cells are removed. Waxing leaves

the skin smoother. Hair is slower to reappear after waxing and lighter in color and less noticeable, compared to shaving. Teens being treated for acne, people who have a sunburn, and those with sensitive skin should avoid waxing.

Electrolysis is done by a trained professional and takes several appointments. A needle is inserted into the hair follicle, killing the root of the hair. It is most effective when used in small area. It is very time consuming and expensive, but it is appealing because the results are permanent for some people.

Laser hair removal is done by a trained professional, who directs a light into the hair follicle to stop growth. It is a long-lasting and expensive hair removal process that works best on people who are fair skinned. Inflammation and sensitivity to sun can be expected after the laser treatment.

Prescription treatments are also available orally and in creams for women who are concerned with facial hair growth. Consult a doctor or dermatologist about hair growth and removal.



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