

Hair Secrets Excerpt for Website

Face Shapes and Hair Types

What's your hair type?

When I ask a client what type of hair they have, they generally describe their hair as thick or thin. Technically I am determining the diameter of each strand hair.

“Why is this important to know?” you may ask. Good question!

The reason it's good to know your hair type is because it will help you to choose the best products for your hair. This includes the right shampoo, conditioner, moisturizer or styling products so that you can find the products that are most effective for your individual hair problems or challenges.

Fine Hair – has a small diameter, and can break easily when put under stress. It can be flyaway, slow growing and look limp or greasy at times. Often the outside layer of the hair (the cuticle layer) is smooth, which makes fine hair appear shiny naturally.

Medium Hair Type – has a medium diameter, is stronger and can handle more stress than fine hair, although it can still break under too much stress and abuse. Medium hair types are naturally shiny when straight, but can be dull if naturally curly and have a tendency to fluff if in dry condition.

Coarse Hair Type – has a large diameter, and is the strongest type of hair. It's harder to break and can handle more punishing chemical services (bleaching, colouring and perming) than the smaller fine and medium hair types. The outside layer (or cuticle layer) tends to be raised, which usually makes coarse hair less shiny naturally.

Your Guide to Face Shapes

Secret Styling Tip – When styling your hair, or choosing a new hairstyle, always make sure that the finished style makes your face appear oval shaped.

The most common different types of face shapes are:

- Oval
- Round
- Square
- Oblong
- Triangular
- Heart

To find out which shape closest fits your face, pull all your hair off your face and secure with a headband. That will make it easier to see the exact shape of your face. Now assess the shape that nearest fits yours. Once you know your face shape it

will be easier to know the styles that will suit you best.

All face shapes can usually wear short, medium or long hair styles. The secret is to adjust your hairstyle to make your face appear more oval shaped and then you will feel happier and more confident about your hair every day.

In my book '**Hair Secrets**' you will find handy tips on what to do and what to avoid with each face shape when creating a great hair style to compliment you.