

10 Must-Know Secrets for Perfect Hairstyling



When I was a little girl, my grandmother would always say, "Are you going out with your hair like that? Comb it!" My hair is naturally very curly, and my grandmother would straighten it with a real iron—yes, the kind used for clothes. This was my routine for 35 years, battling my curls and trying to fit into a beauty standard that wasn't truly mine.

Everything changed one day when I was giving a seminar in Portugal. My straightening iron broke, and I had no choice but to step out with my natural curls. I felt incredibly insecure, convinced everyone would judge me. But during the seminar, someone in the audience commented, "I love your hair! How did you get it to look so natural?" I almost laughed as I explained that I hadn't done anything to it—that was just my natural hair. That moment was a revelation for me. From that day on, I never used a straightening iron again.

The Least You Should Know About Hairstyling

1. Don't Fight Against Your Natural Hair Type

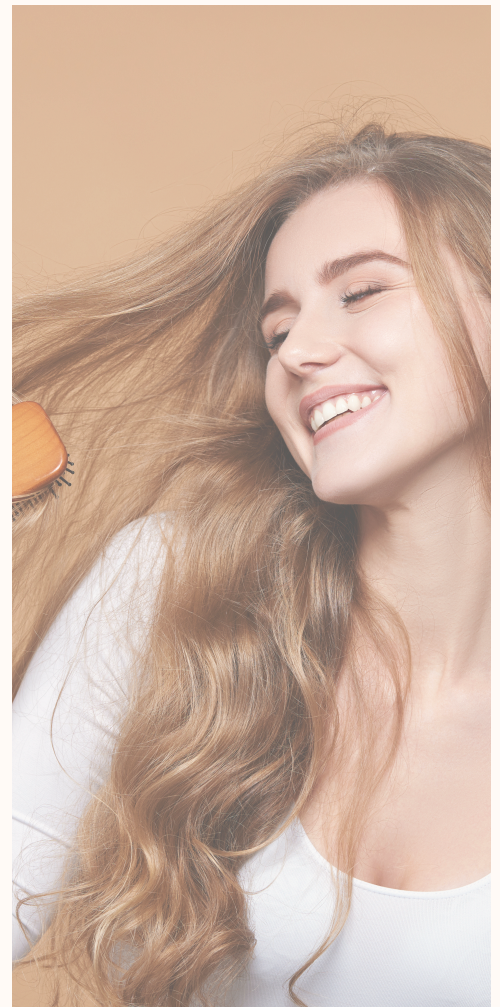
If your hair has tight curls, you can't realistically expect straight hair without spending a lot of time and money. Likewise, you can't have a thick head of curls if your hair is fine. Your stylist can help you determine your hair's natural tendencies and develop a style that works with it.

2. Your Hairstyle Needs to Match Your Clothing Personality

Consider how your new hairstyle will complement your wardrobe and personality. Dramatic, angled, or highly stylized hairstyles may not work well with classic, natural, sporty, or romantic style garments. Aim for a harmonious look where your clothing, coloring, personality, hair, and lifestyle all work together and feel comfortable as part of your identity.

3. Choose a Hairstyle that Complements Your Face Shape

Certain hairstyles can flatter different face shapes. For example, diagonal fringes and center parts can make round faces appear less round, while layers and some height at the cheekbones can enhance long faces. A face shape analysis, often part of a color or style consultation, can help you know exactly what to look for in a hairstyle.



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4.Consider Your Body's Scale

Your hairstyle should balance with your body's proportions. For instance, a full-figured woman might look unbalanced with a tiny head of hair, just as a small woman might look overwhelmed by a large hairstyle. It's essential to choose a style that creates harmony with your overall look.

5.Think Short and Sweet

Medium to short hair suits most women, elongating the neck, making you appear taller, slimming the upper torso, and even taking years off a mature face. When I say short, I mean hair that is shoulder-length or shorter.

6.Stay Updated

Fashion constantly changes hairstyles, and while some styles stand the test of time, color and subtle changes will occur. Stay alert and in style, and avoid looking outdated.

7.A Style That Once Suited You May Now Be Aging You

Ask yourself if you're wearing a style because it looks good now or because it looked good years ago. As our faces and skin change over time, so too should our hairstyles. Try to see yourself through someone else's eyes or ask the opinion of a friend, trusted stylist, or image consultant.



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8.Go for Minimal Care Hairstyles

If you're spending more than 20 minutes each morning doing your hair, it might be time for a new style. Most women have enough to do without spending an hour each morning in the bathroom.

9.Communicate Clearly with Your Stylist

Miscommunication can often lead to disappointing results. Stylists are creative and often very visual, so I suggest spending a few weeks collecting hairstyles that you like, which meet your face shape and lifestyle needs. Bring these ideas to your stylist, and they will have a much clearer idea of what you want, helping them suggest a style that will most suit your hair type.

10.Before Going for a New Hairstyle

It's crucial to have a clear idea of what you do and do not want from a hairstyle. Consider how much effort and product you are willing to put into styling it each day. Are you set on a certain length, color, style, or image? Taking a little time beforehand to think about these things will help you better communicate with your stylist.

Finding the Right Stylist

Not every stylist is created equal—some are more skilled in certain areas than others. For example, not every stylist is a great colorist, and not every colorist is good at working with fine or very curly hair. To find the right stylist or colorist for you, look around for people with hair similar to yours—whether it's thick, curly, or fine—and whose hairstyle appeals to you. Compliment them and ask for the name of their stylist. Even if they are strangers, they're likely to be flattered by your compliment and happy to share the information. If the stylist turns out to be expensive, consider having them cut your hair every 6-12 months and having your regular stylist maintain it in between.

By embracing your natural hair and working with a skilled stylist who understands your needs, you can find a hairstyle that truly reflects who you are. And as I learned from my own experience, sometimes the best style is the one you were born with.

