

The Ultimate Guide to Hair Styling, Coloring, and Face and Body Shape

Are you tired of the same old hairstyle? Do you feel like your hair color doesn't flatter your complexion? Are you unsure of which haircut suits your face shape? Look no further! In this comprehensive guide, we will provide you with simple yet effective tips to transform your hair and enhance your overall appearance. From hair styling and coloring to face and body shape considerations, we've got you covered! Get ready to discover the secrets to unleashing your hair's full potential and embracing the most flattering look for your unique features.

Chapter 1: Hair Styling

Section 1: Understanding Your Hair Type

Before diving into hair styling techniques, it's crucial to understand your hair type. Is your hair straight, wavy, curly, or kinky? Each hair type requires specific care and styling methods to achieve the desired results. We will delve into the characteristics of each hair type and provide you with invaluable tips to manage and style your locks with ease.

Section 2: Choosing the Right Haircut

Your haircut has the power to completely transform your look. However, not all haircuts flatter every face shape. Learn how to determine your face shape and discover the perfect haircut that accentuates your best features. Whether you have a round, square, oval, or heart-shaped face, we have expert advice to help you nail your next haircut choice.

The Real Woman's Guide to Hair: Simple Tips for Your Hair Style and Colour and Face and Body



Shape by Angela Barbagallo (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English
File size : 11244 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 152 pages
Lending : Enabled



Section 3: Styling Tools and Techniques

From blow drying to straightening, curling to up-dos, the world of hair styling tools and techniques can be overwhelming. In this section, we will break down various styling methods and recommend the appropriate tools for achieving your desired hairstyle. Say goodbye to bad hair days and hello to salon-worthy looks right at home.

Chapter 2: Hair Coloring

Section 4: Choosing the Right Hair Color

Are you contemplating a hair color change but feeling a bit lost? Don't worry! We will guide you through the process of selecting the perfect hair color that complements your complexion. Whether you're looking to go blonde, brunette, red, or experiment with vibrant hues, our experts will share insights and tips to ensure a successful hair transformation.

Section 5: DIY vs. Professional Coloring

Deciding between coloring your hair at home or seeking the assistance of a professional can be confusing. We will discuss the pros and cons of both options, allowing you to make an informed decision that suits your budget and desired outcome. Discover the secrets to achieving salon-quality results from the comfort of your own home or indulge in a luxurious salon experience.

Section 6: Maintaining Color-Treated Hair

After investing time and money into coloring your hair, it's essential to maintain its vibrancy and health. In this section, we will share easy-to-follow tips and tricks to care for color-treated hair, prevent fading, and ensure long-lasting color payoff. Say goodbye to dull, faded hair and embrace vibrant, head-turning locks.

Chapter 3: Face and Body Shape Considerations

Section 7: Face Shape Guide

Did you know that certain hairstyles and accessories can harmonize your facial features and create a more balanced look? In this section, we will assess different face shapes and recommend hairstyles, haircuts, and accessories that best complement each shape. Whether you have a square jawline, high cheekbones, or a prominent forehead, we have advice to help you make the most of your unique attributes.

Section 8: Body Shape and Hairstyles

Your body shape can also influence which hairstyles look most flattering on you. Whether you have an hourglass figure, pear shape, apple shape, or something in between, we will guide you through the most suitable hairstyles to enhance your body shape. Discover how to create balance and draw attention to your best features through clever hairstyling choices.

Section 9: The Final Touch: Makeup and Fashion Tips

To complete your overall look, we will offer makeup and fashion tips to complement your new hairdo. Learn how to select makeup colors that enhance your hair and skin tone, as well as clothing styles that flatter your body shape. Unlock your full potential with the ultimate style makeover.

By now, you have gained a wealth of knowledge about hair styling, coloring, and the impact of face and body shape on your overall appearance. Armed with these simple yet effective tips, you can now confidently experiment with different hairstyles, colors, and techniques, knowing that you are making choices that flatter your unique features. Embrace the transformative power of your hair and unlock a world of endless style possibilities!

The Real Woman's **GUIDE TO HAIR:**

Your Hair **Style** and Colour
Your **Face** and Body **Shape**



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There is something so powerful about being happy with your hair—it frames your face, it lifts the colour on your face, and it is on display at all times.

Penny is the hair and colour expert who has had her hair salon for many years, and she is also a senior Train the Trainer of future hairdressers.

Angela is a personal stylist, face shape, colour and body shape expert as well as the author of *8 Ways of Looking Fabulous, Taller and Slimmer by Dressing the Best for Your Body Shape*.

There are many elements of you and your body that make up the perfect look that you feel comfortable in and all those areas are going to be addressed. Topics like your body shape, your neck length, and your profile will all be revealed.

It will help you to discover what your face shape is and, more importantly, what styles look great for your particular shape.

Hair characteristics such as fine hair, hair loss, and greying hair are often sensitive areas for women (and men for that matter), and you will find practical options in this book.

The topic of hair colour will be covered—in its full purple rinse glory—from the basics of colour to how to fix your hair if your do-it-yourself home colour kit didn't work out, and you are now a gorgeous shade of orange or khaki green.

Hair colour is one juicy topic and Penny Martin is like a gorgeous scientist with a huge amount of skill and technique in this area, so they are excited for you to get to that section!

YOU are an individual and you have your preferred look, so Penny and Angela have put together a simple hair style personality quiz and corresponding styles that work really well for you.

This book is all about educating and empowering you so that your confidence will grow about your hair, your body, and what suits you.

Keratin and other hair chemicals like silicone that you may be exposed to every day will be addressed so you can make an educated purchase in future.

From their combined fifty years of being in the “making you look and feel great” industry, Penny and Angela know what’s troubling you when it comes to your hair.

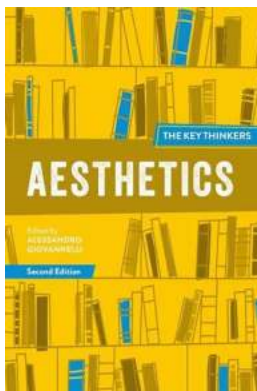
There is no doubt that putting a book like this together is a project of passion, a labour of love, and the result of many years of Penny and Angela looking after their clients.

Penny and Angela have put this book together with all the advice about hair styles, hair colour, and face shapes they share every day with their clients.

They anticipate that you may have a few “a-ha!” moments and possibly a few “oh no!” moments as they uncover the facts about hair and colour.

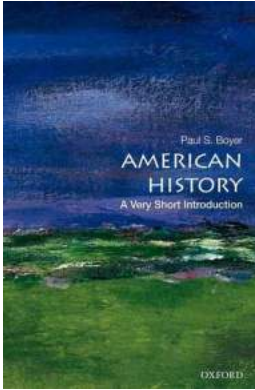
Penny and Angela are truly honoured that you’re taking the time to read the fruits of their labour of love and passion.

This is a real woman’s guide to hair! Enjoy!



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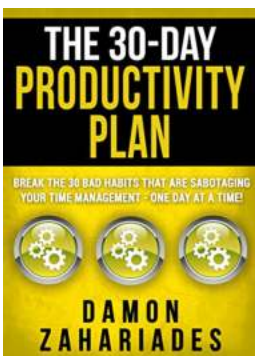
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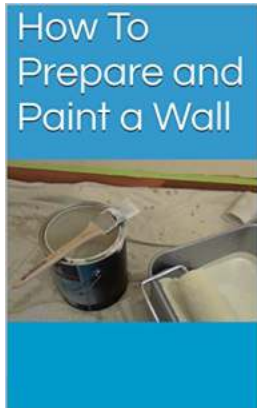
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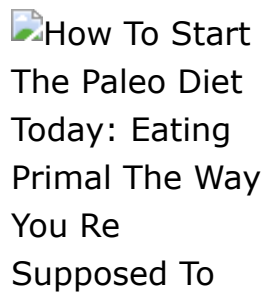
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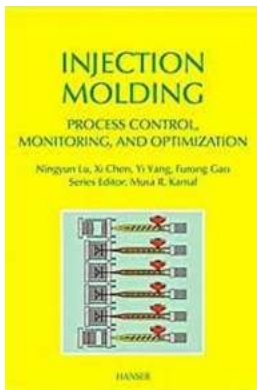
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