



# Shape of your life

Ultimate Hairstyles sat down for a chat with celebrated stylist Wendy Iles about the importance of matching hairstyles with face shapes

**ULTIMATE HAIRSTYLES:** What's the best and easiest way to figure out your face shape?

**Wendy Iles:** It's easy really. Just tie your hair back, look into the mirror and trace the outline of your face with a lipstick on the mirror, stand back and there you have it: the outline of your face shape.

**UH:** Easy! So do you think it's important to have some idea of your face shape before you get your hair done?

**W:** Absolutely, and some hairdressers don't have the knowledge to follow these

guidelines, so you can be a step ahead of your stylist if you already know what works best for you.

**UH:** That makes sense. So what are the main face shapes?

**W:** People are basically either oval, rectangular, square, round, heart, triangular and diamond.

**UH:** Gotcha, what's my face shape?

**W:** Not sure, we're on the phone.

**UH:** Of course, sorry... So talk me through the face shapes please.

What kinds of hairstyles are best for an oval face?

**W:** Oval's the easy one because most hairstyles work for oval faces. It's a well-balanced and evenly-proportioned face shape, meaning you can wear short, medium or long hair. You'll probably look best by wearing your hair off your face... and most oval shapes look really great with slicked-back hairdos.

**UH:** Cool, and for inspiration... who are some oval faced celebrities?

**W:** Cindy Crawford, Uma Thurman, Julia Roberts and Elle Macpherson.

**UH:** Wow, Elle Macpherson. I used to have a thing for her when I was a teen. Anyhow what's next? Rectangular? Okay, tell me about rectangular faces please.

**W:** Well, layers work well with this type of face because they add softness to its structured lines. You might also want to try side parts.

And remember, the longer the face, the more off-centre you need your parting to sit.

**UH:** Okay.

**W:** And avoid hair with too much length as this'll make the face appear even longer. Shorter and medium length cuts are great for adding volume to the sides, and a soft, wispy bang will help shorten how long the face looks.

**UH:** I understand. And celebrities with rectangular face shapes?

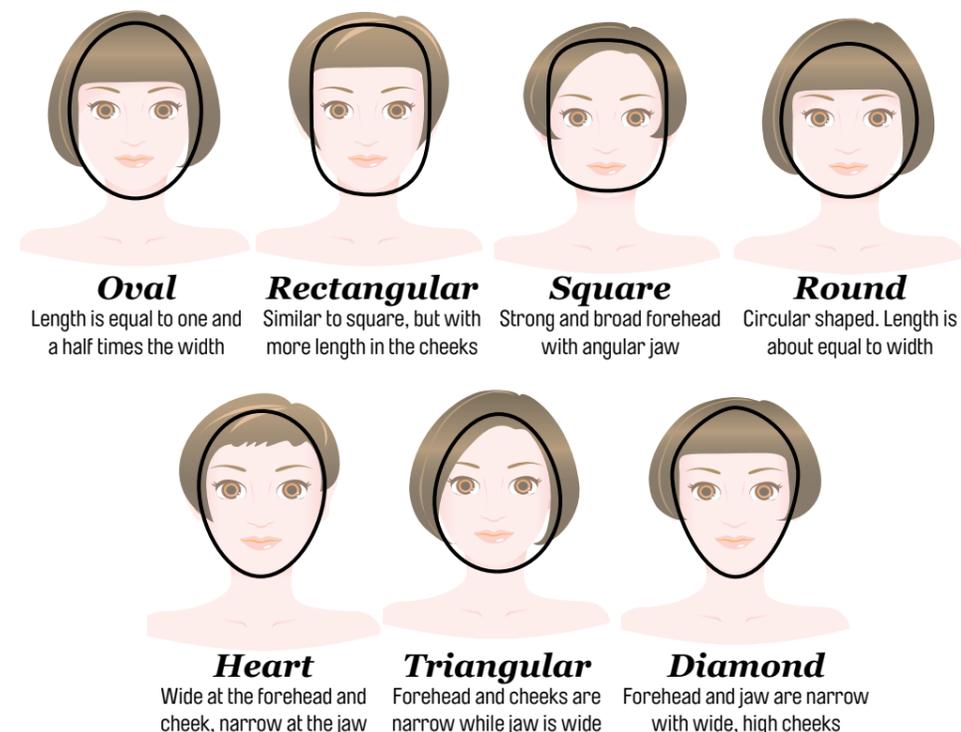
**W:** Stephanie Seymour, Gwyneth Paltrow and Janet Jackson.

**UH:** So how about square? Is a square face kind of like a lantern jaw face? Like that guy from that American soapie?

**W:** Hmm I'm not sure about him, but square faces have quite definite jaw lines.

## What face shape are you?

Not sure if you're more oval or round? Use our easy chart to work it out!



**UH:** Ok, so is a good hairstyle one that balances that squareness?

**W:** Yes. Try something like a soft body wave to balance the straight features of the face, or ask for a soft razored graduation around the face line to frame the face nicely.

**UH:** Alright, that makes sense.

**W:** Another thing is to avoid hairstyles with hard heavy ends. Demi Moore's centre part and long straight hair gives length to the otherwise square shape... so she's a good example of a celebrity with a squarer face shape that works it well. There's also Kirsten Scott Thomas and Sandra Bullock.

**UH:** Yeah I was thinking Sandra Bullock too. So the key to this face shape stuff seems to be finding a hairstyle complementary to the particularities of your face shape?

**W:** Correct.

**UH:** So it's the same for round?

**W:** Yes. In the case of round faces the widest part runs from ear to ear, so stay away from hairstyles with too much volume around there as they'll draw attention to the roundness of the face.

**UH:** Ah...

**W:** ...and go for hairstyles maybe with centre parts or just off-centre parts. And avoid chin-length cuts and bowl-shaped hairdos too.

**UH:** Come to think of it my face is quite round.

**W:** Ok sure, well take a look at Kate Winslet, Drew Barrymore, and Renee Zellweger — they've got rounder faces too.

**UH:** So what's left? Heart-shaped, triangular and diamond?

**W:** Yes. Heart-shaped faces have quite a pointy chin, meaning the

chin length bob is the winner as it adds the width needed in the chin area. Also, avoid too much height at the crown because this'll make the chin look more pointy and small. Celebrities with heart shaped faces include Reese Witherspoon and Michelle Pfeiffer.

**UH:** And triangular?

**W:** Triangular faces are the reverse of heart. The wedge cut's perfect because it adds width to the temple and eye areas. Have a look at some of Kathy Ireland's hairstyles as well. But whatever face you have there's something to suit it!

**UH:** What about diamond faces? Are they kind of like oval-shaped?

**W:** Oval with a touch of heart. Like oval, diamond's a well-balanced shape that suits a variety of styles. For an example, take a look at some of Sophia Loren's styles.

### EXPERT COMMENTARY

#### Face shape



ANNE SAYS:

Face shape is one of the basic rules of hairdressing — it's something very important to think about; for example, most hairstyles will suit an oval shape, but for a round face longer styles which are flat on the sides are best.



ROY SAYS:

Face shape is very important. A hairstyle without the geometry suitable for a particular face is totally barking up the wrong tree.



WENDY SAYS:

Face shape isn't the most important approach, but a handy one. Not even beautiful models have a perfect oval Kate Moss shaped face.



ANDY SAYS:

Great hairstyles are all about face shape and body proportion, 100 per cent. Each haircut should be bespoke. Your stylist should take into consideration your hairline, head shape, face shape, body shape and more.