

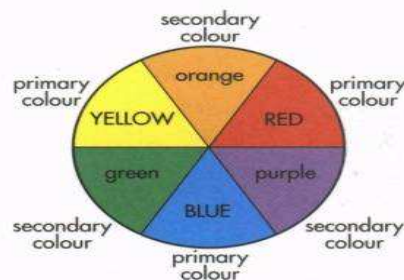
Hairdressing



Facts about Hair

- The characteristics of hair i.e. type, texture, curliness and colour are inherited.
- Humans have hair on almost every part of their bodies, except on the palms of the hands, soles of the feet, and lips.
- Hair is roughly made up of 97% protein and 3% water.
- Each hair is comprised of 3 layers i) the inner core (medulla), which is soft and spongy, ii) the cortex is comprised of long thin fibrous cells that give hair its elasticity. It also contains the pigments that give hair its colour and iii) the cuticle is the outer layer, comprised of overlapping scales of keratin, that protects the hair shaft.
- Hair grows at approximately 1 cm per month. It is the fastest growing tissue in the body, second only to bone marrow. Hair grows at a faster rate: i) in spring and summer, ii) during the day and iii) in women.
- 35 meters of hair fibre is produced every day on the average adult scalp.
- The average scalp has 100,000 hairs. Redheads have the least at 80,000; brown and black haired persons have about 100,000; and blondes have the most at 120,000.
- At any one time, 90% of scalp hairs are growing and 10% are resting.
- It is normal to lose 100 hairs per day from the scalp.
- Each follicle can produce about 20 hairs in a lifetime. Each new hair grows for several years, and can reach over a metre in length.
- You must lose over 50% of your scalp hairs before it is apparent to anyone.
- Thyroid imbalance and iron deficiency are reversible causes for hair loss.
- Over 50% of men by age 50 have male pattern hair loss.
- Forty percent of women by the time they reach menopause will have female pattern (hereditary) hair loss.
- Hair is dead.

It may sound a bit odd but your hair is a mixture of 3 colours: Red, Yellow and Blue. These are the primary colours. Secondary colours are Orange, Green and Violet. If you look at the wheel, colours opposite each other will produce a brown (neutral) shade when mixed together. One of the most important elements of hair colouring is determining the hairs underlying pigment, or natural colour.



Did you know?

Hairdressers are undoubtedly the UK's happiest profession, ranking in the top two positions in every annual survey - except 2006 when they were usurped by DJs!

Face Shape and Choosing the Right Hair Style

How do you find the best hair styles that work for you? The answer is to choose styles that accentuate your best facial features while minimizing any less favourable aspects. To do this you need to know the shape of your face.

How to determine the shape of your face.

With a tape measure or ruler, find out the shape of your face.

Take the following measurements and write your measurements down on a piece of paper.

1. Measure your face across the top of your cheekbones.
2. Measure across your jaw line from the widest point to the widest point.
3. Measure across your forehead at the widest point. Generally the widest point will be somewhere about halfway between your eyebrows and your hairline.
4. Measure from the tip of your hairline to the bottom of your chin.

There are basically seven face shapes:-

<p>Oval Length equals around one and a half times width. As oval is considered to be the ideal face shape it is therefore the most versatile, so nearly every hair style will look good on this face.</p>	
<p>Round Round hairline and chin line, wide face and round cheeks If you have a round face shape, the goal here is to slim the face. Hair below the chin line should be worn with a face-lengthening centre parting.</p>	
<p>Square Straight hairline, angular jaw with wide face Your hairstyle should try to soften the sharp angle of your jaw line and minimize a squared-off forehead look.</p>	
<p>Triangular or Pear Wide chin and narrow forehead When choosing a style for this face shape, you should seek on a look that narrows the chin and widens the forehead to balance proportions.</p>	
<p>Heart Narrow jaw line, wider at eyes If this is your face shape, you'll want a hairstyle that extenuates the jaw line and narrows at the eyes. Heart shape faces need a softer, curly style.</p>	
<p>Oblong Long and slender, about the same width at forehead and just below cheekbones. For this face shape you should add width and fullness to the sides of the face and around the eyes, cheekbones and ears.</p>	
<p>Triangular Forehead/cheekbones are narrow, with a wide jaw-line. The objective is to narrow your chin and widen your forehead. Shorter hairstyles that balance your prominent jaw line would suit you best.</p>	
<p>Diamond Face Forehead/jaw-line is narrow with wide cheekbones. Most hairstyles would suit you. To balance a narrow chin, your best look would be a rounded shape with fullness at the bottom.</p>	