

# How To Choose the Right Hair Style

By Charles Hanson

Whether you're a man or a woman, picking the right hair style can be a difficult decision. Do you go for the latest fashion? Right now, in case you're interested, that style seems to be harking back to the Sixties, with a twist. That's short curly haircuts for women, but not quite as severe as the "pixie" or "boy" cuts that were popular back then. For men, it's all about long hair and beards: think Grizzly Adams but neater. Of course, this fashion will last about a nanosecond, so unless you really feel you have to be up to date, you're better off finding a hair style that will stand the test of time.

Because that's the second hairstyle philosophy: finding a good thing and for the most part sticking to it. Like those faded jeans, like those comfortable khakis, like those wool crewnecks and golf cardigans and loafers, men and women can both choose a classic style that will serve them well no matter what the situation. How to do this? Like every other decision in life, it's all about research and networking.

First, if you're unhappy with your hair, figure out why. Is it just that you feel that you don't look good or does it bother you? Is it always hanging in your eyes? Do you feel less than neat at work or in other social situations? Is it hard to take care of, too thin, too thick, too straight, too curly, too grey, too blonde, too anything? Fortunately, modern hair technology can deal with all of these things. Once you've figure out what you absolutely don't like about your hair, the next step is to find what you do like. This is a simple matter of looking around you. Check out magazines and look for people (those cell phone cameras are really handy here) who have the hair you want. Oh, and by the way, look for people who at least generally sort of look like you. In other words, if you're 5 feet, 2 inches and have a round face, that long, silky blond hair on the six foot model may make you feel glamorous, but you might look a little, well, silly. If you're one of the brave iconoclasts among us, by all means fly your flag of hair independence, but if you don't want to cause a stir at your sisters wedding, find some hairstyles that fit your face, coloring and body type.

Here's where the salon comes in. Again, ask friends, co-workers, anyone who you think has a particularly stylish head of hair where they get their hair cut. You may get recommendations from the local barber to the most pricy salon. Choose what you think is going to work best for you, based upon the kind of hair they do, not upon price. A good haircut once every three months is better than a lousy haircut once a month. And trust your barber or stylist. Show them the

pictures you've collected and ask them their opinion, that's what they're trained to do. Since this may involve several procedures, don't be afraid to ask the price up front, but again, remember, you get what you pay for and beauty is not cheap. And a note to men: hair coloring for men is not as taboo as it used to be, everybody today seems to have highlights or a little intentional grey at the temples. You don't have to be a metro-sexual, but why not look ten years younger?

Finally, once you find a hairstyle and particularly, a hair stylist that suits you, maintain both the cut and the relationship. Tip well (at least 20 percent, though there's a salon rule that you don't tip the owner.) And remember to give an appropriate tip, a few dollars and up to the shampoo girl, colorist, etc. Tip memorably on your first visit and you're sure to get good service on your second, or to be accommodated when you have a date or presentation or other hair conscious event. And set up a regular appointment. It doesn't have to be every week, but enough so that your haircut consistently looks good, even if it is a bit shorter or longer between cuts.

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