

How to Find the Right Hair Colour

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The Right Hair Colour

Apparently 70% of us colour our hair (well women at least) and that's a pretty high proportion. I see a lot of people with unflattering hair colours and feel sad that they obviously want to enhance their appearance, which is why they're putting in the colour, but have been misguided on what colours will suit their complexion.

Notice the difference in the two pictures of Angelina Jolie – the blond hair is making her look washed out – it's far too warm for her cool complexion and gives her a jaundiced appearance. It's also too far from her natural colour and so she's losing her natural high level of contrast which makes her more appealing.



When considering what colour to dye your hair make sure it suits your general colouring – is your skin warm or cool? Is your colouring bright or more muted (if you naturally have 'mouse' coloured hair you probably are more muted and should stick to softer hair colours – no bright copper for you.) Are you naturally light or dark or somewhere in between?

A colour consultation can help you discover your best hair colours and what suits you and will be flattering, because your hair is so close to your face you need it to make you look better not worse.

As we age we have to soften our hair colours, we can't go as dark as we once were as that will make our wrinkles look deeper and may wash us out. Many people also become cooler in their colouring as they age, so the golden and copper tones no longer work for them.

Be aware that any hair that has been bleached will naturally start to go brassy as the hair colour applied over the bleached hair washes out over time. This can be unflattering on those with cool skin.

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