



## YES, THESE 5 HAIRSTYLES REALLY ARE!

Age-defying styles and cuts that will flatter every face shape...

**C**an the secret to a youthful appearance really lie in your hairstyle? The answer is absolutely! Wave goodbye to Botox, injectables, chemical peels and maybe even anti-ageing creams, and say hello to a brand new you with one swift visit to the hairdresser...



BEFORE



AFTER

Kate Mara's shorter cut with relaxed layers brings a modern edge to her previous sleek style.

### 1 THE MODERN BOB

Longer hair may be easier to manage because you can quickly throw it back into a pony, but nothing says chic quite like the modern bob, aka, a 'lob'. This 'long bob' style is perfect for every face shape as it defines the jawline and enhances cheekbones. It's also worth noting that a lob is a youth-boosting way to create the illusion of thicker, fuller locks and helps disguise thinning hair.

However, this cut can easily look dated, especially if you ask for a graduated, short bob with a lot of short layers. Instead, opt for a blunt cut that is either all one length or has only a few soft layers. Style your lob in a side parting for a super flattering look with a contemporary twist.

*Hair Hero*

Great for adding a playful vibe and bringing texture to a bob.



Matte Pomade, OUAI Haircare, £16



Hair Perfector No.3, Olaplex, £24

*Hair Hero*

Keep your colour glossy with this wonder product.



BEFORE



AFTER

### 2 THE COLOUR CRAZE

Is your hair a heavy block colour with no dimension? This could be draining your face. And, let's be honest, who wants to look more tired than they actually are?

Many of us find our favourite go-to hair colour and stick to it for years, but as we age, that hair colour you love might be in need of an urgent update.

Be careful with box hair dyes because, as a rule of thumb, hair should have low and highlights, giving it texture and depth. Think of how your hair looked when you were a child after being on holiday – vibrant and full of different tones, whether you're naturally blonde, red or brunette.

So recreate this youthful vibe in the same way The Duchess has, lift your hair a shade or two lighter with subtle highlights to brighten up your complexion and add dimension.

**EXPERT TIP:**  
Make sure to ask your hairdresser to focus the light around your face, with soft highlights creating a frame. Believe us, it'll instantly take off a few years.



AFTER



BEFORE

*Hair Hero*

Keep ends looking fresh and full of moisture with a touch of argan oil.



Blow Out Creme, Shea Moisture, £10.99

### 3 THE LUSTFUL LAYERS

Take years off your face with soft, face-framing layers just like Priyanka Chopra. Layers around the face are perfect for those with an oval or square face as these will help to round out the face, resulting in a youthful appearance. But if you're looking for shorter sections (in order to add volume) make sure they don't sit any higher than the tips of your cheekbones as super short layers can be really hard to style and tame.

This style works at every age and adds body to even the finest hair.



## 4

## THE WONDER WAVES

Go for soft, loose and sophisticated waves for effortless elegance. Plus, this easy-to-do and super low-maintenance style is perfect for any age or face shape, simply curl in sections and go!

The secret to this style however, is to curl away from your face rather than towards the front as this will help to hug your bone structure. This style of curl will also create the appearance of sharper and more defined cheekbones.

Either go for long, loose waves or shoulder-skimming curled styles – these are both super flattering as they graze the décolletage and frame the face.



BEFORE



AFTER

## Hair Hero

Keep your curls in place with a texturising spray that won't weigh them down.



Volumising Texture Spray, IGK Hair, £10

Ditch super-straight styles and try out loose waves, similar to Sarah Jessica Parker to give the hair more lift at your roots... acting like an instant facelift!

## Amp Up the Volume

Don't be afraid to add a little height and oomph to your hair with some gentle teasing. Look out your prong comb and gently backcomb at the roots and crown – this subtle volume will help to perk up your look.



## Smooth it Out

Tell-tale signs of ageing hair can include wiry strands and frizz. However, be careful not to weigh strands down with too many products in a bid to cover this up. Instead look for ones that specifically target these problems and include a shine enhancer. Then you'll be able to keep flyaways at bay and create a super-smooth look like Sandra Bullock.



BEFORE



AFTER

This style is a super easy way to make your cheekbones stand out. Copy Halle Berry and keep your fringe slightly longer so you can either wear it forwards or swept to the side.

## 5

## THE FLAWLESS FRINGE

While fringes are great for any age and for all hair types, a thick fringe that sits at the same height as your eyebrows is a great way to frame the face and make it look youthful.

Plus, if you're worried about any forehead wrinkles and would like to disguise without resorting to Botox, this is a sneaky way to conceal them.

Be sure to ask for the outside edges to sit ever so slightly longer than the rest of the fringe as this will lift the cheekbones.

However, be careful not to go too short with your fringe as this can actually sometimes draw more attention to fine lines.