



Hair we go again!

It all started with 'big ears', remembers fashion stylist, Kirstie Smillie.

Through my early school age years, I have memories of trying to tuck my ears into my swimming cap, cycling with my head at forty-five degrees so my hair just covered them and allowing my curls to go all 'poofy' for maximum volume to keep my ears from peeking out!

Eventually when I was fifteen my parents realised it was affecting my outlook and I had them pinned back (not as painful as it sounds). So at

last I could cut my hair and let the breeze rush through with out fear of embarrassment.

It took me a few years to actually get a re style but from 80s frizz came my 90s page boy! Mid-length mop with my homage to Joanna Lumley (so I was told) and then after my daughter's birth, a reinvention of very short and later, bleached crop by time of the millennium celebrations.

Top tips from hair and make-up artist Hanna Wildman (www.hannawildman.com):

Don't follow fashion, go for a style that flatters your face shape.

Do consider your body shape - too much hair can swamp or too little can add a size.

Think about adding softer, lighter colours around your face to lift the cheeks and hairline.

Can you maintain a style? Discuss ideas with your hairdresser so that they can suggest a cut to suit your ability.



Kirstie in her 20s, 30s, 40s... big hair to small. Now what?

From there I have generally gone wild and unkempt. I always preferred the undone look as my hair still had its wave and could look nice but could also look a mess! I always wanted sleek hair that swished rather than had volume... but don't we always want what we haven't got?

With the big five-O looming next year and body changes altering my hair's texture (I have more lank frizz than curl now), I think it's time for a drastic re-think. Crop or a new colour maybe? My dilemma always comes back to the fact that long hair allows choice. Hair up for sport or hair down for coverage of that damned spot and dark circles, the extra mass just helps me on a less confident day.

In my job as a fashion stylist, I love clothes and enjoy experimenting with vintage and high street

looks, although I am often happiest in jeans and stripy top. But my hair is just 'there', no statement. I love the very sharp looks of a tailored jacket, polo neck and wide strides, so short hair could smarten me up but will a short style imbalance my size 14 body, not my twenty-something size 10? It's only hair, it will grow back, so why the big debate?

After researching on Pinterest, there are plenty of hair inspiration of 'real' women and those in the public eye. Obviously most have had some expert tweaking for theses pictures but it shows that anything goes.

Done or undone, long or short? How do you feel about your hair? For comments or style issues please email me on kirstie@kirstiesmillie.com.

FIND OUT MORE

Kirstie Smillie is a personal fashion stylist working in the Surrey and Sussex area. Trained in fashion design, her career includes working with Good Housekeeping magazine in her 20s, a designer boutique in her 30s and personal styling through her 40s. Styling client's wardrobes, she also writes a weekly blog post with her take on style. Contact kirstie@kirstiesmillie.com. www.kirstiesmillie.com.



"A woman who cuts her hair is about to change her life"

Coco Chanel

