

When healthy nutrition and a new hairstyle unlock the keys to a renewed and confident self

In the quest for a revitalized and confident self, the connection between nutrition, weight loss, and a new hairstyle is undeniable.



Article written in collaboration with [Margaux Salon](#)

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When individuals prioritize health and well-being by nourishing their bodies with wholesome foods and engaging in regular physical activity, the external manifestations are not limited to weight loss alone. A nutritious diet contributes to healthy skin and hair, weight loss enhances physical health and boosts confidence, opening the door to a newfound sense of style. Choosing a new hairstyle then becomes the expression of this transformation, completing the cycle of self-renewal.

Nutrition for health and beautiful hair

A well-balanced diet is the cornerstone of a healthy lifestyle.

Nutrient-rich foods provide the essential nutrients, vitamins and minerals needed for the body to function optimally.

Incorporating a variety of fruits, vegetables, lean proteins, pulses, and whole grains not only promotes internal well-being but also manifests in external radiance.

Vitamins such as A, C, and E are known for their role in promoting healthy hair. Including foods rich in these vitamins, such as carrots, citrus fruits, and nuts, can contribute to a glowing complexion and lustrous locks.

Take Control of Your Nutrition

Weight Loss and self confidence boost

Weight loss, when approached sensibly through a combination of balanced nutrition and regular exercise, can have a profound impact on both physical health and self-esteem.

Shedding excess weight often leads to increased energy levels, improved mood, and a boost in confidence. As the body undergoes positive changes, individuals may find themselves more inclined to experiment with their appearance. Weight loss can be a catalyst for a newfound sense of self, prompting individuals to consider a hair style transformation that complements their evolving appearance.



The Finishing Touch: A New Hairstyle

A new hairstyle can act as the finishing touch to a weight loss journey.

As individuals embark on a weight loss and nutrition-focused journey, they often seek hairstyles that reflect their newfound confidence and style.

For those who have lost weight, a well-chosen haircut can accentuate facial features and highlight the positive changes in body shape. Similarly, a fresh hairstyle can serve as a statement of self-love and care, reinforcing the commitment to a healthier lifestyle.

Unlok Your Best Look with Our Hair Parting Guide

Choosing the perfect hairstyle can be a daunting task. With a myriad of options available, it's essential to consider which styles will flatter your unique face shape the most. Whether your face is round, oval, heart-shaped, square, diamond, or long, there's an array of hairstyles that can enhance your natural beauty. We'll explore the art of matching hairstyles to face shapes, ensuring you pick the most complementary style for you.

Understanding Your Face Shape

Before diving into the world of hairstyles, it's crucial to identify your face shape. The most common face shapes are oval, round, heart, square, diamond, and long. Your face shape is determined by the proportions of your forehead, cheekbones, and jawline. An easy way to identify your face shape is to trace the outline of your face in a mirror with a washable marker.



Oval

Oval Face Shape

The oval face shape is characterised by a length greater than the width, a gently rounded jawline, and a slightly narrower forehead. If you're blessed with an oval face shape, you're in luck—this shape is considered the most versatile for hairstyles.

Hairstyles for Oval Faces

The primary goal for oval faces is to avoid elongating the face. If you fancy shorter hair, try a blunt bob with face-framing pieces that clear the shoulder. For long hair lovers, a simple part change can make a world of difference. Side-swept bangs frame your face and achieve a balancing effect without needing a drastic haircut. High-fashion slicked-back looks and updos are also ideal for oval faces, as you don't need to overcompensate for any feature.



Round

Round Face Shape

Round faces are as wide as they are long, with no prominent angles or corners. If you have a round face, your primary goal is to elongate your face and make it appear more oval.

Hairstyles for Round Faces

Layered haircuts are a round face's best friend—especially when placed around the face. The chopiness of layers adds angles to your rounded facial features. Short hair, such as a pixie cut with lots of internal layers, adds height and lengthens your face. Medium-length hair with long face-framing bangs also works well.



Heart

Heart Face Shape

Heart-shaped faces are wider at the hairline and temples and taper to a small, narrow chin. If you have a heart-shaped face, you likely also have striking cheekbones.

Hairstyles for Heart-Shaped Faces

With heart-shaped faces, shoulder-length hair tends to look best. This length adds volume around the bottom of your face, creating the illusion of a wider jawline. Alternatively, opt for a lob that just clears the shoulder to add wideness around your jawline.

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Square

Square Face Shape

Square faces are wide, and the forehead, cheekbones, and jawline are almost the same width. The strong jawline is a prominent feature of square-shaped faces.

Hairstyles for Square Faces

If you have a square face, the best strategy is to emphasise your cheekbones rather than your jawline. A layered haircut that falls just below the chin can be flattering. Shoulder-length cuts with layers and loose waves can also help soften your face shape.



Diamond

Diamond Face Shape

Diamond-shaped faces are defined by wide cheekbones, a narrow forehead, and a pointed chin.

Hairstyles for Diamond Faces

Adding soft layers to long hair can help balance out the width of the cheekbones and create a more proportional look. Layers can be added throughout the length of the hair, or specifically around the face.



Long

Long Face Shape

Long faces are lean and offer many style possibilities. It's a shape that looks fabulous with extra body on the sides, so waves and curls are a great choice.

Hairstyles for Long Faces

The main goal for long face shapes is to make your face appear wider than it is to balance out the longer length. Curls are an excellent option for you.

Remember, the secret to looking gorgeous is really in one's attitude. The last thing you want to do is get a haircut that makes you feel unlike yourself. Confidence is all you need to pull off literally any haircut. If you want a haircut that doesn't abide by the "rules" of your face shape, then, by all means, get that haircut. How you feel about yourself always trumps what the beauty industry thinks is flattering.

Conclusion

When people aim for a healthier lifestyle and a renewed sense of confidence, their journey often starts with a focus on healthy eating and weight loss. That marks the initial phase. Then, the real magic happens when these fundamental elements are combined with the transformative power of a new hairstyle!

So, why not embark on this transformative journey today, nourishing your body, shedding excess weight, and topping it off with a stylish new haircut that reflects the vibrant, confident person you've become?

[Book a Free Nutrition Coaching Session with Candy](#)

[Candy Duval is a London-based nutrition coach](#), who helps senior executives and busy parents to achieve a healthy lifestyle through a customised coaching plan.