



WEAR THE
BEST COLORS
FOR YOUR
HAIR & SKIN

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WEAR THE BEST COLORS FOR YOUR HAIR & SKIN



INTRODUCTION

In this cheat sheet, we will dive into the fascinating world of hair color and provide you with a comprehensive guide to choosing the perfect hair color based on your skin tone. Understanding your skin undertones is the key to finding a hair color that will enhance your natural beauty and complement your overall appearance. From fair skin tones to deep skin tones, we will explore various hair color options for each category, including warm undertones, cool undertones, and neutral undertones.



UNDERSTANDING SKIN TONES

Finding your skin tone is an essential step in determining which hair colors will best complement your complexion. Here are a few methods to help you identify your skin tone:

1. CHECK YOUR VEINS:

Look at the veins on the inside of your wrist under natural lighting.

If your veins appear bluish or purple, you likely have cool undertones.

If your veins appear greenish or olive, you likely have warm undertones.

If you have difficulty determining the color or if your veins appear blue-green, you may have neutral undertones.

2. ASSESS YOUR JEWELRY PREFERENCES:

Pay attention to whether silver or gold jewelry looks better on you.

If silver jewelry flatters your complexion more, you likely have cool undertones.

If gold jewelry complements your skin better, you likely have warm undertones.

If both silver and gold jewelry suit you well, you may have neutral undertones.

3. CONSIDER SUN REACTIONS:

Observe how your skin reacts to sun exposure.

If you tend to burn easily and have difficulty tanning, you likely have cool undertones.

If you tan easily and rarely burn, you likely have warm undertones.

If you can achieve a moderate tan but still experience some sunburn, you may have neutral undertones.



4. ANALYZE YOUR NATURAL HAIR AND EYE COLOR:

People with cool undertones often have natural hair colors like black, deep brown, or ash blonde.

Warm undertones are often associated with natural hair colors such as red, golden blonde, or warm brown.

Neutral undertones can have a range of natural hair colors, including medium brown, light brown, or dark blonde.



5. CONSIDER CLOTHING COLORS:

Pay attention to the clothing colors that make your skin appear brighter and more radiant.

If you look best in jewel tones (emerald green, sapphire blue, rich purples), you likely have cool undertones.

If earthy tones (olive green, burnt orange, warm browns) flatter you more, you likely have warm undertones.

If you look good in both cool and warm colors, you may have neutral undertones.



MATCHING HAIR COLOR WITH SKIN TONES

Matching the hair color with your skin tone involves considering the undertones of your skin and selecting hair colors that complement and enhance your natural complexion. There are various undertones within each complexion category that should be considered when selecting hair colors or makeup shades to enhance one's natural beauty.

It's important to note that these descriptions provide a general understanding of skin complexion, but everyone's skin is unique. Skin tone and complexion can vary significantly based on ethnic background, geographic location, and individual genetics.



DIFFERENT SKIN TONES

Fair Complexion:

- Lightest skin tone with a delicate, porcelain-like appearance.
- Often accompanied by lighter hair colors, such as blond or light brown.
- Tends to burn easily in the sun and may have visible veins.

Light Complexion:

- Light to medium skin tone that is not as fair as the porcelain complexion but still lighter in comparison.
- Can have undertones that are warm, cool, or neutral.
- May have a subtle warmth or coolness to the skin depending on the undertones.

Medium Complexion:

- Skin tone that falls in the middle range, neither very light nor very dark.
- Can have a variety of undertones, including warm, cool, or neutral.
- Often tans easily with sun exposure and may have an olive or golden undertone.





DIFFERENT SKIN TONES

Olive Complexion:

- Skin tone that typically has a slightly green or grayish undertone.
- Often associated with individuals of Mediterranean, Middle Eastern, or South Asian descent.
- Can range from light to medium to deeper tones with a warm or neutral undertone.

Tan Complexion:

- Skin tone with a warm, golden-brown hue.
- Tends to tan easily in the sun and may have a yellow or golden undertone.
- Commonly seen in individuals with diverse ethnic backgrounds.

Deep Complexion:

- Darker skin tone with rich, deep hues.
- Can range from deep brown to ebony shades.
- Often associated with individuals of African, Afro-Caribbean, or South Asian descent.



EMBRACING PERSONAL STYLE & CONFIDENCE

Embracing your personal style and confidence while complementing your skin tone involves finding clothing, accessories, and makeup that enhance your natural beauty. Here are some favorite tips to help you achieve a cohesive and confidence-boosting look:

Know Your Skin Undertones:

- Understanding your skin undertones (cool, warm, neutral) will guide you in selecting colors that harmonize with your complexion.

Experiment with Colors:

- Discover which colors flatter your skin tone by trying different shades and observing how they make you look and feel.
- Warm undertones often pair well with earthy tones like browns, oranges, and yellows, while cool undertones can be enhanced by jewel tones like blues, purples, and emerald greens.
- Neutrals like white, black, gray, and nude tones can work well with a variety of skin tones.





Find Your Signature Colors:

- Identify a few key colors that consistently make you feel confident and radiant.
- Incorporate these colors into your wardrobe and accessories to add a personal touch that complements your skin tone.

Consider Your Hair Color:

- Your hair color can also impact how your clothing and makeup choices harmonize with your skin tone.
- Ensure that your hair color and style align with your skin tone, enhancing its natural beauty.
- Pay Attention to Fabric and Texture:
 - Consider the texture and fabric of your clothing. Some skin tones may be enhanced by certain textures, such as satin, silk, or velvet.
 - Experiment with different textures and find what feels most comfortable and flattering to you.



EMBRACING PERSONAL STYLE & CONFIDENCE

Play with Makeup:

- Use makeup to enhance your features and complement your skin tone.
- Choose foundation, blush, and bronzer shades that match your undertones.
- Experiment with lipstick and eyeshadow shades that flatter your complexion and eye color.

Dress for Your Body Shape:

- Embrace clothing styles that flatter your body shape, as feeling confident in your appearance can enhance your overall self-assurance.
- Understand your body proportions and choose clothing that accentuates your assets while providing a comfortable fit.

Own Your Style:

- Confidence is key. Wear what makes you feel good and reflects your personal style.
- Embrace your unique features, celebrate your individuality, and let your style shine through.



FINAL THOUGHTS

As we wrap up this journey into the world of color for hair and skin, remember that it's not just about what you wear; it's an expression of your personality, your creativity, and your God-given uniqueness. Personal style is an ongoing exploration, and it's perfectly okay to experiment and evolve over time. Trust your instincts, have fun with the seasons, and always prioritize feeling confident and comfortable in your own skin. Whether you embrace those vibrant hues that make you feel like a walking rainbow, or those cozy neutrals that exude timeless elegance, the most important accessory is your confidence. So, wear your style like a crown, and let it shine bright. Here's to a world filled with fabulous styles, embracing yourself, and, of course, moments of joy!

Hey friend, I'm Gabriela Arista

A decade in the beauty industry with exclusive insight for twenty years (gracias mama!). I specialize in techniques that alter the hair to its highest potential by tailoring to each individual's strands, modernizing hair using art and science. My dedication is to deliver innovating hair designs, fashion forward colors and personalize with cutting-edge techniques. My priority is to celebrate what you were born with, create remarkable and healthy hair to bring out your inner beauty.



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