

# Less Is More: the Role of Hairstyle in Shaping A Modern Personal Image.

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**Abstract.** The Purpose Of The Study Is To Reveal The Impact Of Hairstyle Changes On The Formation And Transformation Of Personal Image. Particular Attention Is Paid To The Analysis Of How Modifications In The Shape, Color, Length And Style Of Hair Affect The Perception Of A Person In Social And Psychological Contexts. The Research Methodology Is Based On The Analysis Of Quantitative Studies That Examine The Impact Of Hairstyle On Self-Perception And External Positioning Of An Individual. The Changes Caused By Experiments With Hair As A Way Of Expressing Individuality, Social Status, And Emotional State Are Also Considered Separately. An Axiomatic Approach To Search Analysis Was Used To Process Secondary Sources.

**Keywords:** Hairstyle Modification, Makeup Modification, Style Transformation, Visual Impact Of Hairstyle, Appearance Management.

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## I. Introduction.

Improving One's Image Through Simple And Safe Ways To Change One's Appearance, Such As Makeup And Hairstyle, Is An Important Step In Creating A New Persona. Hair Plays A Special Role In This Process, As It Not Only Changes The Way You Look, But Also Affects How You Feel And How Others Perceive You.

Changes In The Shape, Color, Length, Or Style Of Hair Can Reveal Mood, Style, Confidence, Or Even Life Changes. A New Hairstyle Is Often Chosen When You Want To Start From Scratch Or Emphasize Your Individuality. It Becomes A Way Of Expressing Yourself Without Words And At The Same Time A Way To Better Understand Who You Are.

The Text Draws Attention To The Importance Of The "Less Is More" Approach, Which Helps To Maintain Naturalness And At The Same Time Emphasize Unique Features Of The Appearance. Changes Such As A New Hairstyle Or Light Makeup Can Have A Big Impact - Not Only On Your Appearance, But Also On Your Inner State, Self-Esteem, And Confidence.

Hair, Like Makeup, Plays An Important Role In How A Person Presents Themselves And How Others See Them. It Helps To Create A Holistic, Harmonious Image That Reflects Character, Style, And Mood. The Article Emphasizes That Even Minor Changes In Appearance Can Have A Profound Impact On Self-Perception And Attitudes Of Others.

## II. The Purpose Of The Study.

The Scientific Novelty Of The Study Is The Synthesis Of The Psychological And Aesthetic Results Of Facial Style Design Achieved With The Help Of Makeup And Especially Hairstyle Modifications. Hairstyle Is Considered One Of The Main Ways To Change The Appearance Without Radical Intervention. It Not Only Affects The Way A Person Is Perceived From The Outside, But Also Helps To Develop Self-Confidence, A Sense Of Control, And Aesthetic Harmony.

The Study Highlights The Multidimensional Impact Of Using Different Hairstyle Techniques - Changing Length, Color, Shape, Volume, Texture, Etc. - That Significantly Affect The Overall Image Of A

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Person, As Well As Their Self-Esteem, Sense Of Efficacy, And Social Interaction. Here, Hair Is Not Only A Visual Element But Also A Symbol Of Self-Identification And Personal Transformation.

Research Within Aesthetics Emphasizes The Importance Of Hairstyle As A Tool Of Conscious Style Choice That Embodies The Inner State Of A Person Through External Attributes. An Integrated Approach To The Study Of Personal Image Involves Taking Into Account Both External Changes And Psychological And Socio-Cultural Effects That Arise As A Result Of Hairstyle Changes. This Approach Expands The Traditional Discourse In The Field Of Design, Taking It Beyond Purely Technical Or Aesthetic Issues And Focusing On The Internal Motivation And Social Significance Of Visual Solutions. The Purpose Of The Article Is To Highlight The Changes In Personal Image As A Result Of The Use Of Facial Style Design Techniques, Including Makeup And Hairstyle.

### **III. Presentation Of The Main Research Material.**

Research On Personal Style Is Currently Focused Mainly On The Analysis Of The Selection Of Clothing Elements And The Use Of Automated Style Decision Systems Based On Machine Learning Methods. At The Same Time, The Face, As A Key Biometric And Communicative Space, Is Often Seen Only As An Object Of Technical Or Decorative Manipulation, Not As A Means Of Deep Self-Expression. In This Context, The Hairstyle-As A Dynamic, Visually Significant, And At The Same Time Accessible Element-Is Underestimated In Scientific Approaches.

Specifying The Ways Of Modifying Makeup And, Especially, Hairstyle Is An Important Stage Of The Research Process For The Effective Implementation Of Personal Style. After All, It Is The Hairstyle That Can Radically Change The Perception Of Appearance, Give Facial Features A New Expressiveness Or Softness, Reflect An Emotional State, Belonging To A Subculture, Status, Or Even A Life Position. This Aesthetic Transformation That Occurs Through A Change In Hairstyle Is Key To The Formation Of A Holistic Image And Can Have A Lasting Impact On A Person's Self-Esteem And Behavioral Patterns.

Hairstyles Function Not Just As A Visual Accent Or A Complement To The Style, But As A Powerful Means Of Non-Verbal Communication That Can Form A First Impression, Determine Social Interaction, And Convey Personal Values. It Occupies A Special Place In The System Of Aesthetic Self-Presentation, As It Combines Bodily Naturalness And Artificial Transformation.

Despite This Significance, Most Modern Studies Rely On Formalized, Often Reduced To Numerical Parameters, Methods Of Style Analysis. Such Approaches, Focused On Automation And Algorithmization, Ignore The Deeper Aesthetic Impact Of Hairstyles - Its Role In Shaping Personal Identity, Reflecting The Internal State, And Adapting To The Social Environment.

In Addition, The Relevance Of The Study Is Emphasized By The Growing Importance Of Personal Branding In The Modern World, Where Visual Self-Presentation, Including Through Hairstyles, Is An Integral Part Of Social Navigation. This Requires A New, Multidimensional Approach To Personal Image Management, In Which Hairstyle Is Viewed Not Only As An Aesthetic Detail, But As A Strategic Tool For Personal Influence And Social Presence.

### **IV. Analysis Of Previous Studies.**

A Positive Correlation Has Been Identified Between The Use Of A New Hairstyle, Which Is An Increase In Self-Esteem And Contributes To The Formation Of The Concept Of "Holistic Technique", Which Reveals Multimodal Sensory Perception Of A Person Through Tactile And Visual Stimuli. At The Same Time, The Concept Of Holistic Technique Contributes To A Revision Of The Understanding Of An Individual Image As Dependent On Clothing. The Transformational Potential Of Makeup And Hairstyle Goes Beyond Simple Aesthetic Experience [8]. Appearance Management Can Serve As A Basis For Mitigating Negative Psycho-Emotional States And Strengthening Social Network Connectivity. Scientists Have Found Evidence Of Such A Beneficial Effect Of Using Makeup With A Pleasant Scent Or Bright Colors In The Hairstyle On The Mental Health Of Women Struggling With Serious Illness [5].

In Addition, Modification Of Facial Style Goes Beyond Personal Transformation And Extends To A Person's Social Adaptability. The Study By Palumbo And His Colleagues Emphasized The Importance Of

Personal Image In The Academic And Professional Success Of Students [7]. This Observation Suggests That The Self-Esteem Boost Provided By Applying Makeup And Creating A Hairstyle Has The Potential To Encompass A Person's Self-Efficacy And How They Are Perceived By Others, Establishing A Strong Link Between Facial Style, Personal Image, And Identity.

## **V. Results And Discussion.**

The Influence Of Facial Aesthetics On Personal Image And, Consequently, On Social Interaction Is Quite Significant, As Shown By Research Results. There Is A Natural Tendency To Attribute More Positive Traits To Attractive People, Both Children And Adults, Compared To Those Who Are Considered Less Attractive, Which Emphasizes The Evolutionary Significance Of Facial Attractiveness [10]. However, In The Modern Context, This Dynamic Reaches The Level Of Social Evolution, So The Harmony Of The Personal Image, Which Depends On How Attractive The Face Seems, Signals The Adaptability Of A Person In Socio-Cultural Contexts, His Or Her Socio-Psychological Embodiment [1].

The Consistency Of Face Perception Transcends Race, Ethnicity, And Age, Demonstrating The Universal Appeal Of Certain Aesthetic Characteristics. This Makes It Possible To Identify Effective Makeup Techniques Aimed Primarily At Improving Skin Appearance, Reducing Visual Signs Of Age, And Emphasizing The Symmetry Of Features. At The Same Time, Hairstyle Is An Equally Important Factor In The Perception Of The Face, As It Creates A Visual Frame For It, Enhancing Or Gently Correcting Individual Features.

Unlike Makeup, Which Works Primarily On The Skin Itself, Hairstyles Shape The Overall Contour, Balance, And Proportions Of The Face, Directly Affecting The Impression Of The Head Shape, Eye Size, Jawline, Etc. By Changing The Length, Volume, Or Direction Of The Hair, You Can Visually Change The Age Perception Of A Person, Make Facial Features More Harmonious, Or Deliberately Emphasize Certain Emotional Or Character Traits.

Moreover, The Hairstyle Works As An Indicator Of Style, Health And Grooming, Which Is Subconsciously Perceived As A Sign Of Vitality, Self-Confidence And Social Inclusion. In Combination With Makeup, It Creates A Holistic Visual Image In Which Perceived Health, Youth And Individuality Become The Main Markers Of Aesthetic Appeal.

Thus, Analyzing The Perception Of The Face In The Context Of Personal Image Requires Taking Into Account Not Only Skin And Features, But Also The Role Of Hairstyle As A Structural And Emotional Component Of Visual Perception That Can Significantly Change Both Appearance And Social Reaction To It.

The Face, As A Channel Of Non-Verbal Communication, Forms A General Idea Of A Person's Image Through Its Shape, Color, And Homogeneity. These Elements Most Clearly Capture And Hold The Attention Of Another [6]. Despite This Relationship, The Understanding Of The Influence Of The Distribution Of Skin Color And Relief Formed By The Sequence Of Creating A Visual Image Through "Makeup" Remains Pronounced [3]. Preliminary Results Show That Color Homogeneity Contributes To Attractiveness, And The Perception Of Color Is Subject To The Principles Of Aesthetics [2]. At The Same Time, Skin Surface Relief Serves As A Visual Sign Of Age. Traditionally, The Faces Of Older People Are Perceived As Less Attractive Than Younger Ones, Which Emphasizes The Superiority Of Young Aesthetics In The Perception Of Beauty And The Indirect Unattractiveness Of Certain Types Of Relief [9]. However, It Is The Hairstyle, Hair Color, And Styling Style That Can Hide Age-Related Changes In The Overall Image Of A Person.

Today, Aesthetic Medicine Is Forming A Current Trend In The Form Of The Principle "Less Is More," Which Is Focused On Erasing Negative Expressiveness And Reducing Perceived Unattractiveness Without Changing The Primary Attributes Of The Face [4]. It Can Be Noted That This Approach Ensures A Sufficient Level Of Conscious Control On The Part Of A Person Over His Or Her Own External Image, Contributing To Its Alignment With Personal Values, Emotional State, And Social Circumstances. Changing One's Appearance Becomes Not Just A Visual Transformation, But A Way Of Self-Expression That Allows A Person To Better Understand Themselves And Present Their Individuality.

In This Process, The Hairstyle Plays A Central Role. It Not Only Shapes The Overall Silhouette And Proportions Of The Face, But Also Directly Affects The Perception Of A Person's Age, Character, Mood, And Even Social Status. By Changing The Shape, Length, Color, Or Texture Of The Hair, You Can Achieve A

Profound Visual Effect Without Seriously Interfering With Your Appearance. Hair Acts As A Flexible Tool That Allows You To Transform Your Image Both Gradually And Radically, Depending On The Desired Emotional Or Communicative Result.

**Fig. 1.** An Example Of A Change In Appearance And Perception Of A Person Before And After Hairstyle Changes







The Principle Of “Less Is More” In The Field Of Hairstyling Implies The Rejection Of Excessive Complexity Or Decorativeness In Favor Of Naturalness, Lightness And Harmonious Matching Of The Face Shape, Type Of Appearance And Lifestyle. A Successful Choice Of Hairstyle Emphasizes Individual Features Of The Appearance, Creates A Sense Of Grooming And Relevance Without Overloading The Image.

Hairstyle Becomes A Key Element Of Visual Identity, Which Allows A Person To Feel Confident In Different Social Situations, Adapt To New Circumstances, Or Vice Versa - To Mark A Certain Stage Of Internal Changes. It Acts As A Spatial Frame That Frames The Face, Sets The Mood For The Whole Look, And Acts As An Aesthetic Mediator Between The Appearance And The Internal State Of A Person.

Thus, A Hairstyle Is A Part Of Style And A Full-Fledged Means Of Personal Expression That Combines Bodily, Emotional And Social Components To Form A Holistic, Natural And At The Same Time Deeply Individual Image.

The Initial Stage Of Applying The “Less Is More” Methodology In The Field Of Personal Image Formation Largely Depends On The Harmonious Integration Of Hairstyle As A Basic Element Of Appearance. It Is The Hairstyle That Acts As The Visual Foundation Of Stylistic Integrity, Forms The First Impression, Sets The Mood Of The Image And Plays A Key Role In Maintaining Natural Aesthetics. Changing The Shape, Length, Color, Or Texture Of Your Hair Allows You To Achieve A Noticeable Stylistic Effect Without The Need For Radical Intervention, While Maintaining Authenticity And Matching Individual Appearance Features.

Hairstyle Not Only Complements The Style, But Also Affects The Emotional Perception Of A Person, Their Social Presentation, And Even Their Inner State. It Is A Flexible Tool That Allows A Person To Change Their Appearance Variably Depending On The Context - Professional, Casual, Or Personal. The Minimalist

Approach Gives Preference To Simple Shapes, Soft Volume, Natural Texture And Harmony With Facial Features, Which Ensures Both Restraint And Expressiveness.

Particular Attention Should Be Paid To The Shape, Volume, Texture, And Color Of The Hair, Which Are Tools For A Soft Yet Expressive Transformation Of The Appearance. A Successful Hairstyle Can Visually Balance Facial Features, Emphasize Symmetry, Give A Fresh Look, Or, Conversely, Accentuate Individual Features. Natural Waves, Slight Negligence, Soft Styling Without Excessive Structure - All Of This Is In Line With The "Less Is More" Aesthetic Based On The Desire For Harmony And Naturalness.

A Functional Approach To Hair Care Is Also Part Of This Aesthetic Principle. The Use Of Multitasking Products, Such As Moisturizing Sprays With A Hold Or Lightweight Thermal Protection Formulas, Allows You To Reduce The Number Of Styling Steps Without Losing The Quality Of The Appearance. Such Products Support Hair Health, Preserve Its Natural Structure, And Make It Easier To Create The Desired Look Without Overloading Or Artificiality.

Thus, A Minimalist Hairstyle Is Not Only An Element Of Style, But A Holistic Means Of Self-Expression That Combines Aesthetics, Practicality, And Care For Natural Beauty. It Forms The Visual Frame Of The Face, Sets The Rhythm For The Entire Image And Is The Basis Of A Personal Image In The Modern Context Of Eco-Oriented And Individual Choice.

The Focus Is Also On Enhancing The Natural Beauty Of The Hair, Not Overloading It With Products Or Complex Styling Forms. This Principle Is Based On The Balance Between Sophistication And Simplicity And Allows You To Create A Style That Emphasizes The Natural Texture, Color And Volume Of The Hair, Reflecting The Person's Identity And Optimizing Their Individual Image.

The First Step In This Approach Is To Perceive And Categorize The Natural Texture Of The Hair. For Wavy Or Curly Hair, This May Mean Using Mild Products To Shape Curls. For Straight Hair, It Means Using Lightweight Products To Increase Volume Without Creating A Heavy, Unnatural Look. The Use Of Simple Styling Techniques Can Also Fit This Aesthetic. Instead Of Complicated Hairstyles Or Intricate Braiding Techniques, It Is Advisable To Turn To Simpler Styles (Loose Waves, Sleek Ponytails Or Classic Buns). These Hairstyles Are Able To Showcase The Natural Beauty Of Your Hair And At The Same Time Maintain A Sophisticated And Stylish Look.

Excessive Use Of Styling Products Can Weigh Hair Down And Cause Product Buildup, Resulting In Dull, Lifeless Strands. Instead, The "Less Is More" Approach Encourages The Use Of Minimal Amounts Of Product To Maintain The Hair's Natural Shine And Bounce. Another Aspect Of The Approach Is Discreet Hair Accessories. Instead Of Large And Overly Eye-Catching Elements, Subtle Details Are Used, Such As Simple Barrettes Or Thin Headbands. They Add A Touch Of Elegance Without Interfering With The Overall Style.

Also, The Principle Of "Less Is More" Recommends Choosing Hair Color Shades That Complement A Person's Skin Tone And Natural Hair Color. Extreme Color Changes Can Be Harmful And Require Intensive Care. Therefore, A More Subtle Approach Is To Add Soft Highlights Or A Slight Shift In The Shade, Which Will Enhance The Natural One. Finally, Regular Care Is A Key Component Of The Principle. Trimming, Deep Conditioning Treatments, And Proper Daily Care Will Help Maintain Healthy Hair And Its Natural Shine, Reducing The Need For Heavy Styling Or Excessive Product Use.

However, It Is Worth Noting That The Principle Of "Less Is More" Is A Primitive, Not A Design Standard. Cultural And Personal Aspects Of The Style Decision Play A Significant Role [1]. In The Context Of The Process Of Global Cultural Exchanges And Mutual Learning, The Use Of Facial Makeup As A Mechanism For Modifying A Personal Image Reveals Its Profound Impact On Social And Psychological Reality. Makeup And Hairstyle As A Form Of Discursive Power Is A Way Of Self-Expression And Assertion Of Individual And Collective Identity.

For Example, Consider The Aesthetic Differences In Facial Design Practices Between Western Societies And Cultures Where People Tend To Have Flatter Bone Structure And Softer Temperaments, Such As Some Asian Societies. In These Cultures, There Is Often Less Emphasis On Voluminous Or Embossed Hairstyles That Dramatically Alter The Shape Of The Head Or Face. Instead, Preference Is Given To The Natural Texture Of The Hair, Soft Lines, Light Shapes That Do Not Overlap Features But Interact

Harmoniously With Them. The Hairstyle Here Is Not A Means Of Disguise Or Correction, But A Calm Continuation Of Individual Features, Emphasizing The Natural Balance Of The Image.

This Approach Differs Significantly From Western Style, Where Hair Is Often Used As A Tool For Active Image Modeling. In European And American Contexts, The Tendency To Use Structured Styling, Sharp Geometry Of Forms, Visual Volume Techniques Or Symmetrical Alignment Dominates, Allowing For A Purposeful Change In The Visual Architecture Of The Face. Here, Hair Not Only Complements, But Also Actively Shapes The Image, Becoming A Means Of Expressing Mood, Status, Or Even A Personal Statement.

Thus, Hairstyles In Different Cultures Perform Different Functions - From Emphasizing Naturalness To A Tool Of Stylistic Transformation That Reflects The Broader Cultural Context Of Ideas About Beauty, Harmony, And Self-Presentation. This Discrepancy Demonstrates How The Use Of Hair And Face Makeup And Its Role In Changing Personal Image Can Differ Significantly In Different Cultures, Shaped By Different Social Norms, Beauty Standards, And The Main Vectors Of Self-Presentation [11]. Therefore, Hairstyle Is An Element Of Appearance And A Way To Change Personal Image. It Demonstrates How Aesthetic Norms, Social Expectations, And Ideas About Beauty Specific To A Culture Influence The Choice Of Hair Style. In Different Societies, Priorities Regarding Hair Length, Color, Texture, And Shape Can Vary Significantly, And This Is Why Hair Becomes A Marker Of Identity, A Way Of Belonging, Or Vice Versa - A Manifestation Of Individuality.

Thus, Hair Is A Powerful Tool Of Cultural Expression, Which At The Same Time Contributes To The Transformation Of Personal Image. It Can Not Only Complement The Image, But Also Form A New Perception Of Oneself, Adapt One's Appearance To The Social Environment, Or Set A Vector For Internal Changes.

Hairstyles Have A Multidimensional Impact On Personal Image And Can Significantly Change The Way A Person Perceives Themselves And How Others See Them. A Good Hairstyle Choice Can Increase Self-Confidence, Create A Sense Of Control Over One's Own Appearance, And Help A Person Better Express Their Individuality.

The Combination Of External (Aesthetic) And Internal (Psychological) Changes Allows Us To Better Understand Why People Choose Certain Styles And How These Styles Affect Their Image In Everyday And Professional Environments. In This Context, The Work Of Hairdressers, Stylists, And Other Professionals Becomes Not Just Technical, But Also Creative And Psychologically Sensitive, As Hairstyles Are Formed Not Only According To Fashion, But Also According To The Person's Character, Lifestyle, And Social Environment.

The Evolution Of Personal Image Today Goes Beyond Simple Changes In Appearance. It Should Be Viewed As A Process That Includes Both Inner Self-Awareness And Social Expectations. In This Process, Hair Plays A Central Role, Becoming A Means Of Both External Transformation And Personal Expression.

In Addition, This Holistic Perspective Expands On Traditional Design Discourse By Outlining The Influence Of Societal Norms And Cultural Factors On Personal Image Decisions. It Recognizes That Individual Style Is Not Chosen In Isolation, But Is Deeply Rooted In A Broader Socio-Cultural Context. Thus, A Person's Individual Image Is Viewed Not Only As A Personal Reflection, But Also As A Representation Of Their Cultural Identity, Social Norms, And Shared Aesthetic Values [1]. This Study Also Emphasizes The Importance Of Simple And Safe Ways To Change One's Appearance In The Process Of Creating A Personal Image. In Particular, Hairstyle (As Well As Makeup) Is An Affordable And Temporary Tool That Can Significantly Change A Person's Appearance. However, Its Impact Goes Beyond Just Physical Changes - It Also Affects The Inner State, Boosts Self-Confidence, Improves Self-Esteem, And Contributes To Overall Psychological Well-Being.

## **VI. Conclusions.**

Optimizing One's Personal Image Through Simple Changes, Such As Changing One's Hairstyle, Shows That Even Seemingly Insignificant Decisions Can Have A Profound Impact. Hairstyles Are Not Just A Part Of One's Appearance, But A Powerful Tool To Influence How One Perceives Oneself And How Others Perceive Them.



Changes Such As A New Hair Shape, Length, Or Color Help A Person Look More Confident, Feel Better In Social Situations, And Evaluate Themselves Differently Internally. As A Result, Hairstyle Affects Not Only Appearance, But Also Self-Esteem And Emotional State, Which Makes It An Important Tool In Shaping Personal Image.

In This Context, We Refer To The Aesthetic Principle Of “Less Is More,” Which Is Manifested In The Analysis Of Cultural Differences In The Perception Of Hairstyle As An Element Of Personal Style. In Western Societies, More Expressive, Structured, Or Even Expressive Hairstyles Are Often Preferred To Emphasize Individuality Or Status. At The Same Time, Other Cultures, Particularly Eastern Ones, Tend To Be More Subtle, Natural, And Moderate In Their Choice Of Hair Style. Here, The Emphasis Is Not On Radical Changes To The Image, But On Improving The Natural Texture, Shape, And Harmony Of The Face Through Delicate Hairstyling.

Modifying Your Personal Image By Changing Your Hairstyle Is Not Only About Appearance, But Also Opens Up Space For Cultural Dialogue And Expression Of Identity. Turning To Minimalist Aesthetics In Choosing A Hairstyle Contributes To Effective Self-Presentation - It Becomes A Continuation Of The Person's Inner World, Not Just A Stylistic Decision.

Ultimately, This Study Emphasizes The Important Role Of Appearance Modification Techniques, Such As Hair Correction, Styling, Or Updating, In Shaping An Individual Image. Its Impact Goes Much Deeper Than Just Changing Appearance: Even Minor Changes Can Affect Self-Perception, Emotional State, And Social Interactions. This Confirms The Need For A Subtle Understanding Of The Role Of Hairstyle As An Aesthetic And Psychological Tool That Allows A Person To Better Express Themselves In A Social Context. In New Social Or Professional Environments, People Often Change Their Hairstyle As A Kind Of Gesture Of Entering A New Environment. Such Changes Can Be Spontaneous Or Strategically Thought Out, But In Both Cases, They Serve An Adaptive Function, Helping A Person To Feel More Confident And Accepted. The Hairstyle Becomes A Kind Of “Bridge” Between The Inner Self And The Outside World, A Means Of Reconciling Self-Identity With New Social Roles.

In Addition, Generational Differences In The Perception Of Hairstyles Should Be Taken Into Account. The Younger Generation Often Uses Hairstyles As A Visual Manifesto: A Way Of Protest, Finding Themselves, Or Belonging To A Particular Subculture. In Older Age Groups, Changing Hairstyles Is More Often Associated With Life Stages: The End Of A Crisis, The Beginning Of A New Period, Or The Desire For Renewal. This Once Again Confirms That Hairstyle Is Not Just An Element Of Style, But A Means Of Personal Transformation That Has Psychological, Social, And Symbolic Significance.

Finally, Visual Consistency As A Form Of Security Cannot Be Ignored. Some People, On The Contrary, Choose A Stable Hairstyle As A Way Of Asserting Permanence In An Unstable World. In This Case, The Hair Style Serves As An Emotional Anchor That Provides A Sense Of Stability, Integrity, And Self-Acceptance.

Thus, The Hairstyle Ceases To Be Just A Matter Of Style - It Becomes A Means Of Shaping The Personality, A Reflection Of Their Values, Mood And Identity.

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