

Gunilla L. (GBO)

altezza: **178**

seno: **89**

vita: **73**

fianchi: **97**

scarpe: **40**

occhi: **blu**

capelli: **biondo**

height: **5,10**

bust: **35**

waist: **28 1/2**

hips:

shoes: **7**

eyes: **blue**

hair: **blond**



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Before you make the cut...ask yourself four questions:

- 1 WHAT IS MY HAIR TEXTURE?**
You don't need stick-straight hair to wear bangs, but if your natural texture is more than wavy, you'll have to commit to potentially frustrating daily bang-taming sessions. Because bangs don't have much length to weigh them down, they can often be curlier than the rest of your style.
- 2 DO I HAVE A COWLICK ALONG MY HAIRLINE?**
If the answer is yes, your bangs will have to be thick—starting farther back toward your crown—to keep the wayward hair in line.
- 3 DO I HAVE A SMALL FOREHEAD?**
If your hairline isn't at least two inches from your brows, bangs (unless side-swept) could accentuate your small forehead.
- 4 HOW MUCH TIME WILL I REALISTICALLY SPEND ON MY HAIR?**
It may be only three minutes every morning, but bangs require styling (or a headband). Keep a spray bottle of water on hand so you can dampen and restyle your bangs, even on days you don't wash your hair.



GUNILLA

JUST RIGHT: Soft, piece-y bangs camouflage forehead lines and crow's-feet, and create a frame around Gunilla's striking aqua eyes. To create this choppy effect, Patrick cut upward a bit into the lowest inch of the bangs. He also cut Gunilla's hair slightly, to chin-length, all the way around, leaving her layers a little longer in front to soften the jaw area.

AVOID THIS: The stark edges of strict, all-one-length bangs can emphasize lines around the eyes. Top: Nina. Earrings: Alexis Bittar. ▶

“Gunilla looks striking with a few wispy bangs,” says Patrick. “They **SOFTEN FOREHEAD LINES** and bring our attention to her gorgeous eyes.”

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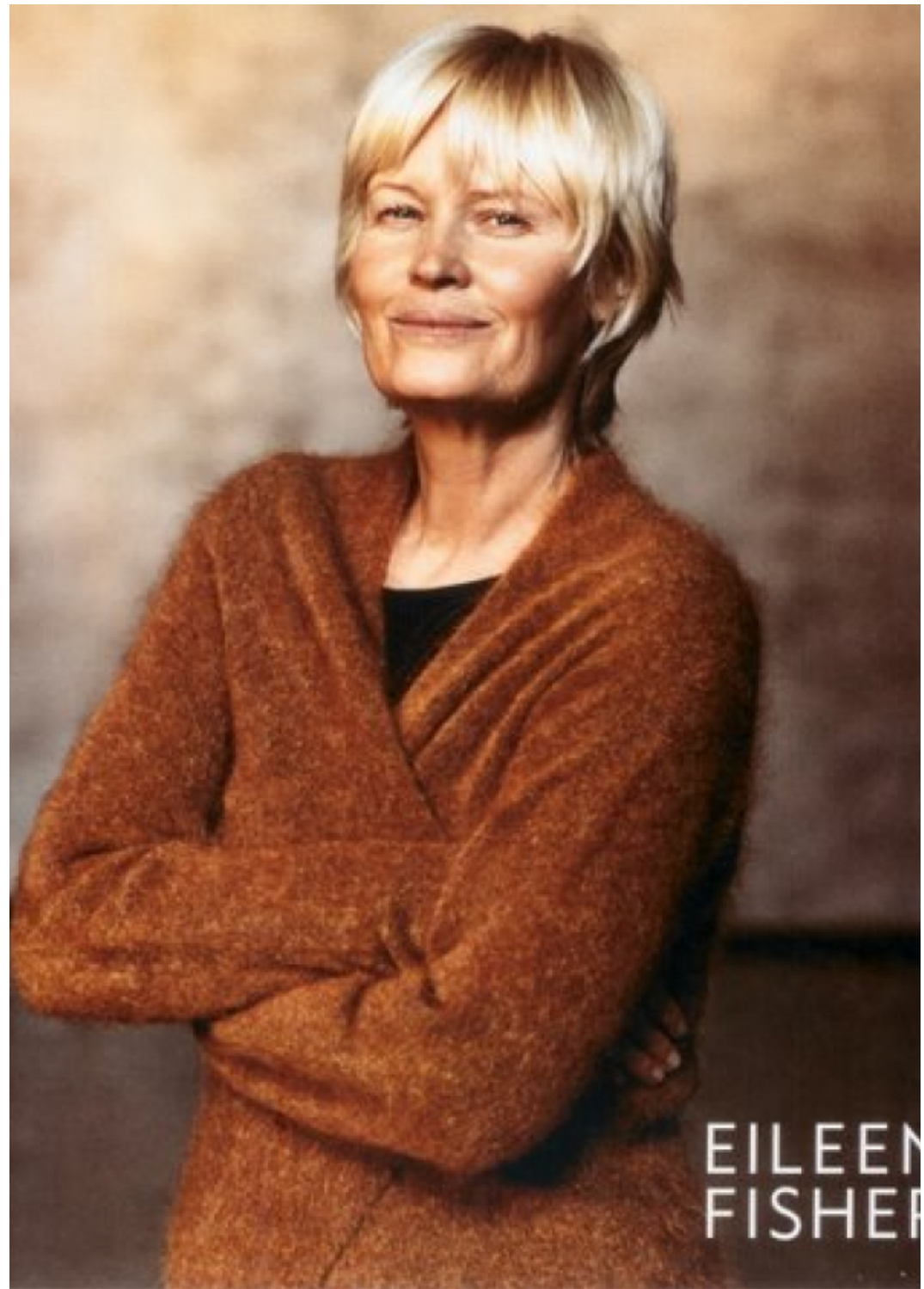
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"I need a drink." Serum natural oil production is decreasing yearly. "This is when you start to see significant changes in the deeper facial structure," says Shelby Seiskin-Gibbs, MD, clinical assistant professor of dermatology at Baylor College of Medicine in Houston. "You will have some collagen and even bone loss, which translates into looser skin and decreased volume—especially in the mid and lower sections of the face." Decreased oil production also means that skin is more sensitive to changes in climate or season.

"Plump me up!" Step up your regimen, including the staples from previous decades—a retinoid in an excellent base like Renova or Atralin as well as alpha-hydroxy acid exfoliators, which can be used four or five times a week now if your skin can tolerate it. Day creams should be cocktails loaded with antioxidants (Vitamins C and E) and anti-inflammatory ingredients. And upgrade to more moisturizing bases across the board. "It makes sense to switch to the most structured forms of every skin-care product—creamy cleansers as well as moisturizers," says Waldert. If you're looking for a big bang, look for trichloroacetic acid (TCA) or 20 percent glycolic peel. "It's a great way to get rid of fine lines, uneven skin tone, and brown spots in one treatment," says Berk.

"Ommm." Take up yoga, meditation, or another form of effective, daily stress relief. "As we age, our bodies become less efficient at fighting the stress hormones that age us prematurely," says Perricone. "If you stress a 20-year-old and a 50-year-old, the younger woman's cortisol level returns to normal more quickly than that of the older woman." In other words, the cumulative effects of daily living, gravity and UV damage could be offset by a regular dose of relaxation. A good news, at least that's what you skin would tell you.

50+

