

Latest Haircut Styles and Trends for Teens, Young Adults, and Mature Women

Written by Kathryn D'Imperio Saturday, 17 January 2009 00:29

When it comes to the latest haircuts and hairstyles, your favorite stylist, fashion magazines, and the Internet are great places to start. These days, haircut and hairstyle trends change so fast that it's hard to keep up, whether you're a teen, young adult, or a mature woman who's become well accustomed to the changing styles. Instead, settle for a style you love – and one that makes you feel confident and good about being yourself.



“The most important thing to remember when choosing a new hair style, regardless of one’s age, is that it must be conducive with your lifestyle,” says Ruth Kim, Senior Creative Cutting Specialist at Salon Bleu.

“With that being said, it is hard to perfectly define a ‘trendy’ haircut for someone, say in the 40+ age category,” Kim adds. “I like to think of trends as classics with a twist. For example, look at Kim Kardashian’s mother, Kris Jenner. Instead of opting for a boring, blunt, short cut, she added some face-framing layers to give it a softer feel. Regardless of the hair length, the goal is to have a softer look; whether or not you incorporate the trends of a swept bag or full bangs with layers is a decision that can fluctuate as your tastes change.”



Latest Haircut Styles for All Ages and Hair Types

When it comes to a new haircut, many women don't take things lightly. Moments if not hours go into visualizing oneself with the new haircut, envisioning all the new hairstyle possibilities with the new haircut, and weighing the options back and forth, agonizing over whether or not to go through with it. In the end, many women take a deep breath and take the plunge, reasoning that it's only hair, and hair will grow back.

Naz Kupelian of Naz Kupelian Salon in Lexington, MA, an expert on cutting and

coloring hair, offers a number of haircut trends and tips based on his latest teaching techniques. His expertise in his cutting techniques allows for volume and length both to be achieved with anyone's hair, from teens and young adults to mature women, and even men.

Haircuts and Styles for Short and Medium Length Hair

Short hair and medium length hair offer many possibilities in the cut and style for teens, young adults, and mature women alike. From angles to texture, the possibilities are practically limitless. For mature women, young adults, and teens, the same hairstyle can work beautifully without taking on a reputation or stereotype of its own. Short hair and medium length hair offer flexibility from a professional look to flirty and fun.



“For women and teens, Naz is teaching classic shapes such as the woman's bob with a modern twist using softer lines in back of the head with longer layers in front cut asymmetrically,” says Anny Deirmenjian, a representative for Naz Kupelian. “This gives one side a little more drama and length.”

Another expert, Edmondo Blando, owner of Salon Vanity in Philadelphia and “Best of Philly” hairstylist, predicts, “The bobs have it! Short, cropped bobs will be strikingly girly and slick. The bob that we saw in 2008 will still be popular but will be cut with a layered and shaggier (think Katie Holmes shag). For those select few with the right facial structure, the pixie cut will still be in (think Victoria Beckham).

“[For medium-length hair,] think long, sweeping bangs. As woman across the country start growing out their pixie cuts and shorter bangs from the fall, shoulder-length hair styles will be everywhere with bangs covering one eye (think Nicole Richie).”



Read more about Haircuts and Styles for Mature Women with Long Hair and Latest Cuts and Styles for Teens and Young Adults...

Haircuts and Styles for Long Hair

Long hair often delivers innumerable styling options, from curls to braids to cascading up-dos. While long hair often requires a lot of maintenance, you can have a lot of fun styling your locks. You can easily achieve a beautiful haircut and style for your long hair – simply check with your stylist, find a style you love online or in print, or consider the following tips.

“The typical long hair style is updated with long and short layers cut into the hair,”

Deirmenjain says. "If you want the length of the hair style to remain long in length with some height and volume on the top, the layers are cut into the hair with no visible lines of demarcation (separation). It gives the hairstyle the appearance of one length but with the volume of having layers. This technique gives the hair style movement and texture."

Edmondo Blando of Salon Vanity adds, "The fashion forward person will grow exceptionally long hair this season to take advantage of all the popular long trends. As always we will see lots of volume with a Bohemian wave and NEW for this season is the mermaid/40s wave with a side part."

Latest Haircuts for Teens and Young Adults

Inspiration for hairstyles often comes from the many celebrity faces in the media. From pop stars to rock 'n rollers, a lot of the latest haircuts and hairstyle trends start where you'd most expect it.

"Right now, many of the youth are looking too young Hollywood for inspiration and direction as to their next hair move," Ruth Kim notes. "Great examples are Rihanna, Lauren Conrad, Ashlee Simpson and Taylor Swift; they take a classic idea to the next level in a unique way that works for them. They have learned that just because something may seem trendy, it may not be the best look for their face lifestyle, so they make it their own."



Vanity's Blando adds, "Most teens will be wearing their hair long and loose, letting it air dry for a natural wave. Brunettes will always be popular but the blondes are going blonder - bleached blond will be hot this spring."

Bonus Tip: Men's Haircut and Hairstyle Trends

"For men, Naz is teaching updated versions of the sixties (think Elvis) but with a lot of texture and movement to the hair. The finishing for this look can be achieved with hair wax." Sounds like the McDreamy look to us!

About the Experts:

Edmondo Blando is owner of Salon Vanity in Philadelphia and a "Best of Philly" hairstylist. He works with a number of high profile clients, such as the Eagles Cheerleaders, Sixers and Wings Dance Team, and past American Idol Contestants. For more, visit online at <http://www.vanityphilly.com>.

Ruth Kim is a Senior Creative Cutting Specialist at Salon Bleu in McLean,

Virginia. To learn more about Salon Bleu, visit online at <http://www.bleu.com/salon/index.asp>.

With 19 years in the hair styling industry, Naz Kupelian has participated in various fashion weeks, including Miami and New York, while remaining an expert in haircuts and coloring. To learn more about Naz Kupelian Salon in Lexington, MA, visit <http://www.nazkupeliansalon.com>.