

what color highlights should i get quiz

Find Your Perfect Shade: The Ultimate 'What Color Highlights Should I Get Quiz' Guide

what color highlights should i get quiz is a question many of us ponder when seeking a fresh, vibrant look for our hair. Navigating the vast spectrum of highlight shades can be overwhelming, but with the right guidance, you can discover the perfect hue that complements your natural features and personal style. This comprehensive guide will walk you through the essential factors to consider, from your skin tone and eye color to your desired maintenance level and overall aesthetic. We'll explore various highlight techniques and color families, empowering you to make an informed decision that leaves you feeling confident and radiant. Get ready to unlock the secret to your dream highlights!

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Understanding Your Skin Tone for Highlight Harmony

The most crucial element in choosing the right highlight color is understanding your skin tone. This isn't just about being fair or dark; it's about discerning your undertones. Undertones are the subtle hues that lie beneath the surface of your skin and are key to making highlight colors truly pop. Identifying your undertone will prevent your highlights from looking brassy or unnatural.

Warm Undertones

If you have warm undertones, your skin tends to have golden, peachy, or yellow hues. A simple test can help: look at the veins on your wrist. If they appear greenish, you likely have warm undertones. Your skin may also tan easily and burn less frequently. For warm undertones, golden and caramel-toned highlights work exceptionally well. Think rich honey, buttery blonde, warm beige, and copper shades. These colors will harmonize beautifully with your natural warmth, creating a sun-kissed and radiant effect.

Cool Undertones

Conversely, if your skin has pink, blue, or red hues, you have cool undertones. Veins on your wrist appearing bluish or purplish are a strong indicator of cool undertones. People with cool undertones may burn more easily in the sun. For a cool complexion, ash-toned and cooler blonde shades are your best bet. Consider platinum blonde, ash blonde, silvery tones, and cool-toned browns like mocha or

espresso. These cooler shades will neutralize any pinkness in your skin and create a more harmonious and sophisticated look.

Neutral Undertones

Individuals with neutral undertones fall somewhere in between, possessing a balance of both warm and cool hues. Their veins might appear a mix of blue and green. If you find that both gold and silver jewelry suit you equally well, you might have neutral undertones. This is a fantastic advantage, as you have a wider range of highlight colors to choose from. You can experiment with a variety of shades, including neutral blondes, taupes, and even some warmer or cooler tones depending on your preference and the specific look you're aiming for.

Eye Color: A Guiding Light for Your Highlight Choices

While skin tone is paramount, your eye color also plays a significant role in selecting flattering highlights. Your highlights can be strategically chosen to enhance and bring out the natural beauty of your eyes.

Blue and Green Eyes

For those with striking blue or green eyes, warm-toned highlights can create a beautiful contrast, making your eye color appear even more vibrant. Shades like honey blonde, caramel, or even a subtle copper can beautifully accentuate the flecks of color in your irises. If you lean towards cooler tones, a soft ash blonde can also complement these eye colors without overpowering them.

Brown and Hazel Eyes

Brown and hazel eyes are wonderfully versatile and can be enhanced by a broad spectrum of highlight colors. Warm highlights, such as golden brown, auburn, or bronze, can add depth and richness to these eye colors. Cooler tones, like chocolate brown or a subtle ash brown, can create a sophisticated and multidimensional effect. Consider the specific flecks within your hazel eyes – if there are golden tones, warmer highlights might be ideal.

Dark Brown and Black Eyes

For individuals with deep brown or black eyes, rich and warm highlight shades often create the most impactful and stunning results. Think of deep caramels, golden bronde, or even subtle copper undertones. These shades can add warmth and dimension to your overall look without making the highlights appear too light against your darker features. Cooler, darker shades like espresso or deep mocha can also work beautifully for a more subtle, sophisticated contrast.

Exploring Different Highlight Color Families

Highlight colors can be broadly categorized into several families, each offering a distinct aesthetic. Understanding these families will help you narrow down your options and communicate your desires to your stylist.

Blonde Highlights

Blonde highlights are perhaps the most popular choice, offering a wide range of possibilities from subtle to dramatic. This family includes shades like platinum blonde, ash blonde, golden blonde, beige blonde, and strawberry blonde. The key is to select a blonde that complements your undertones and natural hair color. For instance, platinum blonde is best for cool undertones, while golden blonde shines on warm undertones.

Brown Highlights

Brown highlights are perfect for adding depth, dimension, and subtle warmth to darker hair colors. Within this family, you'll find shades like chocolate brown, caramel, mocha, chestnut, and espresso. These can be used to create a natural-looking contrast or a more dramatic, multi-tonal effect. Caramel and chestnut are excellent for adding warmth, while mocha and espresso offer a richer, cooler dimension.

Red and Copper Highlights

Red and copper highlights are for those who want to make a statement. This vibrant family includes shades like auburn, copper, fiery red, and deep burgundy. These colors can add incredible warmth and richness, especially to brown and black hair. Copper highlights are particularly flattering on warm skin tones and can create a stunning, sun-kissed effect. Auburn and burgundy can add a sophisticated depth and a hint of mystery.

Fashion Colors

For the truly adventurous, fashion colors like pastels, vibrant blues, purples, and pinks offer a unique way to express yourself. While these often require pre-lightening, they can be incredibly striking. The key to incorporating fashion colors is to consider your skin's undertones for the best synergy. For example, cooler-toned pastels might suit cool undertones, while warmer vibrant shades could complement warmer skin.

Considering Your Natural Hair Color Base

Your natural hair color is the foundation upon which your highlights will be built. The contrast between your base color and the highlight shade will significantly impact the final outcome.

Dark Hair Bases

If you have dark brown or black hair, you have a lot of options for adding dimension with highlights. Lighter, warmer tones like caramel, golden brown, or bronde (a blend of blonde and brown) can create a beautiful, sun-kissed effect. For a bolder look, consider lighter blonde highlights, but be mindful of maintaining a warm undertone to avoid brassiness if you have warm skin. Cooler, richer brown highlights can also add subtle depth and sophistication.

Medium Brown Hair Bases

Medium brown hair offers a fantastic canvas for a wide range of highlight colors. Golden blonde, ash blonde, caramel, and lighter brown shades all work beautifully. You can create a natural, blended look with shades close to your natural color, or opt for a more noticeable contrast with lighter blondes. Consider the undertones of your hair and skin when making your selection.

Light Brown and Brunette Hair Bases

For those with lighter brown or brunette hair, subtle and natural-looking highlights are often the goal. Think of shades that are just a few tones lighter than your natural color. Honey blonde, beige blonde, or lighter brown shades can create a beautiful, sun-kissed effect. Ashy tones can also provide a lovely contrast and dimension, especially if you have cooler undertones.

Blonde Hair Bases

If you already have blonde hair, highlights can be used to add dimension, brightness, or to transition to a different shade of blonde. Babylights (very fine, subtle highlights) can add a natural dimension. For a brighter look, consider more traditional highlights in a lighter blonde shade. If you're looking for a more sunkissed effect, warmer golden tones are ideal. For a cooler, more modern look, ash blonde or platinum can be stunning.

Maintenance and Lifestyle: Practical Highlight Considerations

Choosing highlight colors isn't just about aesthetics; it's also about practicality. Consider how much time and effort you're willing to invest in maintaining your new look.

Low Maintenance Highlights

If you prefer a wash-and-go lifestyle and don't want to spend a lot of time in the salon or with upkeep, opt for low-maintenance highlight strategies. Balayage and ombre techniques often grow out beautifully and naturally, requiring less frequent touch-ups. Choosing shades that are only a few tones lighter than your natural hair color will also minimize the appearance of grow-out. Subtle highlights placed strategically around your face can also be less demanding.

High Maintenance Highlights

On the other hand, if you enjoy regular salon visits and don't mind investing time in maintaining your hair, you have more freedom. Platinum blonde highlights, very light blonde highlights on dark hair, or bold fashion colors will require more frequent toning and root touch-ups to keep them looking their best. This often involves a commitment to using specific color-safe shampoos and conditioners and potentially at-home gloss treatments.

Your Daily Routine

Think about your daily routine. Do you spend a lot of time outdoors, exposing your hair to sun and environmental factors? This can affect how your highlights fade or change color. Do you use a lot of heat styling tools? These can also impact the longevity and vibrancy of your highlights. Being honest about your lifestyle will help you choose a highlight color and technique that you can realistically maintain.

Highlight Placement and Techniques: Enhancing Your Features

The way your highlights are placed and the technique used can dramatically alter their impact. Understanding these aspects can help you achieve your desired look.

Face-Framing Highlights

These highlights are strategically placed around your face to brighten your complexion and draw attention to your features. They can be subtle or more prominent, depending on the thickness and color of the strands. Face-framing highlights are excellent for adding a touch of radiance and a youthful glow.

Babylights

Babylights are incredibly fine, delicate highlights that mimic the natural lightening effect of the sun on

a child's hair. They are applied very close together, creating a subtle, multi-dimensional effect that looks incredibly natural. This technique is perfect for adding brightness without a harsh grow-out line and is a fantastic low-maintenance option.

Balayage

Balayage is a freehand painting technique where color is applied to the surface of the hair, creating a natural, lived-in look with softer grow-out. It's ideal for creating sun-kissed effects and can be customized to be as subtle or as dramatic as you desire. This technique is generally lower maintenance as the color is blended seamlessly.

Ombre

Ombre involves a gradient effect where the hair color transitions from darker at the roots to lighter at the ends. This technique can be subtle or dramatic, depending on the contrast between the shades. Ombre is a popular choice for those who want a more noticeable color change without the commitment of full highlights.

When to Consult a Professional for Your Highlight Journey

While this guide provides valuable insights, there are times when consulting a professional stylist is not just recommended, but essential. A skilled colorist can assess your hair's condition, understand your vision, and execute the perfect highlight application.

Complex Transformations

If you are considering a dramatic change, such as going from very dark to very light blonde, or if you have previously colored or damaged hair, a professional consultation is crucial. They can determine the best and safest way to achieve your desired result without compromising your hair's health. They can also explain the feasibility of certain color choices based on your hair's current condition.

Achieving Specific Tones

Achieving precise, cool-toned blondes or vibrant fashion colors often requires expert knowledge and specialized products. A professional colorist has the tools and experience to create these complex tones accurately and effectively, ensuring even color distribution and preventing unwanted brassiness. They understand how to lift and deposit color for the most flattering outcome.

Maintaining Hair Health

Your hair's health is paramount. A professional stylist can advise you on the best highlight techniques and color choices that will minimize damage to your hair. They can also recommend post-color treatments and at-home care routines to keep your highlighted hair looking healthy and vibrant. Their expertise ensures that your hair remains strong and resilient throughout the coloring process.

FAQ

Q: What is the best way to figure out what color highlights I should get?

A: The best way to figure out what color highlights you should get is by considering your skin tone, eye color, natural hair color, and desired maintenance level. Taking an online quiz, like the one we've discussed, can also offer personalized recommendations, but consulting with a professional stylist is always the most reliable method for achieving your perfect look.

Q: How do I know if I have warm or cool undertones for highlight selection?

A: You can determine your undertones by looking at the veins on your wrist. If they appear greenish, you likely have warm undertones. If they appear bluish or purplish, you have cool undertones. Another test is to see if gold jewelry (warm) or silver jewelry (cool) looks better on you; if both suit you, you might have neutral undertones.

Q: Can I get blonde highlights if I have dark hair?

A: Yes, you can absolutely get blonde highlights if you have dark hair. However, it's important to consider your skin tone. Warmer blonde shades like caramel or golden blonde often complement darker hair and warm skin tones beautifully. For cooler skin tones, ashier blondes or a gradual lightening process might be more flattering to avoid brassiness. Consulting a stylist is key for the best results.

Q: How often do I need to get my highlights touched up?

A: The frequency of highlight touch-ups depends on the technique used and your desired look. Low-maintenance techniques like balayage or ombre may only need touch-ups every 3-6 months, or even less. High-maintenance highlights, such as full foils or platinum blonde, may require touch-ups every 6-8 weeks to cover root growth and maintain vibrancy.

Q: What are the most low-maintenance highlight options?

A: The most low-maintenance highlight options include balayage, ombre, and babylights. These techniques are designed to grow out seamlessly and naturally, requiring less frequent salon visits. Choosing shades that are only a few tones lighter than your natural hair color also contributes to a

lower-maintenance look.

Q: Should I consider my eye color when choosing highlight shades?

A: Yes, absolutely! Your eye color can be a fantastic guide for selecting highlight shades that will make your eyes pop. For example, warm-toned highlights like honey or caramel can beautifully accentuate blue or green eyes, while richer brown tones can enhance hazel or dark brown eyes.

Q: What are fashion color highlights and who are they best for?

A: Fashion color highlights are vibrant, unconventional colors like pink, purple, blue, or green. They are best for individuals who want to express their personality and make a bold statement with their hair. They typically require pre-lightening and can be a fun way to experiment with unique and eye-catching looks.

Q: Is it better to get highlights at a salon or at home?

A: While at-home highlight kits are available, it is generally recommended to get highlights done at a professional salon. Professional colorists have the expertise, experience, and specialized products to ensure even application, achieve desired tones, minimize damage, and create a look that is tailored to you. Home kits can be unpredictable and may lead to unwanted results.

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