

what colour highlights should i get quiz

The thought of changing your hair color can be exciting, and exploring highlights is a fantastic way to add dimension and personality. But with so many shades and techniques, the question arises: what colour highlights should I get quiz? This article is designed to be your ultimate guide, breaking down the process of choosing the perfect highlight color for you. We'll delve into factors like your skin tone, natural hair color, personal style, and even current trends, helping you make an informed decision. Get ready to discover how to select highlights that will enhance your natural beauty and make your hair truly shine.

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Understanding Your Skin Tone for Highlight Harmony

Choosing the right highlight color is intrinsically linked to your underlying skin tone. This is arguably the most crucial factor in ensuring your highlights look natural and enhance your features, rather than clashing with them. Understanding whether you have a warm, cool, or neutral undertone is the first step in this exciting hair transformation journey.

Identifying Your Undertone: Warm, Cool, or Neutral?

How do you figure out your undertone? There are a few simple tests you can perform at home. First, look at the veins on your wrist in natural light. If they appear mostly blue or purple, you likely have a cool undertone. If they seem more greenish, you probably have warm undertones. If you see a mix of both blue and green, or it's hard to tell, you might have a neutral undertone.

Another tell-tale sign is how your skin reacts to the sun. Do you tan easily and rarely burn? This often points to warm undertones. If you tend to burn easily and only tan slightly, you might lean towards cool undertones. Finally, consider your natural eye color and the color of your hair – do they lean golden and peachy (warm) or silvery and rosy (cool)?

Highlight Color Recommendations Based on Undertone

Once you've identified your undertone, you can start narrowing down your highlight color options. For those with warm undertones, think golden hues. Caramel, honey, golden blonde, and warm beige tones will beautifully complement your skin, adding radiance and warmth. These colors echo the natural golden tones found in warmer complexions.

If you have cool undertones, ash blonde, platinum blonde, cool brown tones, and even subtle violet

or silver streaks can look stunning. These cooler shades will harmonize with the rosy or blue undertones in your skin, creating a more balanced and sophisticated look. For neutral undertones, you're in luck! You have a wider range of flexibility and can experiment with both warm and cool-leaning shades. You might even find that colors that are slightly muted or balanced, like taupe or muted gold, work exceptionally well.

Considering Your Natural Hair Color: The Foundation for Highlights

Your natural hair color is your starting point, and it plays a significant role in what kind of highlights will look most natural and impactful. It's not just about picking a pretty color; it's about understanding how that color will interact with your existing base.

The Golden Rule: Contrast and Dimension

The general rule of thumb is to stay within a few shades of your natural hair color for the most seamless and believable results. For instance, if you have dark brown hair, opting for rich chocolate, espresso, or subtle auburn highlights can add depth and intrigue without being jarring. Going too light can sometimes look unnatural or overly processed if not done carefully.

Conversely, if your hair is naturally light blonde, subtle ash blonde, creamy blonde, or even a very light champagne tone can add beautiful dimension. The key is to create a contrast that is noticeable but still feels like a natural extension of your hair's existing color. Think of it like adding layers of light and shadow to create a more interesting texture and movement.

Brunette to Blonde and Vice Versa: Realistic Expectations

Transitioning from very dark to very light, or vice versa, with highlights requires careful consideration and often professional guidance. Drastic changes can be damaging to your hair. If you have dark hair and are dreaming of lighter highlights, starting with warmer, caramel or honey tones can be a more gradual and less damaging approach. You might need multiple sessions to achieve significantly lighter shades, especially if you want to avoid brassiness.

If you have blonde hair and are considering darker highlights, think about rich chocolate, mocha, or even a deep auburn. These can provide a beautiful, dimensional contrast that adds depth. Lowlights, which are strands of a darker color, can also be a fantastic option for adding dimension to lighter hair.

Assessing Your Personal Style: Reflecting Your Personality in Your Hair

Your hair highlights are an extension of your personal style and should reflect who you are. Are you bold and adventurous, or do you prefer a more classic and understated look? Your lifestyle and the image you want to project are important considerations.

Subtle vs. Bold: Making a Statement

If you're looking for a subtle enhancement, think about babylights or fine, interwoven highlights that mimic the natural lightening effect of the sun. These are often just one to two shades lighter than your natural color and provide a very soft, natural-looking lift. They are perfect for those who want to dip their toes into the world of highlights without a drastic change.

On the other hand, if you're ready to make a statement, consider bolder techniques like chunky highlights, balayage with more pronounced color variations, or even unconventional colors like vibrant reds, blues, or pinks. These can be fantastic for expressing individuality and adding a playful, eye-catching element to your look. Your job, your personal preferences, and your comfort level with attention will all play a part here.

Lifestyle Considerations: Maintenance and Impact

Consider your lifestyle when choosing your highlight color and technique. Highlights that are very light and high-contrast, especially on darker hair, may require more frequent touch-ups to maintain their vibrancy and blend seamlessly with new growth. This means more trips to the salon and potentially more at-home maintenance products.

If you have a busy schedule or prefer low-maintenance beauty, you might opt for balayage or ombré techniques. These are designed to grow out more gracefully, with softer transitions between your natural color and the highlights. Similarly, choosing colors that are closer to your natural shade will require less frequent salon visits. Think about how much time and money you're willing to invest in upkeep.

Exploring Different Highlight Techniques: Finding Your Perfect Finish

The way highlights are applied significantly impacts their final look and feel. Understanding the different techniques can help you communicate your desired outcome to your stylist and achieve the exact effect you're going for.

Balayage: The Sun-Kissed Look

Balayage is a French word meaning "to sweep." It's a freehand painting technique where color is applied in sweeping strokes, typically focusing on the mid-lengths and ends of the hair. This creates a natural, sun-kissed effect with soft, blended transitions. Balayage is incredibly versatile and can be adapted for both subtle and more dramatic looks. It's a great option for those seeking low-maintenance highlights because it grows out beautifully.

Ombré: Gradual Color Transition

Ombré is characterized by a gradual transition of color, usually from darker roots to lighter ends. While balayage is more free-hand and blended, ombré can sometimes have a more distinct line of demarcation, although modern techniques aim for softness. It's a striking look that can be adapted

to various color combinations, from natural blondes and browns to more vibrant, unconventional shades.

Foil Highlights: Precision and Control

Traditional foil highlights involve isolating sections of hair and applying lightener or color, then wrapping them in foil. This method allows for more precise control over placement and can achieve more dramatic lift and contrast. It's often used for full-head highlights or when you want very distinct, uniform strands of color. While it can require more frequent touch-ups, it's excellent for achieving significant color changes or bold, impactful looks.

Babylights: Subtle and Delicate

Babylights are extremely fine, subtle highlights that mimic the natural lightening effect seen in children's hair. They are applied using very thin sections of hair and are often done with a foiling technique to ensure a delicate, blended result. Babylights add a touch of dimension and brightness without looking like obvious highlights, making them a perfect choice for a natural, understated glow.

Common Highlight Color Myths Debunked

There are many misconceptions surrounding hair highlights that can deter people from experimenting. Let's clear up some of the most common myths so you can feel more confident in your choices.

Myth 1: Highlights Always Damage Your Hair

While chemical processes like bleaching can potentially cause damage, modern salon techniques and high-quality products have significantly reduced this risk. When done by a skilled professional using the right products and aftercare, highlights can be applied with minimal damage. Over-processing or using harsh at-home kits are more likely culprits for significant damage.

Myth 2: You Have to Go Blonde to Get Highlights

Absolutely not! Highlights come in a vast spectrum of colors, designed to complement every natural hair color. Brunettes can opt for caramel, chocolate, or copper highlights, while redheads might choose warmer auburns or golden tones. The key is choosing a shade that harmonizes with your base color.

Myth 3: Highlights Mean More Work

This depends entirely on the type of highlights and the color chosen. As mentioned, techniques like balayage are known for their low-maintenance grow-out. If you choose highlight colors that are only

a shade or two lighter than your natural color, touch-ups will be less frequent. High-contrast, all-over foiling will require more upkeep, but that's a choice, not an inevitability.

How a "What Colour Highlights Should I Get Quiz" Can Help

Taking a "what colour highlights should I get quiz" can be an incredibly fun and helpful way to start the process of choosing your perfect highlight shade. These quizzes are designed to guide you through a series of questions about your preferences, skin tone, and lifestyle, helping to narrow down the possibilities.

Personalized Recommendations at Your Fingertips

A well-designed quiz will ask you about your natural hair color, eye color, how easily you tan, your style preferences (e.g., subtle vs. bold), and even your desired level of maintenance. By inputting this information, the quiz can generate a list of suggested highlight colors that are most likely to suit you. It acts as a personalized consultant, offering tailored advice based on your unique characteristics.

The beauty of these quizzes is that they can introduce you to color options you might not have considered otherwise. They can also help you articulate what you're looking for to your stylist. Instead of saying "I want pretty highlights," you can say, "The quiz suggested I'd suit honey blonde or caramel tones, what do you think?" This provides a solid starting point for a productive salon consultation.

Bridging the Gap Between Inspiration and Reality

Sometimes, we see a celebrity or a picture online and love a particular highlight color, but it might not be the best fit for our natural hair or skin tone. A quiz can help bridge that gap by providing realistic suggestions based on fundamental color theory and hair principles. It's a fantastic tool for initial exploration and for gathering ideas before you book your appointment.

Maintaining Your New Highlighted Hair

Once you've decided on the perfect color and had your highlights expertly applied, proper maintenance is key to keeping them looking vibrant and healthy. Your stylist will likely provide specific recommendations, but here are some general tips.

Shampoos, Conditioners, and Treatments

Using color-safe shampoos and conditioners is non-negotiable. These formulas are designed to gently cleanse your hair without stripping the color. Look for products that are sulfate-free, as sulfates can be harsh and cause color to fade more quickly. Deep conditioning treatments and hair masks are also essential for replenishing moisture and keeping highlighted hair soft and

manageable. Consider treatments with UV protection to shield your highlights from sun damage.

Protecting Your Color from Fading

Sun exposure, heat styling, and even hard water can contribute to color fading. Try to limit your exposure to direct sunlight, or wear a hat when you're outdoors for extended periods. When heat styling, always use a heat protectant spray. If you swim in chlorinated pools, wet your hair with fresh water and apply a leave-in conditioner before swimming, and rinse thoroughly afterward to minimize chlorine absorption.

Regular Touch-Ups and Trims

The frequency of touch-ups will depend on your chosen highlight technique and how quickly your hair grows. Balayage and ombré generally require less frequent visits than traditional foil highlights. Regular trims are also important to remove any split ends and keep your hair looking healthy and polished. Your stylist can advise you on the optimal schedule for your specific hair and highlight type.

Q: How often should I get my highlights touched up?

A: The frequency of highlight touch-ups varies greatly depending on the technique used and your natural hair growth rate. For techniques like balayage or ombré, which have a more natural grow-out, you might only need touch-ups every 3-6 months. Traditional foil highlights, especially those with higher contrast, may require touch-ups every 6-8 weeks to maintain a seamless look.

Q: Can I get highlights if my hair is dyed a dark color?

A: Yes, you can get highlights on previously dyed dark hair, but it requires careful consideration and often professional expertise. A stylist will need to assess the condition of your hair and the type of dye used. Lightening previously dyed hair can be more challenging and may require multiple sessions to achieve the desired shade without causing significant damage or unwanted brassy tones.

Q: What's the difference between balayage and ombré?

A: Balayage is a freehand painting technique that creates soft, sun-kissed, blended highlights throughout the hair, typically focusing on the mid-lengths and ends. Ombré, on the other hand, is characterized by a more distinct gradient of color, usually darker at the roots and gradually lightening towards the ends. While both create a dimensional look, balayage offers a more natural, diffused effect.

Q: Are highlights suitable for very short hair?

A: Absolutely! Highlights can add amazing dimension and interest to even the shortest hairstyles. For short hair, think about strategic placement for maximum impact. Face-framing highlights can soften features, while subtle all-over highlights can add texture and movement. The key is to discuss

placement with your stylist to ensure the highlights complement the cut and style.

Q: What if I'm scared of my highlights turning brassy?

A: Brassiness is a common concern, especially when lightening darker hair. To combat this, your stylist can use toning products during or after the highlight process. At home, using purple shampoos or conditioners once a week can help neutralize yellow or brassy tones. It's also important to choose a skilled colorist who understands how to lift hair to the desired level while minimizing warm undertones.

Q: Can I highlight my hair at home?

A: While at-home highlight kits are available, it's generally recommended to get highlights done professionally, especially for your first time or if you're aiming for a specific look. Professional stylists have the expertise, tools, and products to assess your hair, choose the right formulas, apply color evenly, and minimize damage. At-home kits can sometimes lead to uneven results or unwanted color outcomes.

Q: What are lowlights, and are they similar to highlights?

A: Lowlights are strands of hair that are colored darker than your natural base color. They are the opposite of highlights but serve a similar purpose: to add dimension and depth to your hair. Lowlights can make your hair appear fuller and can create a beautiful contrast, especially on lighter hair that wants to incorporate darker tones.

Q: How can I choose highlight colors if I have a very pale complexion?

A: For a pale complexion, it's often best to choose highlight colors that are not too drastically light or too golden, as they can sometimes wash out the skin. Soft, cool-toned blondes like ash blonde or platinum can be stunning. For brunettes with pale skin, consider cooler brown tones like mushroom brown or subtle caramel shades that have a hint of coolness rather than strong warmth.

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