



HAIR

How often should you have your hair cut? Experts weigh in

Your hair type figures in the answer.

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‘How often should you have your hair cut?’ would seem to be a pretty straightforward question. But, as with most things beauty-related, the answer is nuanced and there isn’t a one-size-fits-all time frame.

The idea of a trim is also often tangled up in beauty myths around hair growth. One is that cutting your hair will make it grow, longer faster. The second, conversely, is that it will scupper your plans to have mermaid lengths so a trim is best skipped.

