

How to Know What Face Shape You Have

Answer first. Pull your hair back. Stand square to a mirror. Check three things and nothing else.

1. **Which third is widest** — forehead, cheekbones, or jaw.
2. **What your jaw corners do** — sharp, round, or somewhere in between.
3. **Length against width** — does your face read clearly longer than it is wide?

That is the test. Category charts, quizzes and apps are labels bolted onto those three observations, and the labels are exactly where this goes wrong.

Print this first: the tape-measure sheet

Keep it. Write numbers in it, not adjectives. Soft tape, flat against the skin, stand at arm's length from the mirror so you are not tilting your head or leaning in.

#	Measure	How	Yours (cm / in)	What it is for
1	Face length	Hairline centre to chin tip	___ / ___	Your longest vertical line
2	Forehead width	Across the widest part of the forehead, halfway between hairline and brow	___ / ___	Top third
3	Cheekbone width	Across the bony ridge under the outer eye corner — the bone, not the ear	___ / ___	Middle third
4	Jaw width	Corner to corner across the widest part of the jaw, mouth relaxed	___ / ___	Bottom third
5	Half jawline	Bottom of one ear to chin tip	___ / ___	Separates a high jaw corner from a low one
6	Jaw corner	Trace it with a fingertip: sharp / in between / round	___	Square faces have corners you can feel as corners
7	Chin	Pointed / flat / round	___	This is what separates oval from heart
8	Widest third	Largest of rows 2, 3 and 4	___	Your starting category

Worksheet: how to know what face shape you have — faceshapehub.com

One reader example, kept as numbers instead of a label — these are their own tape measurements, shown as an illustration and not as a target: forehead 13.6 cm (5.4 in), cheekbones 14.5 cm (5.7 in), face length 20 cm (7.9 in), half jawline 12 cm (4.7 in). The cheekbones win, so the widest third is the middle. Length divided by cheekbone width is $20 \div 14.5 \approx 1.38$.

Hold on to that 1.38. The rule of thumb you meet most often puts an oval at roughly 1.5 times longer than it is wide — a convention, not a measurement. At

1.38 this face sits near that line, near enough that people called it oval, and near enough that other people, looking at the same face, called it something else. Do the division on your own numbers before you accept a label. Including the label on this page.

What the disagreement actually looks like

This is the part worth reading, because it is the part the tidy charts leave out.

One face, five names. A single person can collect a full set of confident labels in an afternoon: the shape-detector app returns one answer, a family member insists on a second, the person's own guess is a third, and the comment thread votes for two more. Five verdicts, one face, no tiebreaker. If that has happened to you, you are not bad at this. The categories are.

Two guides, opposite logic. One guide says a round face has cheekbones as the widest part with a curved jaw. Another says a round face is as long as it is wide. A single face can satisfy the first and fail the second, or the reverse. Both guides are confident. Neither mentions the other rule. You cannot follow both.

The same model photo, two different labels. While working through the major guides one after another, it is possible to find the identical stock photograph used as the example for one shape on one site and a different shape on the next. Same face. Two captions. This is not a rare glitch; it is what happens when the categories are drawn by eye.

Three sites, one duplicated article. Search enough and you start recognising the same paragraphs, lightly reworded, on domain after domain. So the "consensus" you are reading may be one article, syndicated. Agreement between sites is not evidence.

And then the argument about measuring at all. Some people insist proportion theories are a waste of time — that they are not worth the paper the tape measure came on. Others in the same conversation say they are useful. A third position cuts across both: that actual measurements matter less than how the whole thing reads, because people see the assembled picture, not your widths. Three positions, all from people who have clearly thought about it.

Two points almost nobody mentions

Does your nose count as cheekbone width? Search the popular guides for this and you will not find an answer. It matters: a wide nose bridge inflates the cheekbone number, which can nudge you from one category to another. So decide your own rule and write it on the sheet. Two defensible options: measure the bony ridge and stop before the bridge, or measure bridge-inclusive and note it as such so you do not compare the number against a guide that measured the other way.

Whichever you pick, be consistent, or your numbers will not be comparable between sittings.

Check the corners, not just the widths. Most charts compare widths and lengths and stop. Add one more test, the one that actually settles the square-versus-round question: are the corners of your jaw square enough that the angle reads as a right angle, or do they curve away? If the sides are even and the corners are true, that is a square. If the sides are even and the corners roll, that is a round. The tape cannot tell the difference. Your fingertip can.

When two answers disagree, do this

Do not restart from zero. That is how people end up two days into reading guides, still unsure of their own face.

Keep the sheet. Write every label you have been given in the margin, with the date and who or what gave it. Then re-measure only the rows that changed — the categories that move are the ones tied to things that move: weight, beard growth, a receding hairline, a fringe, the width of your glasses. Rows 1 to 5 are numbers. Rows 6 to 8 are judgements. Numbers can be re-checked. Judgements can be argued with, and usually are.

If you land between two shapes, you are in the majority, not in the error column. And if you cannot settle it this month, that is fine — plenty of people are still refining this years later, with better haircuts than they started with.