

AR2025-18 POCKET GUIDE
GROOMING AND APPEARANCE

MALE SOLDIERS

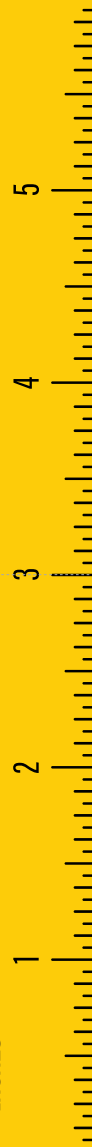
HAIR

- Bulk of hair cannot protrude from the scalp more than 2 inches on the top and 1 inch on the sides
- Hair Coloring
 - Must be natural colors
 - Must be applied in a blended, subtle manner
- No Braids-Twists-Locs-Cornrows
- No shaping and cutting in designs

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INCHES



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GROOMING AND APPEARANCE

FEMALE SOLDIERS

HAIR

- ☑ Braids-Twists-Locs-Cornrows:
 - Can be in a ponytail or up to two braids
 - Braids cannot exceed 2 inches in width
- ☑ Hair Coloring:
 - Must be natural colors
 - Must be blended in a subtle manner
- ☑ Short Sides with Long Top:
 - Bulk of hair cannot protrude from the scalp more than 2 inches on the top and 1 inch on the sides
 - Top must blend smoothly into the shorter sides
 - No buns, braids, twists, ponytail with this style
 - No shaping and cutting in designs
- ☑ Ponytails:
 - Max length is 6 inches from the top of the collar
 - Not allowed in service or dress uniform

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