

ARMY POLICY UPDATES

GROOMING AND APPEARANCE



U.S. ARMY

Uniformity | Discipline | Professionalism | Readiness || “This We’ll Defend”

FEMALE SOLDIERS

HAIR

- ✓ Ponytails:
 - Max length is 6 inches from the top of the collar
 - Authorized wear in a single braided or a single unbraided ponytail while in the ACU or APFU
- ✓ Braids-Twists-Locs-Cornrows:
 - Can be in a ponytail or up to two braids
 - Braids cannot exceed 2 inches in width
- ✓ 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
- ✓ Hair Coloring:
 - Must be natural colors
 - Must be blended in a subtle manner

EYELASHES

- ✗ No Eyelash Extensions or False Eyelashes unless medical exemption

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

COSMETICS

- ✓ Makeup: Must be conservative application for even skin tone and natural complexion
- ✓ Semi-permanent Makeup: Must conform to makeup standards
- ✗ No Tattooed Makeup
- ✗ No Lipstick
- ✓ Lip Gloss: Only clear or skin-toned

NAILS

- ✓ Length: Max 1/4 inch as measured from the tip of the finger with square or rounded shape
- ✓ Only clear nail polish allowed

EARRINGS

- ✓ Earring Studs:
 - Allowed one each earlobe (only); must match
 - Must be plain and cannot exceed 1/4 inch diameter
 - Cannot be worn in field environments, deployments, or in PT uniforms

NAILS

- ✓ Length: No longer than the edge of the finger
- ✗ No polish unless medical exemption

COSMETICS

- ✗ Not allowed

EARRINGS

- ✗ Not authorized while in any military uniform or while on duty in civilian attire