

4 Reasons to Skip the Blepharoplasty Bun Trend & Chic Alternatives to Try

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Move over messy buns — the **blepharoplasty bun** has been taking over red carpets, seen on celebrities like Ariana Grande, Selena Gomez, Hailey Bieber, Anne Hathaway, Bella Hadid, Kim Kardashian, and Lindsay Lohan. Sleek, ultra-tight, and surgically precise, this hairstyle mimics the effects of a blepharoplasty, giving the illusion of a lifted, youthful look.

But before you try this trend, here are **4 reasons to think twice**:

1. **Painful to wear** – The extreme tightness can cause tension headaches, scalp discomfort, and even hair breakage. Your scalp deserves a break!
2. **Restricted circulation** – A slick-back this tight can limit blood flow to the scalp and forehead, leading to dizziness or numbness if worn for long periods.
3. **Hair damage** – Constant tension on your hairline may cause traction alopecia, thinning, and breakage. Fashion should never come at the cost of hair health.
4. **Not for every face shape** – While celebrities pull it off effortlessly, it can distort or overwhelm certain features, making some face shapes appear stretched or disproportionate.

If you love the polished, sleek vibe but want to protect your hair and scalp, try **safer alternatives**: a low twisted bun, a soft high ponytail with volume, or a loose braided updo. These styles deliver red-carpet-ready glam without the pain or damage.

Remember, hair should be your best accessory, not a headache waiting to happen. Skip the ultra-tight blepharoplasty bun and embrace styles that are elegant, chic, and uniquely yours.

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