



Navy Personnel Command

▶ 2201 - Personal Appearance

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CHAPTER TWO GROOMING STANDARDS

SECTION 2: PERSONAL APPEARANCE

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2201. **PERSONAL APPEARANCE.** Because it is impossible to provide examples of every appropriate or unacceptable hairstyle or of "conservative" or "eccentric" grooming and personal appearance, the good judgment of leaders at all levels is key to enforcement of Navy grooming policy. Therefore, hair/grooming/personal appearance while in uniform shall present a neat, professional appearance. Commanding officers will ensure facial hair does not impede the ability to safely wear and properly utilize emergency equipment when required.

1. [HAIR](#)

a. **Men.** Keep hair neat, clean and well groomed. Hair above the ears and around the neck shall be tapered from the lower natural hairline upwards at least 3/4 inch and outward not greater than 3/4 inch to blend with hairstyle. Hair on the back of the neck must not touch the collar. Hair shall be no longer than four inches and may not touch the ears, collar, extend below eyebrows when headgear is removed, show under front edge of headgear, or interfere with properly wearing military headgear. The bulk of the hair shall not exceed approximately two inches. Bulk is defined as the distance that the mass of hair protrudes from the scalp. Hair coloring must look natural and complement the individual. Faddish styles and outrageous multicolored hair are not authorized. The unique quality and texture of curled, waved, and straight hair are recognized, and in some cases the 3/4 inch taper at the back of the neck may be difficult to attain. In those cases hair must present a graduated appearance and may combine the taper with a line at the back of the neck. **One** (cut, clipped or shaved) natural, narrow, fore and aft part is authorized. Varying hairstyles, including afro, are permitted if these styles meet the criteria of maximum length and bulk, tapered neck and sides, and do not interfere with properly wearing military headgear. Plaited or braided hair shall not be worn while in uniform or in a duty status. Keep sideburns neatly trimmed and tailored in the same manner as the haircut. Sideburns shall not extend below a point level with the middle of the ear, shall be of even width (not flared) and shall end with a clean shaven horizontal line. [Figure 2-2-1](#) refers. "Muttonchops", "ship's captain", or similar grooming modes are not authorized.

b. **Women.** This policy applies to female Sailors while wearing the Navy uniform and when wearing civilian clothes in the performance of duty.

(1) **Acceptable Hairstyle Criteria.** Hairstyles and haircuts shall present a professional and balanced appearance. Appropriateness of a hairstyle shall be evaluated by its appearance when headgear is worn. All headgear shall fit snugly and comfortably around the largest part of the head without distortion or excessive gaps. Hairstyles will not interfere with the proper wearing of headgear, protective masks or equipment. When headgear is worn, hair shall not show from under the front of the headgear. Hair is not to protrude from the opening in the back of the ball cap, except when wearing a bun or ponytail hairstyle. All buns and ponytails shall be positioned on the back of the head to ensure the proper wearing of all headgear.

Lopsided and extremely asymmetrical hairstyles are not authorized. Angled hairstyles will have no more than a 1-1/2 inch difference between the front and the back length of hair. Layered hairstyles are authorized provided layers present a smooth and graduated appearance.

Hair length, when in uniform, may touch, but not fall below a horizontal line level with the lower edge of the back of the collar. With jumper uniforms, hair may extend a maximum of 1-1/2 inches below the top of the jumper collar. Long hair, including braids, shall be neatly fastened, pinned, or secured to the head. When bangs are worn, they shall not extend below the eyebrows. Hair length shall be sufficient to prevent the scalp from being readily visible (with the exception of documented medical conditions).

Hair bulk (minus the bun) as measured from the scalp will not exceed 2 inches. <[Figure 2-2-2](#)> refers. The bulk of the bun shall not exceed 3 inches when measured from the scalp and the diameter of the bun will not exceed or extend beyond the width of the back of the head. Loose ends must be tucked in and secured.

Hair, wigs, or hair extensions/pieces must be of a natural hair color (i.e. blonde, brunette, brown, red, gray, or black). Hair extensions/pieces must match the current color of hair. Wigs, hairpieces and extensions shall be of such quality and fit so as to present a natural appearance and conform to the grooming guidelines listed herein. Tints and highlights shall result in natural hair colors and be similar to the current base color of the hair.

(2) Hairstyles. Hairstyles shall not detract from a professional appearance in uniform. Styles with shaved portions of the scalp (other than the neckline), those with designs cut, braided, or parted into the hair, as well as dyed using unnatural colors are not authorized. The unique quality and texture of curled, waved and straight hair are recognized. All hairstyles must minimize scalp exposure. While this list shall not be considered all inclusive, the following hairstyles are authorized.

a. Three strand braids and two strand braids (also referred to as twists) are authorized. Braided hairstyles shall be conservative and conform to the guidelines listed herein.

b. Multiple braids. Multiple braids consist of more than 2 braids and encompass the whole head. When a hairstyle of multiple braids is worn, each braid shall be of uniform dimension, small in diameter (no more than 1/4 inch), and tightly interwoven to present a neat, professional, well groomed appearance. Foreign material (e.g., beads, decorative items) shall not be braided into the hair. Multiple braids may be worn loose, or may be pulled straight back into a bun, within the guidelines herein.

c. Two individual braids. One braid worn on each side of the head, uniform in dimension and no more than one inch in diameter. Each braid extends from the front to back of the head near the lower portion of the hair line (i.e., braids are closer to the top of the ear than the top of the head to prevent interference with wearing of headgear). A single French braid may be worn starting near the top of the head and be braided to the end of the hair. The end of the braid must be secured to the head and braid placement shall be down the middle of the back of the head.

d. Corn rows. Must be in symmetrical fore and aft rows, and must be close to the head, leaving no hair unbraided. They must be no larger than 1/4 inch in diameter and show no more than approximately 1/8 inch of scalp between rows. Corn row ends shall not protrude from the head. Rows must end at the nape of the neck and shall be secured with rubber bands that match the color of the hair. Corn rows may end in a bun conforming to the guidelines listed herein, if hair length permits.

e. Rolls. Two individual rolls, one on each side of the head, must be near the lower portion of the hair line (i.e., rolls are closer to the top of the ear than the top of the head and will not interfere with wearing of headgear). Rolls must be of uniform dimension and no more than one inch in diameter.

f. Locks. Lock hairstyle (Locks) for the purpose of Navy Uniform Regulations grooming standards consists of one section of hair that twists from or near the root to the end of the hair and creates a uniform ringlet or cord-like appearance. Locks may be worn in short, medium, and long hair lengths in the following manner:

(1) Locks must continue from the root to the end of the hair in one direction (no zig-zagging, curving, or ending before the end of the lock to dangle as a wisp or loose hair) and should encompass the whole head. Locks partings must be square or rectangle in shape in order to maintain a neat and professional appearance.

(2) Locks can be loose (free-hanging where no hair is added to the lock once it is started other than hair extensions that are attached to natural hair). When worn loose, locks will be spaced no more than three-eighths of an inch apart, diameter/width will not exceed three-eighths of an inch, and locks will be tightly interlaced to present a neat and professional military appearance. Locks may also be worn in a bun provided all hair grooming requirements are met. Faux locks are authorized provided the hairstyle worn is in compliance with female hair grooming requirements. Locks may not be worn in combination with other hair styles (e.g. twists, braids).

(3) New growth (defined as hair that naturally grows from the scalp and has not yet been locked) will not exceed one-half inch at any time.

(4) Locks that do not meet the above standards and do not present a neat and professional military appearance will not be worn in uniform. Commanding Officers have the ultimate responsibility for determining when hairstyles are eccentric, faddish, or out of standards.

g. Ponytails. A ponytail is a hairstyle in which the hair on the head is pulled away from the face, gathered and secured at the back of the head with an approved accessory. Hair extending beyond the securing accessory may be braided or allowed to extend naturally. The wear of a single braid, French braid, or a single ponytail in Service, Working, and PT uniforms is authorized.

The following criteria pertain to the wearing of ponytail hairstyles while wearing a U.S. Navy uniform. Ponytail hairstyles will not interfere with the proper wearing of military headwear and equipment nor extend downward more than three inches below the lower edge of the collar (shirt/blouse, jacket or coat) while sitting, standing or walking. Additionally, ponytails will not extend outward more than three inches behind the head as measured from the securing accessory, nor shall the width exceed the width of the back of the head or be visible from the front. In spaces or environments where there are operational hazards such as rotating gear, etc., the hair may not be worn below the bottom of the collar.

(1) Hair Accessories. When hair accessories are worn, they must be consistent with the hair color. A maximum of two small barrettes, similar to hair color, may be used to secure the hair to the head. Bun accessories (used to form the bun), are authorized if completely concealed. Additional hairpins, bobby pins, small rubber bands, or small thin fabric elastic bands may be used to hold hair in place, if necessary. The intent is for pinned-up hair to be styled in a manner that prevents loose ends from extending upward or outward from the head. For example, when using barrettes or hairpins, hair will not extend loosely from the head; when hair is in a bun, all loose ends must be tucked in and secured. Hair accessories shall not present a safety or foreign object damage (FOD) hazard. Hair nets shall not be worn unless authorized for a specific type of duty. Headbands, scrunchies, combs, claws and butterfly clips, are examples of accessories that are not authorized; this list is not to be considered all inclusive.

(2) Unauthorized Hairstyles. While this list shall not be considered all inclusive, the following hairstyles are not authorized: Pigtails; braids that are widely spaced and/or protrude from the head.

(3) Grooming Standards Exception.

a. During group Command/Unit physical training, Commanding Officers are authorized to standardize unit policy for the relaxation of female hair grooming standards with regard to having hair secured to head (e.g., ponytails). Hair restraining devices, if worn, will be consistent with the current hair color.

b. Relaxed Hair Requirement with Dinner Dress Uniforms. Female Sailors are authorized to wear their hair below the lower edge of the collar of the blouse, jacket, or coat of the Dinner Dress Uniform being worn. All other Navy grooming requirements will remain in effect per the guidance promulgated by this instruction.

2. **SHAVING AND MUSTACHES (Men).** The face shall be clean shaven unless a shaving waiver is authorized by the Commanding Officer per <BUPERSINST 1000.22> or a religious accommodation has been granted per BUPERSINST 1730.11. Mustaches are authorized but shall be kept neatly and closely trimmed. No portion of the mustache shall extend below the lip line of the upper lip. It shall not go beyond a horizontal line extending across the corners of the mouth and no more than 1/4 inch beyond a vertical line drawn from the corner of the mouth. The length of an individual mustache hair fully extended shall not exceed approximately 1/2 inch. <Figure 2-2-1> refers. Handlebar mustaches, goatees, beards or eccentricities are not permitted. If a shaving waiver is authorized per BUPERSINST 1000.22 or BUPERSINST 1730.11, no facial/neck hair shall be shaved, manicured, styled or outlined nor exceed 1/4 inch in length. **Supervisors of individuals with medical shaving waivers shall actively monitor and ensure treatment regimen is followed.** The following personnel are not authorized to wear any facial hair except when medical waivers or religious accommodation have been granted:

- a. Brig prisoners.
- b. Brig awardees.
- c. Personnel in a disciplinary hold status (i.e., who are serving restriction or hard labor without confinement or extra duties as a result of a court-martial or NJP).
- d. Personnel assigned to a transient personnel unit who are awaiting separation:
 - (1) By reason of a court-martial sentence.
 - (2) To benefit the service (MILPERSMAN 1910-164).
 - (3) Pursuant to the recommendation or waiver of an administrative discharge board, for misconduct (MILPERSMAN 1910-140).

3. **HAIRPIECES.** Wigs or hairpieces shall be of good quality and fit, present a natural appearance and conform to the grooming standards set forth in these regulations. They shall not interfere with the proper performance of duty nor present a safety or FOD (Foreign Object Damage) hazard.

a. **Men.** Wigs or hairpieces may be worn by active duty personnel while in uniform or duty status only for cosmetic reasons to cover natural baldness or physical disfigurement. Wigs may be worn by Naval Reserve personnel engaged in inactive duty for training.

b. **Women.** Wigs or hairpieces meeting women's grooming standards are authorized for wear by personnel while in uniform or duty status.

4. **COSMETICS (Women).** Cosmetics may be applied in good taste so that colors blend with natural skin tone and enhance natural features. Exaggerated or faddish cosmetic styles are not authorized with the uniform and shall not be worn. Care should be taken to avoid an artificial appearance. Lipstick colors shall be conservative and complement the individual. Long false eyelashes shall not be worn when in uniform.

a. **Cosmetic Permanent Makeup.** Cosmetic Permanent Makeup is authorized for eyebrows, Eyeliner, lipstick and lip liner only. Permanent makeup shall be in good taste and blend naturally with the skin tone to enhance a natural appearance. Exaggerated or faddish cosmetic styles are not authorized and shall not be obtained. Approved permanent makeup colors are as follows: Eyebrows shall be shades of black, brown, blonde or red that matches the individual's natural hair color. Eyeliner shall be shades of black, brown, blue or green that matches the individual's natural eye color and shall not extend past the natural corner of the eye. Lip liner and lipstick shall be the color of the natural lip or shades of pink and moderate reds only. Permanent Makeup is considered an elective medical procedure that is accomplished by qualified medical professionals to enhance natural features and requires careful planning and consideration of associated risks and liabilities to the Sailor.

b. **Requesting Procedures.**

(1). Female Service Members assigned to their permanent duty station shall submit a Special Request Authorization Form (NAVPERS 1336/3) to their Commanding Officer expressing their desire to obtain permanent makeup. Included with the special request form shall be a description of the procedure facility and desired feature enhancements.

(2). Commanding Officers are to review permanent makeup notification requests to ensure description of enhancements is in compliance with cosmetic policy requirements and that requesting Sailors are counseled prior to obtaining permanent makeup. Additionally, Commanding officers will ensure requests for permanent makeup are annotated in member's medical record and medical entries are made after permanent makeup is obtained. Counseling of Sailors should include and might not be limited to the following topics: Personal financial impact of obtaining procedure. Qualification of provider of permanent makeup such as a qualified, licensed electrologist, esthetician or state board certified technician. The permanency and risks associated with procedures. The procedure cannot interfere with performance of military duties; planned leave to facilitate healing and return to full duty. The possible Non-availability of Military Treatment Facilities. The possibility of administrative separation if permanent makeup is non-compliant with Cosmetic Policies.

(3) Commanding Officers of members who have obtained Permanent Makeup that is not in accordance with existing policies shall document the condition on a NAVPERS 1070/613. Submit

enlisted personnel's NAVPERS 1070/613 to the local Personnel Support Detachment for inclusion in the Field Service Record. Submit Officer personnel's NAVPERS 1070/613 to COMNAVPERSCOM (PERS 312) for inclusion in the Electronic Service Record. Members not complying with Permanent Makeup policy requirements may be subject to administrative or disciplinary action. If removal or alteration of non compliant Permanent Makeup condition is not feasible, the member may be processed for involuntary separation, if deemed appropriate by the Commanding officer.

5. FINGERNAILS

a. Men. Fingernails shall not extend past fingertips. They shall be kept clean. The tips of the nails may be round to align with the contour of the fingertip. Buffed nails or clear coat nail polish is authorized. Colored nail polish is not authorized for men.

b. Women. Fingernails shall not exceed 1/4 inch measured from the fingertip. They shall be kept clean. The tips of the nails may be round, almond/oval, or square in shape. Nail polish may be worn, but colors shall be conservative and inconspicuous. White, black, red, yellow, orange, green, purple, blue, hot pink, grey, glitter, striped, or any sort of pattern/decorative nail polish are examples of unauthorized nail polish colors. French and American manicures (white and off-white tips with neutral base color ONLY) are authorized.

6. JEWELRY. Conservative jewelry is authorized for all personnel and shall be in good taste while in uniform. Eccentricities or faddishness are not permitted. Jewelry shall not present a safety or FOD (Foreign Object Damage) hazard. Jewelry shall be worn within the following guidelines:

a. Rings. a. While in uniform, rings shall be conservative and in good taste. Eccentric or faddish rings are not authorized. Rings may consist of natural metals or fabricated materials (i.e. plastic, wood, silicone) and may be gold, silver, copper, grey, tan, brown, black, white, or light pink in color. Only one ring per hand is authorized, plus a wedding/engagement ring set. Double stacking wedding rings with military academy/educational institution rings is authorized on one hand. Rings shall not present a safety or foreign object damage (FOD) hazard. Rings are not permitted to be worn on the thumb.

b. Earrings

(1) Men. Not authorized while in uniform. Additionally, earrings are not authorized in civilian attire when in a duty status or while in/aboard any ship, craft, aircraft, or in any military vehicle or within any base or other place under military jurisdiction, or while participating in any organized military recreational activities. When considered appropriate by the prescribing authority under article 7201.2, earrings may be prohibited while in foreign countries.

(2) Women. One earring per ear (centered on earlobe) may be worn while in uniform. Earrings shall be 4mm - 6mm ball (approximately 1/8 - 1/4 inch), plain with shiny or brushed matte finish, screw on or with posts. When wearing Working and Service Uniforms, officers and CPOs will wear gold earrings and E6 and below females shall wear silver earrings. When wearing Dress Uniforms White Pearl earrings are optional. White Pearl and Diamond earrings are authorized for optional wear with the Dinner Dress White or Blue Jacket uniform. Synthetic variants of pearl or diamond earrings are acceptable if they meet color and size requirements.

c. Body Piercing. Not authorized while in uniform. No articles, other than earrings for women specified above, shall be attached to or through the ear, nose, or any other body part. Additionally, body piercing is not authorized in civilian attire when in a duty status or while in/aboard any ship, craft, aircraft, or in any military vehicle or within any base or other place under military jurisdiction, or while participating in any organized military recreational activities. When considered appropriate by the prescribing authority under <article 7201.2>, body piercing may be prohibited while in foreign countries.

d. Necklaces/Choker. While in uniform, only one necklace may be worn and it shall not be visible.

e. Bracelets. While in uniform, bracelets shall be conservative and in good taste. Eccentric or faddish bracelets are not authorized. Bracelets may consist of natural metals or fabricated materials (i.e., plastic, wood, silicone) and may be gold, silver, copper, grey, tan, brown, black, white, or light pink in color. Only one bracelet may be worn while in uniform. Ankle bracelets in uniform are not authorized. Bracelets shall not present a safety or FOD hazard.

f. Wristwatch. While in uniform, wristwatches shall be conservative and in good taste. Eccentric or faddish watches are not authorized. Only one watch and one bracelet may be worn simultaneously (one on each wrist) while in uniform.

7. TATTOOS/BODY ART/BRANDS. Four criteria will be used to determine whether tattoos/body art/brands are permitted for Navy personnel: content, location, size and cosmetic. Failure to comply with established acceptable tattoo criteria as stated, is a violation of uniform policy and subject to disciplinary action to include involuntary separation.

a. Content: Tattoos/body art/brands located anywhere on the body that are prejudicial to good order, discipline, and morale or are of a nature to bring discredit upon the naval service are prohibited. For example, tattoos/body art/brands that are obscene, sexually explicit, and or advocate discrimination based on sex, race, religion, ethnic, sexual orientation or national origin are prohibited. In addition, tattoos/body art/brands that symbolize affiliation with gangs, supremacist or extremist groups, or advocate illegal drug use are prohibited.

b. Location: No tattoos/body art/brands on the head, face (to include ear) and scalp. One tattoo is authorized on the neck and should not exceed one inch in measurement in any direction. Tattoos/body art/brands meeting these requirements are acceptable behind the ear. Permissible tattoos/body art/brands on the torso area of the body shall not be visible through white uniform clothing.

c. Size: The size restriction for visible tattoos/body art/brands is limited to the area of the neck and behind the ear only. As a result of this change leg and arm tattoos can be of any size. Tattoos/body art/brands on the neck or behind the ear will not exceed one inch in measurement in any dimension (height/width).

d. **Cosmetic:** Cosmetic tattoo is authorized to correct medical conditions requiring such treatment. For the purpose of this regulation, cosmetic tattooing refers to medical or surgical procedures conducted by licensed, qualified medical personnel.

8. **MUTILATION.** Intentional mutilation of any part of the body is prohibited. Mutilation, is defined as the intentional radical alteration of the body, head, face, or skin for the purpose of and or resulting in an abnormal appearance.

a. Examples of mutilation include, but are not limited to:

- (1) A split or forked tongue;
- (2) Foreign objects inserted under the skin to create a design or pattern;
- (3) Enlarged or stretched out holes in ears (other than a normal piercing);
- (4) Intentional scarring on neck, face, or scalp; or
- (5) Intentional burns creating a design or pattern.

9. **DENTAL ORNAMENTATION.** The use of gold, platinum, or other veneers or caps for purposes of dental ornamentation is prohibited. For purposes of this regulation, ornamentation is defined as decorative veneers or caps. Teeth, whether natural, capped, or veneered, will not be ornamented with designs, jewels, initials, etc.

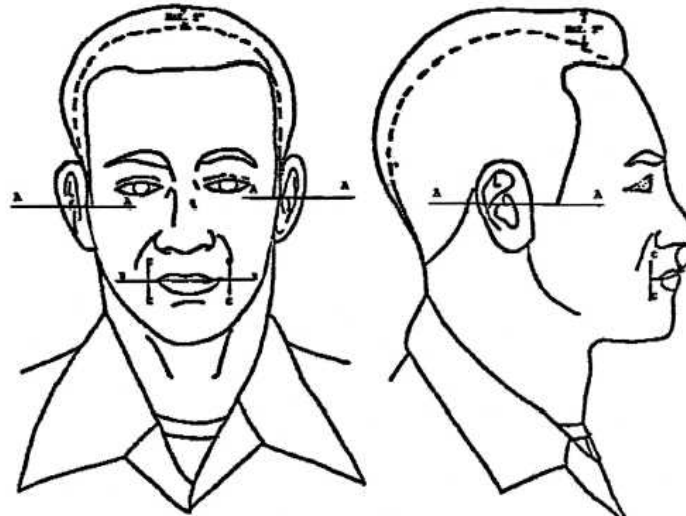
10. **NAVY PERSONNEL WITH WAIVERABLE PRE-EXISTING CONDITIONS.** Tattoos/body art/brands/mutilation/dental ornamentation may be waived if they existed prior to 24 January 2003 and are not prejudicial to good order, discipline, and morale or are of a nature to bring discredit upon the naval service. Officer and enlisted accessions who meet eligibility requirements may only be granted a tattoo waiver by Commander, Navy Recruiting Command. Waivers with a description and photo of the tattoo being waived will be documented on DD FORM 1966/4 or Administrative Remarks (NAVPERS 1070/613) and entered into the member's service record.

11. **NAVY PERSONNEL WITH NON-WAIVERABLE PRE-EXISTING CONDITIONS.** If removal or alteration of tattoos/body art/brands/mutilation/dental ornamentation is determined by a military medical healthcare provider not to be feasible, the member may be processed for involuntary separation, if deemed appropriate by the commanding officer.

GROOMING STANDARDS FOR MEN

GROOMING STANDARDS FOR MEN

Figure 2-2-1



----- INDICATES SCALP LINE) Sideburns shall not extend below a point level with the middle of the ear, as indicated by line "A". When a mustache is worn it shall not:

-- Go below a horizontal line extending across the corner of the mouth as indicated by line "B".

-- Extend more than 1/4 inch beyond a vertical line drawn upward from the corners of the mouth as indicated by line "C".

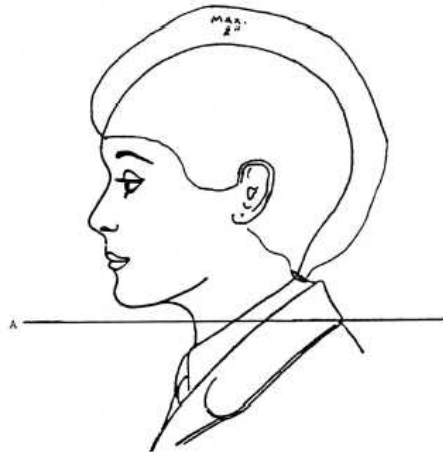
-- Protrude below the lip line of the upper lip as indicated by line "D".

Hairstyle properly groomed shall not be greater than approximately 2 inches in bulk. Bulk is the distance that the mass of hair protrudes from the scalp. No individual hair will measure more than 4 inches in length.

GROOMING STANDARDS FOR WOMEN

GROOMING STANDARDS FOR WOMEN

Figure 2-2-2



Haircuts and styles shall present a balanced appearance. Lopsided and extremely asymmetrical styles are not authorized. Pigtails, widely spaced individual hanging locks, and braids which protrude from the head are not authorized. Multiple braids are authorized.

No portion of the bulk of the hair as measured from the scalp shall exceed approximately 2 inches.

Hair shall not fall below a horizontal line level with the lower edge of the back of the collar as indicated by line A. When wearing jumper uniforms, hair can extend a maximum of 1-1/2 inches below the top of the jumper collar.

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