

# Glamhairartist-Emre Bardan Former Director of Miss Universe Australia/Turkey, Talks Mental Health Struggles and Recovery

From Addiction and Back to Glamour: Emre Bardan's Inspiring Journey



**Sydney, New South Wales Jun 23, 2024 ([Issuewire.com](http://Issuewire.com))** - Renowned celebrity hairstylist Emre Bardan has returned to the spotlight after overcoming immense personal struggles and adversity. He recalls his time with the Miss Universe Australia and Turkey organizations.

- Glamhairartist's took a hiatus to recover from abuse and addiction.

- Emre Bardan's journey from rock bottom to healing. Seeks to help others.
- Glamhairartist returns with skills as sharp as ever.
- Miss Universe Australia and Turkey are experiences to always remember.
- Contact with clientele still happens.
- Bardan continues to innovate and maintain his signature style.
- "I am a survivor," Emre Bardan said. "I want my fans to know I'm ready to go back to work."

Bardan, known professionally as Glamhairartist, has styled the hair of A-list celebrities, models, and royalty for many years. However, behind the glamour and fame, he faced debilitating mental health issues and addiction that derailed his highly successful career. He isolated himself for a season from friends, family, and clients.

In an exclusive interview, Bardan spoke about hitting rock bottom and his journey to whole-body healing. He recalled struggling with depression, anxiety, and substance abuse for years but was afraid to address the underlying issues.

"I was drowning in my own pain and using anything I could to numb myself," Bardan said. "The fame and accolades meant nothing if I wasn't taking care of myself on the inside."

He lost passion for his craft and didn't care whether he lived or died. A wake-up call came after an overdose landed him in the hospital, coming face-to-face with his mortality.

"That was the turning point where I knew I needed serious help before it was too late," Bardan said.

He embarked on an intensive rehabilitation program focused on treating the root causes of his addiction through therapy, mindfulness practices, and holistic healing methods. Bardan immersed himself in self-care, learning healthy coping mechanisms, and addressing childhood traumas. The process was long and complex, but he found solace in small victories like having one good day at a time.

With renewed strength and clarity, Bardan is ready to pick up the pieces of his life and career. He started small by volunteering at a homeless shelter, regaining his confidence through helping others. Bardan's talent and passion for hair eventually led him back to styling, starting with local fashion shows and independent artists.

"My skills were as sharp as ever, and word of mouth spread quickly in the industry," Bardan said.

His return to work is almost in full swing as more high-profile clients, including celebrities, socialites, and even royalty, keep knocking.

In 2013, when the Miss Universe Australia organization program approached him to be part of the pageant again, he jumped at the chance to work with them.

"My stellar styles were a hit with the contestants," Bardan said. "More work came my way as word of mouth spread quickly."

"I was connected with the women as a team," Bardan said. "If you only knew what happened behind the scenes at this event. I loved every moment of it. It was like a dream. I enjoyed styling the winners, Deborah Miller, National Director of Miss Universe Australia, and the celebrities that attended the pageant."

Specifically, he styled Renae Ayris, Olivia Wells, Mary Vitinaros, Tegan Martin, Esma Vololder, Chontelle Barryman, and Supermodel Melinda Rose.

Renae Ayris was Miss Universe Australia 2012, and Olivia Wells was Miss Universe Australia 2013.

Bardan was also the hair styling director for the Miss Universe Turkey pageant around the same time.

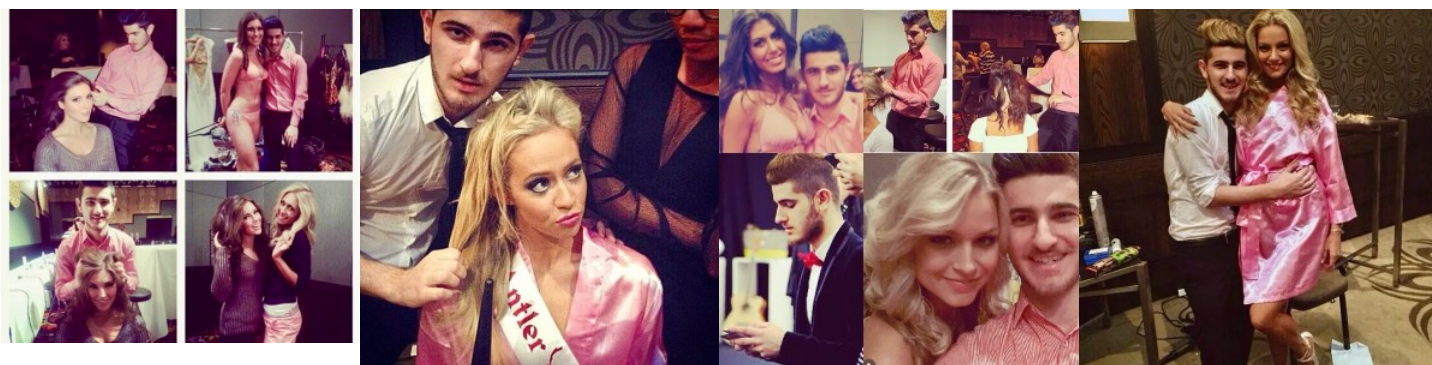
Today, Bardan, who goes by Glamhairartist professionally, is rebuilding his celebrity hair styling and makeup business. In addition to private clients, he plans to lead global educational seminars, launch product lines, and partner with top brands. With millions of followers on social media, Bardan is an established icon in the fashion and beauty world.

Emre Bardan remains most proud of how openness about his struggles has helped others seek their own paths to recovery. His story is a testament to the resilience of the human spirit. His return to work and the creative process prove that with hard work and support, anyone can reclaim their life from addiction's grip.

"Remember, no one is alone, and there is always hope," Bardan said. "Look for the light even when it is dark."

Follow Bardan on Instagram (@glamhairartist).

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