



Keep your hair on!

Over half of women experience hair loss after 40, and by 65 three-quarters are thinning. We look at ways to avoid this upsetting condition...

WHAT THE EXPERTS SAY

Surgeon Asim Shahmalak, of the Crown Clinic in Manchester, is Britain's leading expert on hair loss and a regular on Channel 4's



Embarrassing Bodies. He says: 'Hair loss can have a devastating influence on a woman's life promoting a lack of self-esteem, anxiety and even depression. But this is a common and treatable condition.'

The number of women losing their hair is increasing for a number of reasons. Stress is a big trigger. It causes a hormonal imbalance in women which leads to hair loss.

Reduce stress through exercise, which releases endorphins, the happy hormone, and a healthy diet. A woman's hair needs vitamins such as iron, zinc and magnesium to make it strong and beautiful.

Modern hair techniques such as extensions and hair straighteners damage the hair and lead to hair loss conditions such as traction alopecia.

Naomi Campbell has suffered severe hair loss due to an over reliance on extensions throughout her modelling career.

There is also a powerful genetic link. Put simply, if your mother or grandmother has thinning hair, there is a good chance you will too. Hormonal changes, pregnancy and thyroid problems can also thin hair.

But awareness of hair loss in women has increased and women are far more likely to admit they have a

Hair-loss products

If your thatch is thinning do not fret. There are some great products out there to boost your tresses.

Bargain bouffant

Lee Stafford's Hair Growth Range includes Shampoo and Conditioner.

Scalp stimulating and moisture balancing it boosts hair growth.

Brilliant for young women wanting to grow their hair.

£6.99 each, available from Boots.

Philip Kingsley Stimulating Scalp

Mask The mask encourages blood circulation and encourages hair growth while helping to improve hair texture. Packed



full of vitamins and minerals to encourage healthy growth. **£5.25** from philipkingsley.co.uk

Mid-length mid-cost

Tricologic Woman

Vitabiotics Designed to help hair growth and maintain healthy hair follicles by nourishing them from the inside, promoting growth and strength. Tricologic Woman also doubles up as a multivitamin.

£18.95 for 30-tablet pack from Boots and vitabiotics.com

Lulu's Operation

Glam Larger Than Life Shampoo

and **Conditioner** Mature ladies, give your hair something to shout about. This helps fight against premature hair loss and slow down the effects of follicle ageing by anchoring them more firmly in the scalp.

£16 each at [QVC](http://QVC.com), timebombco.com, [Amazon](http://Amazon.com) and selected dept stores.



Luxury locks

Nourkrin Woman Tablets

A food supplement with Marilex, acerol cherry extract, silica, horsetail extract and D-biotin that is clinically proven to reduce thinning hair. **£50.95** for 60 tablets, nourkrin.co.uk



ThikRx Range

This brand new range is a clinically proven treatment for male and female hair loss. Four innovative products covering prevention and treatment. A 30-day kit of the complete **ThikRx** range is available for **£69.99**, and a 60 day kit is **£130**. All products available from thikrx.co.uk



THE FACTS*

- * **60% of hair-loss** sufferers would rather have more hair than money or friends.
- * **Almost half (47%)** of hair-loss sufferers would spend their life savings to regain a full head.
- * **Roughly a third (30%)** of hair-loss sufferers would give up sex if it meant that they would get their hair back.

Hair-loss myths

True or false?

Hair loss is inherited from the mother's side of the family **False**

Hair loss, in the majority of cases, is a hereditary condition in which the gene can be carried on both sides of the family.

True or false?

Excessive washing and blow drying causes hair loss **False**

Regular hair care and maintenance such as washing, combing, dyeing and blow-drying will not result in hair loss. Blow-drying can damage the hair itself by pulling on it and burning, it will not cause hair to stop growing.

True or false?

Hats and caps cause hair loss **False**

Though wearing a tight-fitting cap or hat can interfere with blood circulation to the follicles, there is no scientific proof they cause hair loss.

See: belgraviacentre.com

Growing pains... Lulu, right, has a shampoo for mature heads. Naomi, below, suffers hair loss



problem and seek remedies. Toppik hair-building fibres use natural Keratin fibres to intertwine with existing hair to make it look thick and full. But the only permanent solution to long-term hair loss is a hair transplant. See: crownclinic.co.uk

Toppik range starts at £6. See: hair123.co.uk

Anu Paavola, a qualified practitioner and holistic therapist at Jivita Ayurvedic spa says: 'Stress is the most common cause for hair loss. Make adjustments



to your life to bring your stress levels down. Engage in a non-competitive group activity, try yoga or listen to a deep relaxation soundtrack. Pamper yourself with a massage. Apply coconut oil once a week to your scalp. When washing your hair, avoid using very hot water. Relax your body and mind and the improvements will be felt all over. See: jvitaayurveda.com