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Health & Beauty

YOURS **FREE** SPRING 2019

SECRET LIFE OF PLANTS

Nature's gifts for
shiny hair and
glowing skin

FUN WAYS TO GET FIT

Active ideas
that barely
feel like
exercise

17 WAYS to spring-clean *your life*

Refresh and revamp

+ YOUR WARM-WEATHER SURVIVAL GUIDE

◆ Easy hairstyles for day or night ◆ The perfect fake tan ◆ Make-up goes bold and bright

Strand by strand

HOW TO HANDLE THINNING HAIR

HAIR LOSS IS A COMMON CONCERN THAT AFFECTS MANY MEN AND WOMEN, BUT HELP IS AT HAND.

The shower is often the first place you'll notice it: when it seems like great clumps of hair are being washed down the drain. Or perhaps you've spotted some extra strands in your hairbrush or on your pillow. Don't panic: it's perfectly normal to lose a certain amount of hair. According to the American Academy of Dermatology, we each shed up to 100 strands daily and, usually, they're replaced by fresh growth.

But what if it's more than just a few strands? Hair loss is becoming increasingly common in men and women alike, according to Carolyn Evans-Frost, a Brisbane trichologist who specialises in hair and scalp issues. "While it's happening to people earlier and earlier in life, they need to understand there's a lot you can do about it," she says. "There are always reasons why it's happening, and you can get help."

WHAT'S CAUSING MY HAIR TO FALL OUT?

Hair loss is often a sign of some underlying issue or concern, says Carolyn – stressful events, genetics, diet and even certain medications

can all be triggers. Some of these factors are well-known, such as childbirth for women, or male-pattern thinning in men. But Carolyn says it's important to look at your particular situation. For example, she recommends women seek help if hair loss continues for more than three months after giving birth.

For men, what seems like hereditary hair loss might actually be a sign of something else, particularly if you're under 30. "If your mum had hair loss when she was 60 and your dad had it when he was 40, and you're 25, that's what we call early-onset hair loss. You're 20 years younger, you don't have to go bald."

Perth trichologist and hairstylist Simone Lee recommends seeing a doctor if your hair loss is rapid and sudden. "Alopecia is the umbrella term for all types of hair-loss conditions, but there are so many different types of hair-loss conditions, which can be temporary or permanent," she says. "If it's temporary hair loss caused by stress, diet or lifestyle factors, there's a lot you can do."







IT STARTS WITH YOUR SCALP

Thinner hair may be what you notice first, but often issues will begin with the scalp. "I liken it to having a great fertiliser or healthy soil for your garden to grow from," says Simone. "The scalp is the key factor."

If your scalp is too dry, it can mean there isn't enough oil to nourish healthy hair as it grows through, leading to brittle strands that are more prone to breakage. Although brittle hair is different to hair loss, it can still leave you feeling like you have less hair to work with.

On the flipside, having too much oil on the scalp can flatten fine hair, making it look limp. "You can sometimes treat this and sometimes it just is what it is. Some people need to wash their hair every day," says Carolyn.

FEED YOUR FOLLICLES

Diet is one of the first factors Carolyn will look at when hair loss is a concern, because certain

nutritional imbalances can trigger it. "The body will always take whatever nutrition it's getting and give it to the essential organs first – and hair is non-essential," she says. "So this can be the first sign that your body is saying, 'Hey, something's not right'. Build a healthier body to get healthier hair."

Simone agrees, noting that a well-balanced diet is essential for healthy hair. She suggests eating plenty of good-quality protein (such as lean meat), to help build and repair the hair.

"Carbohydrates are also essential, as well as a healthy intake of fats to nourish the body," she says. Essential fatty acids like linolenic acid – found in nuts, seeds and certain plant oils – can be beneficial for the scalp and hair, Carolyn notes. "And lots of dark, leafy green vegetables are a fantastic source of vitamins and minerals, which are necessary for healthy hair and a healthy scalp."

BREAKING BAD HAIR HABITS

Some causes of hair loss can be more easily remedied, or at least improved visually, with a considered hairstyling routine. "Blow-drying isn't so bad, but always be careful to reduce the heat and hold the hairdryer at least 10 centimetres from your head," says Carolyn. "If it's burning your scalp, you're too close. If it's hurting, that's your body's way of telling you to back off on the heat intensity."

The same can be said for regularly pulling your hair into a painfully tight ponytail or bun. "We term it traction alopecia," says Carolyn. "Generally you'll feel a bruising sensation – when you take your hair down, it will feel sore." She explains that every single hair on our head has its own tiny muscle connecting it to the skin on the scalp. "So if you're pulling your hair tight, it's going to hurt. Now imagine you're holding onto a 5kg weight for 10 hours – your muscle is going to give in."

The solution is simple: "If it hurts, move your ponytail around. The messy bun works really well and you can hold it in place with bobby pins."



VOLUME-BOOSTING STYLING TRICKS

The right styles will feel better for your scalp and can also create the illusion of more voluminous hair. Simone recommends looking for styling products that are specifically designed for fine and thinning hair as they can help to give it much-needed oomph. "Avoid applying too much product to the hair roots, though – that can weigh the hair down if it's fine. Apply it to the mid-lengths and the ends of your hair only."

She also says that while it can be tempting to blow-dry your hair with a round brush to create volume, roughly drying it on a low heat setting can be more effective. "When you apply a hairbrush or hot iron to the hair, it can make the hair quite slippery and it can become limp. Whereas if you just dry the hair with your blow dryer on a low temperature, you can get a little bit more body. I recommend rough styling at first, then finishing it off lightly with a hairbrush."

A CUT ABOVE

Your choice of haircut can also give the illusion of fuller-looking hair, so chat to your hairdresser about styles they recommend. "The bob is one of the best types of hairstyles for this and, at the moment, it's very fashionable," says Simone. "It can be angled in different ways to suit various face shapes and will give you body if you want. Layering techniques can also add volume."

For men, she suggests looking at where your hair loss is greatest. "If you have patchy hair loss all over, or it's in the top portion of the scalp, it might be best to have a buzz cut. But if it's mainly in the front part of the hair, then you can wear the classic Caesar cut, which is quite short and groomed at the sides, and a little bit longer around the top of the head."

HOW TO START

Follow these tips to give body and fullness to thinning hair.

CARE

Get more volume with shampoo and conditioner designed specifically for fine or thinning hair.

CONTROL

Target an oily scalp, which can cause fine hair to look limp.

CUT

Look for styles that will visibly add volume to your hair, like a classic bob for women or a Caesar cut for men.

STYLE

Apply a volumising mousse to damp hair and roughly blow-dry on a low heat setting.

REVIVE

If your locks fall limp by mid-afternoon, a blast of volumising dry shampoo or mousse to the roots and mid-lengths can help.



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Volume
Shampoo



John Frieda
Luxurious
Volume
Conditioner



Marc
Anthony True
Professional
Dream Big
Volume
Shampoo



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Professional
Dream Big
Volume
Conditioner



Head &
Shoulders
Ultra Men
2-in-1
Deep Clean
Shampoo



Batiste Dry
Shampoo &
Volume

Schwarzkopf
Extra Care
Push Up
Volume
Mousse

