

Essential tips if you are struggling with thinning hair



Thinning hair doesn't have to mean an end to great looking hair. It's just important that you know how to style and care for it to make the most of the hair you have.

Although thinning hair doesn't affect every one, by the age of 50 about 45% of women will experience some degree of female pattern hair loss according to Dr Jennifer Jones, a dermatologist who works at London's Royal Free Hospital. And whilst for some there may be an underlying medical reason, for many it is simply a normal part of ageing.

But don't lose hope – there are still simple steps you can take to make thinner hair look and feel great.

Get the right cut

A good hair cut can really help to make the most of your hair, even if it is thinner than it once was. Generally, shorter styles make hair appear fuller but if you want to keep it longer, styling with loose waves will give body and bounce.

Layers are also a good way to give the illusion of fullness as they can add and enhance volume and hide hair loss.

Meanwhile a side swept fringe is a great way to disguise thinning hair in the front hair line or temple area.



Don't over wash your hair

Washing thin hair too frequently can result in it becoming limp and fly away. And of course if you are blow drying every time you wash, you are increasing the opportunities for heat damage which you can ill afford with thin hair.

If at all possible, limit washing to two to three times a week. Between washes you can use a dry shampoo like KMS Makeover Spray which absorbs oil and builds bulk to refresh limp hair.

Massage your scalp

Now we're no scientists here at Lifestyle, but there is some evidence to suggest that massaging the scalp can be beneficial if you're suffering from hair loss. Whilst there's no evidence it will stimulate new hair to grow, massage will increase the flow of blood to the existing hair which can result in an increased nutrient intake.

This will mean the hair you do have could become stronger and healthier. And even if it has no effect, who doesn't enjoy a gorgeous, relaxing head massage every once in a while?



Choose the right products

There are so many hair products on the market these days it can be tricky knowing which ones are going to work best for your hair. Again, this is something your stylist can help you with so never be afraid to ask.

If your hair is thinning you need to make sure any products you use are light weight so they won't be weighing your hair down – Moroccanoil Light is brilliant like this.

A volumising mousse like Paul Mitchell extra body Sculpting Foam is also must for any woman with thinning hair – apply to the roots of towel dried hair before blow drying. A good blow drying tip for thin hair is to use a medium to large round brush and pull your hair up and away from the scalp to add in lift and volume.

Deceive with colour and extensions

Adding different shades of colour with highlights or lowlights can give the illusion of fullness. This is because instead of one flat tone your hair becomes multi dimensional as the light catches the different colours.



Also, you could consider using extensions to add fullness to thin hair. We tend to think of extensions purely for adding length but they are a really great way of adding volume too. They can be cut and coloured to blend in with your hair style and can add in that fullness you've been dreaming of.

Lifestyle

hairdressing

So don't be down heartened if your hair is thinner than it once was. With a few of our tricks up your sleeve and clever styling it can still look amazing.

At Lifestyle we offer a free consultation service, so if you're struggling with thinning hair and need advice on the best style for you- come and talk to us. During your 15 minute consultation you'll be able to chat with a stylist about what styles will suit you best, taking account of your hair type, face shape and lifestyle.

To book an appointment at a Lifestyle Salon, call

Aylesbury Salon – 01296 330220

12 High Street, Aylesbury, HP20 1SQ

Newport Pagnell Salon – 01908 614642

110 High Street, Newport Pagnell, MK16 8EH

Or book online at www.lifestylesalons.com