

IS YOUR HAIR FEELING SKINNIER THAN NORMAL?

Are you sure your scalp is healthy?

Hair is more than just a bundle of fibre. It is seen as an expression of style & personality. Losing that can be a distressing sight to face every morning in the mirror & styling thinning hair is a regular frustration. 40% of women are having to deal with thinning hair & all the stresses and challenges that go along with it. “

What can be causing thinning or loss?

100,000 hairs are on the average scalp. A follicle produces a single hair that grows about half an inch per month. After growing two to six years, the hair will fall out. It is then replaced with a new hair & the cycle starts again. At a given point, 85% of hair is growing while the rest falling. As the hairs fall regularly most people shed 50-100 hairs per day. This is the function of a healthy scalp and follicle.

Pin pointing the reason for loss is not always easy. Hair loss in women can be triggered by many different factors from medical conditions to lifestyle. All reasons of hair loss cause an interference with the normal cycle of scalp hair growth. The follicle is a complex place & anything that can put the cycle off track can cause hair loss. In 80% of cases, hair loss in women is due to the genetic predisposition to androgens. Androgens are hormones that normally flow in the blood, like the feminine hormones estrogen & progesterone. If you are genetically predisposed, the androgens will have a negative influence on your hair follicles, which translates to thinning of the hair & an acceleration of its lifecycle. Another major cause of thinning and loss are hormonal shifts due to imbalances, thyroid problems, child birth, starting or stopping the pill, & menopause. Alopecia is a common cause of hair loss as well. This is where an immune system mistakenly attacks healthy follicles causing the hair to detach & fall. Many medications can trigger hair loss. Blood thinners, high blood pressure, heart disease, ar-

thritis, & depression medications are among the most common to cause a hair loss side effect. Sudden hair loss from extreme physical or emotion stress can occur. Examples are serious illness, major surgery, trauma to the body & severe emotional trauma. These significant stresses spark a change in your body's physiological functions & cause a disproportionate hair loss, lasting six to eight months or longer. Scalp ailments like seborrhea (over active oil glands) cause hair loss and thinning. This is from oil hardening in the follicle causing blockage. Rapid weight loss & crash diets attribute to hair loss also.

Taking Action

Your first step is to visit with one of our trained Trichologists. We can help you stabilise your loss, provide preventive solutions, & explain correction options. We will put together a personalised recommendation of products & solutions. We have a full scalp care line for you to use in your regime and camouflage products such as Kamitek to instantly visually restore hair density. Minoxidil or Rogaine is a once a day treatment that can slow or stop hair loss in women & can help hair grow back. Consistency is key with this product because the benefits are lost when you stop using it. We also work with lasers. They are devices with low-level light therapy. The follicles are stimulated by absorbing the light & then become more active. Deb, who is our wig specialist, can provide answers to all your questions about our wig and piece solutions.

Adjusting to hair thinning and loss can be challenging. If thinning areas are becoming a concern; a visit to City Looks to consider all your options will be very helpful and comforting.

We also have solutions to purify and detoxify your scalp to improve various other scalp ailments like:

Hair loss due to chemotherapy and cranial radiotherapy, cradle cap, dry or oily dandruff, itching, oily or dry scalp, and psoriasis.