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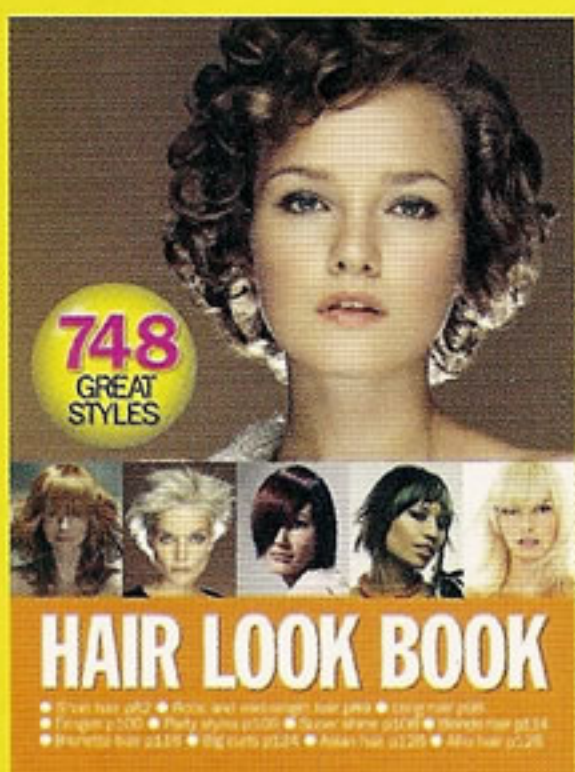
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2 MAGAZINES IN 1 54 STYLE-PACKED PAGES

HAIR LOOKBOOK

Brilliant hairstyle guide inside – take it to your stylist!

Are you losing it?

Not your mind – your hair! Around 1.6 million women in the UK are affected by thinning hair and hair loss. Fight back with our must-read prevention guide

For celebs, it's almost as common as flashing a g-string. Hair loss has affected Britney Spears, Kate Beckinsale, Victoria Beckham, Christina Aguilera, Nancy Dell'Olio... and the list goes on. But it's not just celebs who are losing their hair or noticing that they're thinning on top. It's estimated that 1.6 million women in the UK are affected by this distressing condition. Janet Ginnings, hair stylist and beauty therapist, says, "I've noticed an increase in young women with thinning hair and hair loss. I believe it's linked to stress and poor diet. We lead busy lives and don't have time to cook properly." There are many reasons why hair thinning and loss occurs, but once you know the cause you can find a solution. >

HIGH-PROFILE HAIR LOSS



Fashion designer Donatella Versace's receding hairline is more prominent in this style



Christina Aguilera's hair is under stress from over-styling, hair extensions and colouring



Are heavy hair extensions and stress to blame for Victoria Beckham's thinning hair?



It's thought that stress and illness have contributed to Kelly Osbourne's hair loss

DANGER # 1 STRESS

Dr Pam Spurr, psychologist, radio presenter and author of *Sex, Guys and Chocolate*, says, "Stress raises the level of a hormone called cortisol, which is necessary for the body to function efficiently. However, too much of it causes our systems to become weak, which results in skin disorders, flaky and brittle nails and hair loss."

In situations of extreme stress some people develop a compulsion to pull out strands of hair. This condition is known as trichotillomania, and it has an underlying psychological trigger which needs to be addressed with the help of a counsellor or psychotherapist.

SOLUTION

Relax and refocus. "See yourself as a whole woman and not just as a hairstyle. Emphasise your good points and learn to prioritise some relaxation time into your schedule," says Pam. Head massage can stimulate the follicles and help you relax. Try a tonic, such as **Philip Kingsley Scalp Toning Tonic**, from £4.75, to rehydrate and energise the scalp. Or for an ultra-tingly sensation try **Paul Mitchell Tea Tree Hair and Scalp Treatment**, from £7.25.

DANGER # 2 HAIR EXTENSIONS

Hair extensions can cause traction alopecia, which is when the hair is lost as a result of the extra weight. This, plus frequent re-styling, weakens the root and the hair eventually snaps off. Top stylist Mark Sharp says, "Extensions can cause hair loss and bald patches if they're not good quality and not applied at

ROOT BOOST

Get to the root of the problem with these shampoos, conditioners and treatments for below par hair

Korres Two-phase Treatment Against Hair Loss, £19, stimulates the hair and scalp with wheat proteins, magnesium, ginseng and vitamins A, C and E.

Alterna Life Restore Shampoo, £25, Alterna Life Restore Conditioner, £30, and Alterna Life Restore Scalp and Follicle Extra Strength Serum for Thinning Hair, £35, all contain a blend of enzymes and traditional Eastern medicinal extracts to promote hair growth.

Trichology Hair Loss and Scalp Treatment, £29.99, is suitable for hair loss connected with nutritional deficiencies, stress and anxiety.

Klorane Strengthening Shampoo, £5.45, and **Klorane Strengthening and Detangling Balm, £5.75**, have a fortifying action on the roots and promote stronger, healthier growth.

Thicker Fuller Hair Revitalising Shampoo, £4.95, **Weightless Conditioner, £4.95**, and **Instantly Thick Thickening Serum, £5.95**, do exactly what they say on the packet.

Regaine for Women, £24.95, is a clinically proven solution containing minoxidil, which when tested promoted hair growth in three out of five women in 32 weeks.

a reputable salon. And for celebrities who often need to style and re-style on a daily basis, they can be a problem."

SOLUTION

"Use the palms of the hands instead of the fingers to wash the hair, and use a soft bristle brush," advises Mark. Try hair extension specialist **Racoon's Extend Shampoo, £13**, **Extend Conditioner, £13**, and **Soft Bristle Brush, from £5.75**. A good haircut is also essential. **Akin Konizi**, Artistic Director of the HOB salon group says, "Medium-

length layers are a good idea as they flow over the finer areas and cover balding or thinning patches. For receding areas, a fringe set at a middle or off-set parting and cut to nose length would be best."

DANGER # 3 DIET

Crash dieting and eliminating certain food groups, such as wheat and dairy, can wreak havoc with our hair. This is because the hair follicle (root) needs a healthy, nutrient-rich

blood supply. When your body is starved of nutrients, it uses those it can to maintain the most important functions first, such as heart, liver, and kidneys, leaving the less vital bits, such as hair, nails and skin, until last or not at all. Food is so closely linked to the health of our hair that the Food Doctor, Ian Marber, has created a weight loss plan, £99, where strands of hair are tested for vitamin deficiencies and a personal eating plan is devised from the results. "The quality of hair is an excellent indicator of the internal state of the body," says Ian. HairScan

Europe will also test hair to assess vitamin and mineral deficiencies. The test shows a three-month history of what's been going on in the body and how that's affected the hair. Call HairScan on 0845 230 9988 or visit the website at www.hairscan-europe.com.

SOLUTION

Feed those follicles! "You need a healthy balance of nutrients to ensure well-nourished and beautiful hair," says Ian. Essential hair vitamins include vitamin C and beta carotene – found in most fresh fruit and veg; B vitamins and biotin – whole grains, brown rice, legumes, fish, oats and eggs; zinc – shellfish, eggs, pumpkin and sunflower seeds; iron – red meat, dried apricots, raisins, leafy green vegetables; and vitamin E – avocados, nuts and seeds. Supplements can also help, as long as they're

used to complement a healthy diet. Iron deficiency is very often a factor in hair loss and thinning, so try **Spatone Iron+**, £3.85, a natural spa water with a high iron content. **Pil-Food**, £24.95, is a vitamin and mineral supplement that's specially formulated to help promote healthy hair. And during a 90-day study at the Helsinki Research Centre, Finland, the mineral silica was found to improve hair's thickness and strength. Try **Silicol Silica Gel**, £15.99.

DANGER # 4 HORMONES

Those damn hormones! They cause so much trouble but they're still not fully understood. What is known is that the two main sex hormones that affect the hair are oestrogen (female) and androgen (male). Oestrogens can increase hair growth. "For

example, during pregnancy when the oestrogen levels are raised, the growth phase of the hair follicles is often extended," explains Philip Kingsley, a world-renowned trichologist (hair doctor). Androgens are a whole other bag of fun – not! As Philip points out, "androgens have the reverse effect of oestrogens." There's a form of hair loss called Androgen Dependent Alopecia. "This occurs either because of extra production of androgens, or because of a genetic sensitivity of the hair follicles to circulating androgens," says Philip. The

menopause and the condition Polycystic Ovary Syndrome (PCOS) can also cause hair loss.

SOLUTION

A trip to your GP is needed if you think that your hair loss or thinning is hormonal. "The Pill can help hair, as long as the correct one is taken," believes Philip. "So can HRT. However, the wrong types of hormonal medications can hinder hair growth. Research has shown that the use of topically-applied oestrogens or anti-androgens are very effective, but they can only be prescribed by a doctor."



"STRESS CAUSED MY BALD PATCH"

*KATIE, 29

One day at work, I felt a draft on the back of my head and got a colleague to take a look. He laughed and said I had a patch that looked like a plucked chicken! When I got home and saw it in the mirror I cried. At the back of my head was a bald patch the size of a 50p piece. From then on it got bigger until it was 8cm long and 5cm across. My hair was short at the time, so it was hard to cover up. It was devastating. I worried there was something seriously wrong with me and that more hair would fall out. My doctor said it was largely due to stress. My job was demanding, I worked long hours and wasn't eating well. I lost my appetite and couldn't sleep which didn't help. I was prescribed a topical steroid cream to apply daily, and took vitamin supplements as well as changing my job. Slowly my hair started to grow back and now, thankfully, it's returned to normal.



"MY IMMUNE SYSTEM ATTACKS MY HAIR"

*JANE, 26

When I was 19, my hairdresser noticed a small bald patch on the side of my head – about the size of a 5p coin. Six months later I developed more patches which got bigger and bigger until I lost 60 per cent of my hair. I was prescribed steroids, which worked immediately and it grew back. Then, when I was 23 I lost my hair all over again and had to wear a wig until it grew back, but at 25 it fell out and there's still no regrowth. It's upsetting to go bald, but I know it'll grow back because it has before. The doctor thinks it's an autoimmune disorder, which means my immune system is attacking my own hair follicles. It's not known what triggers this, but it's linked to eczema, hayfever and asthma, and I suffer from the first two. My confidence hasn't really been affected, I just miss my own hair. I wear wigs as they're less hassle, and I'm trying a new (all natural) lotion on my scalp called Thymuskin. There are signs of growth, so I'm keeping my fingers crossed.

FURTHER INFORMATION

- Mark Glenn Hair Enhancement offers a weaving technique to cover patches. Call 020 7495 6969 or visit www.markglenn.com
- Face-Shapers offers Hair Loss Therapy – supplements applied to the scalp via a fine

- needle. Call 0800 093 2080 or visit www.face-shapers.com
- Contact Philip Kingsley's clinic on 020 7629 4004, visit www.philipkingsley.co.uk, or see his book, *The Hair Bible*, £9.99, Aurum Press Ltd
- www.thinninghairadvice.co.uk

Words: Louise O'Connell. Photography: Benoît Audureau. Celebrity photos: bigpicturephoto.com. Still life: Objective Image. HOB Salons 01923 855433. Hairbrush: Mason Pearson 020 7491 2613. Stockists: Alterna 0846 458 9350; Food Doctor www.thefooddoctor.com; Klorane at Boots; Korres 020 7581 6456; Paul Mitchell 01296 390590; Racoon 01295 770999; Regaine at Boots; Thymuskin www.thymuskin.co.uk; Trichology 01225 874441