

How to... have more hair



Before

You don't have to be a celebrity to get great hair extensions. There are many salons offering extensions to virtually everyone.

What's on offer?

Extensions are usually made from either human hair (the most expensive, but heavyweight) or synthetic hair (cheaper and lighter, so suitable for thin, fine hair). The newest methods all use a form of heat seal and should last at least three months.

Connect Hair System This method uses real hair and comes in 36 different shades. The extensions are attached with a plastic resin, sealed with heat and cost from about £5 for a single strand up to £500 to £2000 for a full head

of hair. Call 020 7483 3845 for more information.

ProStyles These extensions use ProHair Fibre, false hair that looks and feels as good as the real thing. They are fixed to your hair with a type of heat clamp and the seal is virtually undetectable. Prices start from £10 for a few strands and go up to £450 for a full head. For further details, call 01420 511155 or visit www.prostyles.com.

Great Lengths – This system uses human hair and comes in 50 shades. Afterwards, you can treat the hair as if it were your own, and style, colour or even perm it. From £15 for five strands up to about £600 for a full head. To find out more, call 0870 2414671 or visit www.greatlengths.net.

Tried & tested Kay Emery's extensions were done at Mark Glenn, a salon specialising in hair extensions (020 7495 6969, www.markglenn.com). The whole process took about four hours and two people, but the results were stunning. She says: 'I'd been trying to grow my hair for a while, and this was a fun and pain-free way of getting through that difficult stage. I'm very happy with the results and flattered by how many people say how great it looks, and it still looks good three months later.'