

**THE ONLY RULE THERE IS**

**If you've got great hair wear it long and flowing. If not...**

Get a really good cut

Let's face it, hair ages like skin and the signs are even more obvious. (Who hasn't whisked out the odd white one until the inevitable overwhelms?) But let's keep a cool head. All it takes is smart colour plus well-judged care to boost what's best about your crowning asset. And about that great cut? Find some shining examples over the following pages – including the one to suit you

**T**here's no getting away from it – hair matters. So much so that, according to research by Silvikrin, bad hair days mean ugly moods. In a recent survey, women rated 'tress distress' as worse than being fat, sweaty and spotty. According to psychologist Dr Aric Sigman a good hair day inspires confidence that even shows in the way we walk, while a bad hair day can make us physically withdrawn, unwilling to make eye contact, let alone attempt to flirt. Recognise the symptoms?

The really bad news is that age and bad hair days seem proportionate. Never mind that grey, ageing hair is thinner, duller, less easy to control – facts that haven't escaped the notice of the haircare industry. So, just as there are anti-wrinkle creams, now there are 'anti-ageing' ranges for hair, claiming to bulk, gloss, soften and rejuvenate. 'Gold label' ranges like Trevor Sorbie's silk-and-cashmere-rich Professional

Rejuvenate, Louise Galvin's soya and vitamin Sacred Locks range (020 7289 5131) and L'Oréal's Elvive Regenium Age Defying range plump and gloss skinny locks with nourishing, strengthening proteins.

'Changes that occur during the menopause force you to reassess the way you treat your hair,' confirms Denise McAdam, whose professional range for Tesco includes anti-ageing formulas. 'Hair becomes coarser, goes limp easily or there's less of it around the hairline or crown,' she says. 'It's something that hits you suddenly one day when you're doing yourself up in the mirror.' A dry scalp and ends are often disguised by perspiration that makes hair lank, adds Denise. She recommends using McAdam Balancing Shampoo, £3.50, with its 'blotting paper' action, followed by Volumising & Balancing Conditioner, £3.50, combed through to ends to plump up volume, hydrate and help disguise thinning hair.

Photograph/Scoop Beauty





## ● Eat your way to healthy hair

A balanced diet that benefits your skin will also feed your scalp. Some studies show that B-group vitamins derived from grains slow greying, perhaps because they help combat stress. Vitamin C, proteins, amino acids and zinc have all been shown to help prevent dandruff, while iron in dark green leaves boosts blood haemoglobin, which may slow hair loss by delivering higher levels of oxygen to the follicles.

Trichologist David Satchell (01323 645164; [www.davidsatchell.com](http://www.davidsatchell.com)) also believes live enzymes from raw fruit and vegetables aid vitamin absorption. To prevent thinning hair, try his TN-25 supplements, £20.75, plus scalp massage. After shampooing, spray scalp with cold water and knead with your fingertips until you feel a warm glow.

## ● Help it look thicker

Come a certain age, it seems there's more hair in the sink than on your scalp. At least 50% of us have thinner hair by the time we're 40. Hair literally loses weight, and follicles are lost, too, especially round the hairline. Blame it on hormones, as diminishing oestrogen up to and after the menopause leaves androgens (male-type hormones like testosterone) less opposed, which disrupts the hair's growth cycle. Whereas it's normal to shed between 40 and 100 hairs a day, serious hair loss affects around 20% of women. Hereditary factors cause cells in hair follicles to become super androgen-sensitive. But stress, surgery, pregnancy, crash diets, illnesses and some drugs (like beta blockers and antidepressants) also cause hair loss. What helps?

**SOME TYPES OF HRT** may stabilise hair loss, but not if they contain testosterone. Applied topically, the blood pressure drug minoxidil (found in Regaine, from £24.95) boosts hair count and thickens strands in women who suffer hereditary hair loss.

**HAIR EXTENSIONS** Whereas some types have been blamed for stressing and dragging hair roots, the Kinsey System at the Mark Glenn Hair Enhancement Studio has gained NHS approval. Ultra-fine mesh is fitted over scalp patches as an anchor for the heat-sealed fibre extensions. Your own hair is pulled through the mesh and integrated into the extension. The result is extremely convincing. It's expensive, though, and an initial treatment costs from £500, with upkeep visits every six to eight weeks from £65 per hour for a one to three-hour treatment (020 7495 6969; [www.markglenn.com](http://www.markglenn.com)).

**GO LIGHTER** to camouflage thinning and scalp 'see-through'. Highlights will give the illusion of bulk. **STICK TO SHORTER**, layered cuts that are easily 'zhooshed' up and away from the scalp.

**BODY-BUILDING PRODUCTS** Check formulas of shampoos, sprays and mousses for strengthening proteins, such as keratin, panthenol, amino acids and wheat protein, that bond with the hair shaft. Pro-vitamin B5 boosts and moisturises, too. Try Trevor Sorbie's Professional Rejuvenate range – we like Volumising Shampoo, £4.49, Volumising Conditioner, £4.49, and Volumising Spray, £3.99.

**DISGUISE WISPY BITS** around the hairline with a tiny amount of hair serum, such as Marty Maxey Glossing Spray, £6 (from Marks & Spencer).

**AVOID BLOW-DRYING** If your hair's becoming extremely thin or brittle, don't over-blow it. Bodify instead by air-drying hair until just damp, then

CONTINUED OVER PAGE