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Because they have hair scares too



1 PERFECT HAIRCUT

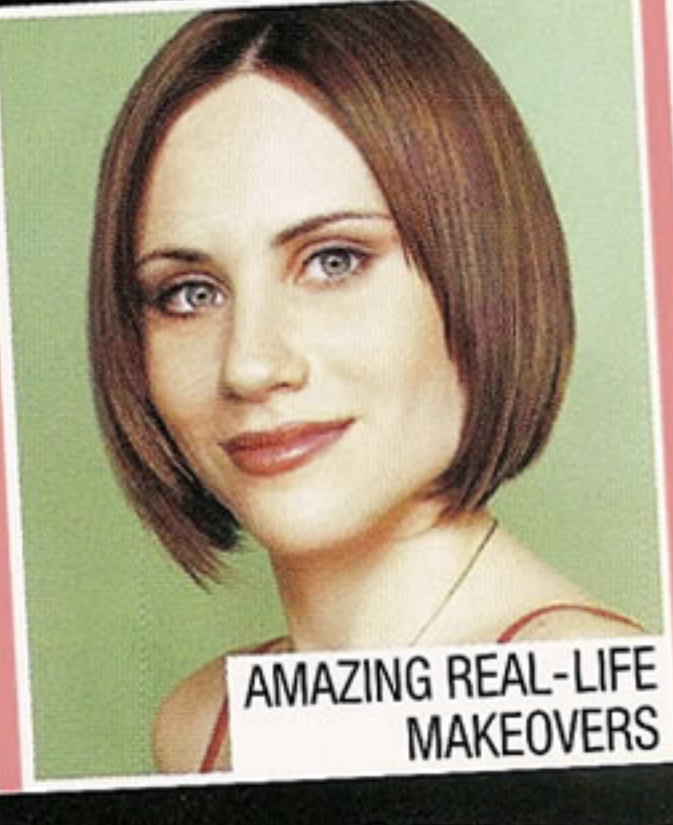
Three sexy ways to wear it

GET THE HAIR YOU WANT!

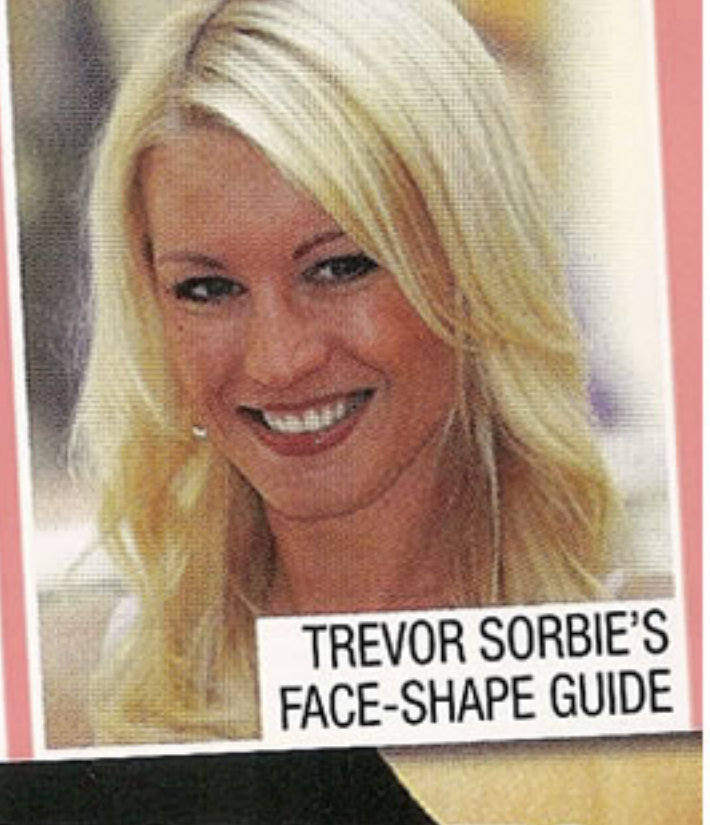
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AOL www.hairmagazine.co.uk



Coping with Hair loss

Thick, glossy, healthy-looking hair is at the top of most women's beauty wish list, but where do you turn if the nightmare of hair loss happens to you?

Can you imagine having a shower only to find the drain clogged with hair. Or waking up to discover your pillow covered with strands of loose hair? When men start to 'lose it' (so to speak) it's just considered one of those things, on a par with a beer belly and a mid-life crisis, but it's still a hush-hush affair for women to shed their locks.

THE SCIENCE BIT...

The average person has about 120,000 hairs on their head, with blondes generally having the most due to strands being finer, and redheads having the least. Female hair growth is not a continuous process, it has several stages: The Anagen phase, a growing stage where hair grows about 1cm each month. This phase lasts between two and five years. The next phase is the Caragen phase when the hair bulb detaches from the blood supply and the hair shaft is pushed up. The final phase is the Teogen phase, which is followed by a resting stage where there is no hair growth. This phase lasts about five years.

If any hair growth stage is disrupted, women may start to lose their hair. For example, if follicles shut down (meaning that they stay in the resting phase) instead of growing new hairs, there will be less hair on the head. Another reason might be interference with root formation in new hair cells during the growing phase. If follicles have been destroyed, there will be baldness in that area.

WHAT'S NORMAL?

We all lose some strands when we brush and wash our hair, but how do we know how much hair loss is 'normal'? Leading Trichologist, Philip Kingsley says, "The 'normal' amount of hair you lose varies from person to person, but it's around 75-80 hairs per day. Unless you are losing about 15% of your hair's volume or thickness there's no need to panic. If you are losing hair at a rapid rate you will instantly know something is wrong. At this point you should consult your doctor."

TYPES OF HAIR LOSS

Alopecia Areata results in round, coin-like patches of baldness on the scalp. This is a common form of hair loss that's usually temporary and will, in most cases, correct itself within 18 months.

Androgenetic Alopecia is inherited. This condition is also known as Female Pattern Baldness and results in an overall thinning of the hair.

Telogen Effluvium is a temporary but sudden thinning of the hair, often caused by shock.

Traction Alopecia can be caused by badly-fitted weave-ons and human hair extensions. In some cases it can be permanent.

A WORD ON EXTENSIONS... If you do decide to have hair extensions, make sure you visit a reputable extension specialist, who knows what they're doing! Visit www.racooninternational.com or www.antennahairsalon.co.uk for more extension info.

Alopecia Totalis is the complete loss of scalp hair.

Alopecia Universalis is the complete loss of body hair.

Trichotillomania is caused by compulsive hair-pulling and twisting, often with increased severity during times of emotional stress.

CAUSES OF HAIR LOSS

Women with thinning hair often attribute it to something they've done. In fact, sustained hair-thinning in women is usually a combination of genetics and hormonal factors, so don't blame yourself. As well as the natural ageing process, particular situations may cause additional hair loss. These include poor nutrition, medications, severe stress and emotional anxiety, surgery or prolonged illness, childbirth and the menopause. There are also some medical conditions that can affect your normal hair growth, like Hypothyroidism and Anaemia.

WHAT CAN YOU DO? TREATMENTS

Regaine
Originally only available on prescription, this treatment can now be bought direct from the pharmacist or with advice from a doctor or Trichologist. Visit www.thinninghairadvice.co.uk.

PhytoCyane serum, £28
This hair and scalp treatment is applied two to three times a week for four weeks and is suitable for the first stages of hair loss. Call the customer hotline on 020 7620 1771 for more info.

F.A.S.T (Fortified Amino Scalp Therapy), £9.99

A shampoo and conditioner to accelerate your hair growth to up to 45% faster. Visit www.Body4Real.com for more info.

Silicol Gel

This food supplement contains a natural silica which makes hair less fragile, adds body and significantly thickens hair. Visit www.silicol.com.

Wella System Professional Energy Serum, £9.85

Reduces hereditary and temporary hair loss by up to 37%. Call 0800 328 3400 for more info.

COSMETIC SOLUTIONS

The Kinsey System
This extensions system disguises hair loss areas by using a combination of very fine silk mesh and synthetic



BEFORE



AFTER

hair extensions, which are colour-matched to your natural hair and attached securely to the natural hair around the hair loss area. The Mark Glenn team offers free consultations to discuss the needs of each client. Visit www.markglenn.com or call 020 7495 6969.

Nanogen nanofibres are sprinkled onto thinning scalps to instantly increase the thickness and density of each hair. For more information call Pangaea Direct on 0845 673 2222 or visit www.nanogen.co.uk.

Steroid injections can be used on the scalp and brows, and are the most effective approach for small patches of hair loss. Visit www.bad.org.uk for more information.

FAKING IT

Some sufferers prefer to wear a wig while they recover from Alopecia. Wigs and partial hairpieces can be bought privately (try Mandeville of London: 020 8741 5959) or obtained through the NHS on prescription. Current NHS prescription charges are £53.10 for a Modacrylic wig, £140.15 for a partial human hair wig and £204.90 for a full bespoke human hair wig. Contact your GP for more info.

expert advice

Gillian Biggerstaff (above) suffered dramatic thinning of her hair due to medication prescribed for Endometriosis. "I had resigned myself to being pretty much bald for the rest of my life. I tried all the tricks in the book to make it grow and to disguise it with little success. I tried to mention it to friends but I felt like I was just being vain and making a fuss." Gillian heard about Mark Glenn Hair Enhancement, who use the Kinsey System to cover even the most serious cases of hair loss and decided to pay a visit. "I can't tell you how much this has positively affected my life," she says. "I love my new hair. I feel like I fit in with everyone else and I no longer look longingly at pictures of celebrities with great hair - I've got my own now!"

HELP AND INFORMATION

The Institute of Trichologists provides a postal information service on disorders and diseases of the hair and scalp. Their website contains details of trichologists practicing in the UK who are qualified by and registered with the institute.

Telephone: 08706 070602
E-mail: admin@trichologists.org.uk
Website: www.trichologists.org.uk

WEBSITES

www.hairlineinternational.com
This membership organisation gives support for men, women

and children who have lost, or are losing their hair, due to Alopecia and related conditions. www.stophairlossnow.co.uk Information and advice relating to hair loss, including causes and treatment options for men and women are available on this website.