

# HairReplacementnyc<sup>inc</sup>

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## **Maintaining Healthy Hair**

It is important to understand that in 95% of people, hair loss is inherited. Specifically, it's the genetic coding that hair follicles receive during formation in the womb. These hair loss genes make certain hair follicles sensitive to the hormone dihydrotestosterone, or DHT. When this link is made, the follicle begins to shrink. However there are some things that we can do to keep our hair healthy. Below are some free tips that you can use to help keep your existing hair healthy and looking healthy. The only thing they require is your time and commitment.

- A proper haircut alone can make a vast difference in the appearance of thinning hair and helps to promote healthy re-growth
- When using blow dryers, always keep the heat a good distance from your scalp and hair.
- Avoid heating the scalp and hair excessively.
- Avoid getting hair creams, lotions, styling gels and sprays directly on the scalp. Use a light hold spray if you must.
- After swimming in a pool, shampoo your hair as soon as possible to remove any chlorine residue. Chlorine is extremely damaging to the hair and scalp.
- Avoid over-exposing your hair and scalp to the wind and sun.
- Avoid tight hats and caps, as they contribute to poor circulation, depriving the hair of proper nutrition. Sweat, dirt, and grime around the rim inhibit follicle health and contribute to build-up.
- Always consult your hair restoration professional for extreme fallout and thinning.
- Strive for balance and harmony in both your personal and professional lifestyle. High stress factors can cause our body to react by fluctuating hormone levels. This can result in hair loss.
- Pregnancy, nursing, menopause even birth control medication cause an instant changing factor on your nutritional needs and hormonal levels which can contribute to hair loss and fallout

- Avoid crash and fad diets. Proper nutritious meals along with vitamin and mineral supplements are a key factor for healthy hair and skin.
- Comb or brush your hair and scalp gently, be gentle with your hair.