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# Yours

For women like us!

AUSTRALIA'S NEW FORTNIGHTLY



Hugh & Deb

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All the telltale signs

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My top 5 plants



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**'I don't believe in regrets'**



March 20, 2014  
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4 ways to wear neutral pants





## ➔ Blow-dry the right way

The best time to use a volumising or root-lifting product is while the hair is still damp. After gently patting your hair dry with a towel, apply the product directly to the root area before distributing through the mid-lengths and ends.

Then, turn your head upside-down and blast the warm air right into the roots with the nozzle of your dryer until your hair is almost dry. Then, with your head upright, section your hair and dry each section a small amount at a time using a ceramic, hollow brush.

Flip your hair to the opposite side it naturally falls, to encourage body and movement. Lift it up and away from the roots as you direct the nozzle of your hair dryer into the roots. This will give it maximum lift.

Smooth the lengths around the brush to make it sleek and then roll it around the brush, holding for 30 seconds as it cools. Repeat section by section until your hair is dry.

**Try:** Joico Body Luxe Root Lift Volumising Foam, \$26.95; Brushworx Be Natural Ceramic Hot Tube brush, from \$16.95



## ➔ Roll with it

Velcro rollers are a great way to add body after drying your hair. As you dry each section (see left), wrap it in a velcro roller. Use four large rollers in the back sections, and two on each side.

Leave them to cool while you do your make-up, and then release for some serious va-va-voom!

**Try:** Lady Jayne ceramic self-holding rollers, \$8.29 (pack of four extra large, or six medium rollers)



## ➔ The thrill of the tease

Teasing is every woman's secret weapon when it comes to creating volume, just ensure you keep it to the crown of the head.

Take three horizontal sections only and tease, staying close to the root area. Mist with holding spray once you're done.

Be extra careful when teasing, as being too rough can damage the hair strand and cause even more hair loss and damage.

**Try:** Lady Jayne two-tone tail comb, \$4.29; Clairol Professional Lock Finishing Spray, \$9.95



## What else causes thinning?



Age isn't the only cause of thinning hair, explains Sydney hair transplant surgeon Dr Russell Knudsen

### ➔ IRON DEFICIENCY

"Anaemia is a common cause of thinning hair in women," explains Dr Knudsen. "The menstrual cycle can put iron stores in jeopardy, while those who follow vegan or vegetarian diets might be at risk."

**Solution:** Adding vitamin C to your diet helps facilitate iron absorption. Speak to your doctor or nutritionist about supplements. Vegans and vegetarians must be very careful about getting adequate iron from leafy green vegetables.

### ➔ THYROID ISSUES

Hair that is thinning across the entire scalp could be the result of an underactive thyroid, says Dr Knudsen.

**Solution:** "It's reversible by treating the thyroid, or by using an oral growth stimulant," he says. However, it can produce side effects like hair thickening all over the body.

### ➔ PHYSICAL STRESS

Over-styling, too many chemical treatments and using heated appliances – all of these can break the hair and make it appear thinner.

**Solution:** Cut back on all of these factors, and ensure you have regular salon visits to trim away any damage.

### ➔ FEMALE PATTERN HAIR LOSS

"This is usually a genetic predisposition," explains Dr Knudsen. You'll notice thinning in the upper scalp, but it might extend to the lower scalp, too. Typically, it just thins out gradually."

**Solution:** Prescription medicine can be given to help prevent hair fall, followed by a growth stimulating solution. If the problem is extreme, hair transplant surgery may be a solution, as long as there is enough healthy hair on the lower scalp.

## Healthy hair hints

- Don't wrap your hair in a turban when you get out of the shower. It twists the fragile strand and can break it.
- When combing wet hair, be sure to start at the ends, not the roots, and work upwards.
- Always use top quality styling tools, including your brushes, combs and dryer. Poor quality products can easily damage your hair.
- Forget the "100 brush strokes a day" rule! It can lead to split ends and breakage. A gentle brush for 30 seconds, a few times a day, is enough to keep it looking groomed and dislodge debris.
- Invest in a satin pillowcase. Hair can catch on cotton pillowcases, where it slides over satin, reducing any damage-causing friction.
- Use a leave-in, detangling conditioner daily. **Try:** Aveda Brilliant Damage Control, \$49.95

