

got thinning hair?

Thirty million American women struggle with this problem. If you're one of them, there's help: Try these tips and products to turn up the volume.



did you know?

A short or mid-length layered bob is the best style for thinning hair. The layers create movement so hair appears thicker, and a short cut maintains body.

Source: Paul Labrecque, owner of the Paul Labrecque Salon & Spa, New York City

we asked... you answered

What's your trick for making your hair look thicker?

Great Hair Day by Joan Rivers Beauty. It's a scalp paint you brush on to disguise bare spots.

KAY WILLIAMS,
SEARCY, AR

After I stopped perming and coloring, I noticed a huge difference in the thickness of my hair.

CONNIE
DE MELO
KYRIACOU,
NIAGARA
FALLS,
ONTARIO,
CANADA

Since I found Eglyss Mega-Tek Rebuilder, a grooming product for horses, my hair looks fuller than ever.

MARY TAYLOR,
NEW ORLEANS

3 steps to thicker hair

1 **Condition daily.** "Chemical treatments like coloring and heated styling tools can cause strands to break and fall out," says Valerie Callender, MD, who specializes in thinning hair at the Callender Center for Dermatology in Washington, DC. "Conditioners contain amino acids that protect hair from this damage."

2 **Use an intensive treatment weekly.** These products "contain humectants like panthenol, which get deep into the hair shaft and trap moisture to plump individual strands," says Frauke Neuser, PhD,

a scientist for Procter & Gamble. Massaging them in stimulates the circulation of blood to the scalp while cleansing and exfoliating it, keeping locks healthy and helping them grow, says Elizabeth Cunnane Phillips, a New York-based trichologist (hair health specialist) at the Philip Kingsley Clinic.

3 **Avoid hair gels, creams and serums.** These can weigh down hair and make sparse areas more noticeable, says Paul Labrecque of New York City's Paul Labrecque Salon & Spa. Lightweight hair-sprays or mousses give hair body and volume.



miracle workers

1 | A light-as-air foam that adds body and volume but no weight to your style.

Philip Kingsley Weatherproof Styling Froth, \$20; philipkingsley.com

2 | This intensive leave-in treatment thickens hair and prevents breakage. A bottle should last two months with daily use.

NIOXIN DiMax Thickening Xtrafusion Treatment, \$50; nioxin.com for participating salons

3 | Panthenol and biotin team up to help build body and stimulate new hair growth.

JASON Thin-to-Thick Extra Volume Conditioner, \$12; jason-natural.com