

## DIY HAIR

# BE YOUR OWN TRICHOLOGIST

Don your white coat – we're about to give you a PhD in hair-damage control

## 1 My hair seems to be getting shorter on one side of my head. What could be causing it?

Check which shoulder you carry your handbag on. The strap can catch your hair and the weight can break it off. You may be doing it all the time and not realising.

## 2 Is it good for hair to be stretchy when it's wet?

'Healthy hair should stretch a third of its length before it breaks,' says world-leading trichologist Philip Kingsley. If it doesn't stretch, use a treatment mask to rehydrate and increase elasticity.

## 3 What's the reason for dull hair?

Many shampoos and conditioners contain silicone, which makes hair feel silky at first but doesn't wash out easily. After a while, it builds up, making hair dull. Use a detox shampoo now and then to gently strip the hair back to its natural state. It'll be much shinier as a result.

## 4 Is there a natural end point past which hair won't grow?

'Each hair follicle has a growth phase,' says Kingsley. 'It lasts about four years and can reach 24in. It will then fall out and new hair will grow in its place.' Give a follicle-stimulating shampoo a go, as it can speed up the process.

## 5 How do you know when your hair needs cutting?

There is no set timespan, it's all in the way it looks and feels. You know you should be booking in at your salon if your hair is fluffy at the ends and won't lie flat. Ends should always feel chunky, blunt and substantial.

## 6 How do you know when you're shedding too much hair? What is a normal amount to lose?

Shedding is actually a good thing; it's just you producing new hair – apparently, you lose around a hundred hairs every day. Kingsley says, 'It's natural for hair to fall out – your whole head of hair is replaced every four years or so.'

## 7 What can you do about constantly static hair?

'Static electricity between hairs makes them repel each other,' says Kingsley. An ionic hairbrush reduces static and friction by attaching charged ions to hair – and it really works.

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