

For Immediate Release

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## 10 WAYS TO PREVENT HAIRLOSS

1. *Find a stylist that specializes in hair and scalp care.* A stylist that specializes in hair and scalp care is likely to recommend reconditioning treatments for clients that have hair loss problems. Treatments keep the scalp moisturized, strengthen the hair's disulfide bonds and help to prevent hair loss
2. *Take your vitamins.* Vitamin deficiencies can result in hair loss. Vitamins believed to be responsible for hair growth are B vitamins, with biotin considered to be the most important. Additionally, Vitamin C and Vitamin A both effect hair growth. Be careful, however, because an excessive intake of Vitamin A can do exactly the opposite, causing a toxic reaction that can trigger hair loss.
3. *Get enough minerals.* Low levels of iron in women are a major factor in hair loss. Low levels of the essential amino acid L-lysine or of magnesium and copper in the diet also play a role in hair loss.
4. *Check the side effects of medications.* Make sure you go over side effects of medications with your physician. Some medications have side effects of thinning hair. For example, some medications containing steroids can affect hair loss. There maybe an alternative medication that can be taken instead.
5. *Always use a licensed stylist when having chemical services performed.* To avoid chemical alopecia, which is the result of improperly applied commercial relaxers, trust only a licensed stylist to apply chemical treatments to your hair. The improper application of chemicals will results in scalp scarring combined with diffused hair loss.
6. *Stay hydrated;* drink plenty of water and green tea.
7. *Gently comb through wet hair.* Hair is the most delicate when wet. Comb hair with a wide tooth comb from ends to the root instead of root to end.
8. *Keep your scalp clean.* Debris left on the scalp can clog pores and stunt hair growth. Make sure to wash hair at least once a week.
9. *Only apply heat to clean hair.* The best way to damage hair is to apply heat to unwashed hair. Try roller wraps or spiral sets. Those styles allow curls to last longer than blow drying and hot curling.
10. *Use pomades containing natural ingredients.* Keep your scalp and hair moisturized by using ingredients like jojoba oil, avocado oil and shea butter. These products add moisture back into the hair and scalp without coating the hair or clogging the skin.

