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4:16 AM

Are you experiencing excessive hair loss during the summer?

Those with thinning hair finds that hair loss worsens in summer according to hair restoration Los Angeles surgeon, Dr. Parsa Mohebi. They will find more hair on the pillow, hair clogging up the shower drain, falling on every surface and while combing hair.

Because of the heat, there's increased oil production. Mixed with dead skin cells in the scalp, the oil forms a thick film that covers the pores of the scalp, suffocating hair follicles and causing hair to die and fall off in bunches says hair transplant Los Angeles specialist.

Here are some handy summer hair care tips to prevent damage to your hair:

Intake of lots of water hydrates your system during summer, which provides natural health to your hair.

Avoid using additional heat on your hair.

Chlorine causes severe dryness to your hair. So it is recommended that before going for swimming dampen your hair, so that it reduces the absorption of chlorine. Also, after swimming, you use a clarifying shampoo to wash off the chlorine residues on your hair.

Avoid hot water hair wash, as the heat can damage your hair. Use cool water instead.

Avoid using alcohol on your hair during summer, as it tends to dry your hair to a great extent. It is therefore advisable to use natural products instead.

Shampooing your hair everyday deprives the hair of its natural moisture. So, try not to shampoo your hair daily.

Deep condition your hair after each shampoo wash.

To get more information on hair loss prevention or hair restoration, contact a hair surgeon Los Angeles for a free consultation.

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Thu, 28 May 2009

7:48 AM

Is your hair loss aging you?

We're accustomed to fussing over our faces, trying to turn back the clock on sunspots and lines. But there's another age giveaway that could use more attention- hair loss. Hair loss is a condition that is not exclusive in men, it's a common condition for women too says hair transplant surgeon.

It is not easy to look for the right female hair loss treatment and there are many supplements available. The best thing to do is contact a hair restoration specialist and go through a consultation says hair loss treatment Los Angeles specialist. After a consultation you will get a better idea of why you are experiencing hair loss and whether it is from genetics or every day stress.

The way you look is truly important nowadays. More and more people are being concerned with the way they look. If you are one of those who are suffering from hair loss, search for a way to solve this problem and get that youthful full crown you once had with hair restoration.

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