

TRICHOLOGY AND YOUR HAIR

My HairDoctor was founded, created and developed by Hairdresser and Trichologist Guy Parsons

WHAT IS TRICHOLOGY?

Trichology is the scientific study of the hair and scalp. It stems from the Greek word 'trichos', meaning 'hair'. A Trichologist specialises in all matters relating to the health of the hair and scalp.

My HairDoctor we treat and address both the medical and cosmetic sides of the hair and scalp. This ranges from hair and scalp disorders, such as hair thinning and hair loss, to scalp disorders such as irritation, sensitivity or flakiness and itching, through to your hair's general condition, texture, health and appearance.

During my career I have always been very aware of the psychological significance of hair - when our hair looks good, we feel good. It has an effect on one's morale, confidence and quality of life, and many people's personalities are identified through their hair.

Only the cells of our intestines divide more rapidly than those of scalp hair. Consequently, it is an excellent barometer of our wellbeing and general health. Our hair is sensitive to:

- Nutritional intake
- Weight fluctuation
- Metabolism
- Hormones
- Overall health and wellbeing

HOW TO ENSURE YOUR HAIR IS HEALTHY

There are two considerations to be made when trying to ensure a healthy head of hair. The first is to be aware that as hair is forming it is alive. Each follicle, the pocket within the scalp where the hair is growing from, has its own network of nerves, blood and muscles. The capillaries in the follicle are delivering nutrients to the live cells as they become the keratinized protein that grow outward from the scalp. The nutrients that the hair needs come from what an individual consumes in their diet: therefore a proper diet, and supplementation of that diet, are one of the most important factors in haircare.

Because the cells in the scalp are so prolific, they are sensitive to any changes that are going on in the body. General body health and keeping the body functioning in tip-top shape will benefit the hair, and any internal problems or imbalances may create hair that is less healthy than it could be. Therefore medical issues must be addressed and considered when we take into account the health of your hair.

Once the hair is formed and it grows away from the scalp, external factors must be taken into account to maintain healthy hair. These factors include being aware that since every individual's hair and scalp are unique, it is important that appropriate products be used that specifically target individual needs. A shampoo, conditioner, and a weekly intensive conditioning treatment are of

course very beneficial. This is especially vital with the evergrowing amount of heat tools used to style hair.

Care should be taken while drying and styling - though hair fibre is resilient, constant abuse (even if moderate) will cumulatively take a toll as hair ages and grows longer.

Most hair grows on an average of 1-1.5cm per month, so trimming 1cm inch every 2-3 months will allow the hair to grow longer and healthier.