Fatten Up Thinning Hair With Thickening Agents

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If hair-replacement surgery isn't a solution for your thinning-hair problems, hair cosmetics might offer help, according to a recent presentation at the American Academy of Dermatology's Summer Academy Meeting, reported by Medical News Today.

During the meeting, Victoria Barbosa, MD, assistant professor of dermatology at Rush University Medical Center in Chicago, explained that a new wave of hair cosmetics can improve the appearance of thinning hair without costly or painful procedures.

"Today, hair cosmetics are tailored for use with a variety of hair types, making it easy for consumers to select the most appropriate products," Barbosa said. "So whether your hair is thinning or thick and curly, there are many products that can address your individual hair care needs."

To make thin hair look fuller without resorting to medical procedures, Barbosa suggests scalp-concealing hair cosmetics. One such product is a potted pressed powder that is applied directly on the scalp to hide areas with thinning hair. The powder is applied with an applicator (like the ones used to stroke on eye shadow) and comes in different shades that closely match your hair color.

Barbosa also suggested combining the pressed powder with keratin fiber hair cosmetics. Fiber hair cosmetics use charged fibers that can be sprinkled over the hair to create a thicker appearance. These hair cosmetics usually come in five to 10 shades to match your hair color, and remain on the hair until shampooed out.

And speaking of shampooing, cleaning products can also affect how your hair looks.

Women with thinning hair should avoid conditioning shampoos that contain heavier conditioners, Barbosa advised. These cleansers can weigh hair down and make it look limp. Instead, opt for protein-rich volumizing shampoos, which coat the hair and make tresses look fuller.

Finally, always complete your hair care routine with conditioner, Barbosa recommended. Conditioning the hair helps prepare locks for combing, styling or hot appliances. Select a conditioner formulated for fine hair and primarily apply at the tips of your hair instead of the scalp (to avoid weighing down your hair).

“Today, women with all different hair types have more styling options than ever,” Barbosa said. “Dermatologists can help consumers select the best products for their individual hair care needs and minimize hair damage along the way.”

With these tips, no one but your stylist will know for sure how you got that thick, full head of hair.

What causes thinning hair? Click here to find out.

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