Thinning Tresses? 5 Tips to Keep Hair Looking Thick and Healthy

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Feeble hair growth or hair loss can seem like a major dilemma, especially for sistas. Why? Because women are constantly assailed by images of luscious locks. But if new hair growth has become spare, this is the perfect time to step back and assess what you can do to keep your mane looking healthy and glamorous. Here, NaturallyCurly.com offers five top tips to help you address thinning hair and get through this trauma in style.

Get a checkup! Hair loss is often an early warning sign of illness. That means immediately consult a physician if you notice your mane losing strands. For example, several serious medical conditions—anemia, thyroid problems, lupus and diabetes, to name a few—can thin your tresses. Ask for a referral to a dermatologist or endocrinologist if your regular doc isn't well versed on how medical conditions affect hair. (Click here to read the top five medical reasons for thinning hair.)

Consider nutrition and supplement options. In certain cases, vitamin deficiency can cause hair loss. One example is anemia, an iron deficiency that occurs when the body doesn't absorb enough iron. (Anemia is common among pregnant women.) The proper diet and the right supplements can correct many nutritional imbalances. Another supplement, biotin, also known as vitamin H, helps thicken hair and strengthen nails.

De-stress. The list of ladies who experience stress-related hair loss is long and includes even healthy-hair icons such as Tyra Banks. If your hair loss isn't caused by medical or nutritional problems, maybe you've recently experienced sustained levels of high stress. If you have, try to rebalance your life and do more activities that help you relax and de-stress.

Keep tresses short, and lighten up. A short, multi-layered 'do can cover thin spots on the scalp. Talk to your stylist about transitioning to a stacked haircut. What's more, lightening your tresses will limit the contrast between your hair and scalp. The result? Less noticeable hair loss. (But take care not to do more damage by coloring hair! Choose your dye regimen carefully to support hair growth and moisture.)

Cover the temples. A side part or partial bangs can hide hair loss around these areas. The temples are especially susceptible to thinning hair.

See, it’s easy. These simple styling tricks can make your hair look so gorgeous that it’s all people will notice.

Click here for four things to consider before coloring your natural hair.

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