

Instyle

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**10 WAYS TO
LIGHT UP
YOUR SMILE**

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Having a Good Hair Day? Let's Keep It That Way

Heads up: Your strands change over time (just like your reaction to getting carded). But there are plenty of measures you can take along the way to make sure they stay in shape—and in place

20s

Excess is the source of many problems in youth, including lackluster hair. “Heat styling, coloring, and chemical treatments create weak, unhealthy hair,” says N.Y.C. dermatologist Francesca Fusco. Mist with a heat protectant before lifting an iron to prevent dulling damage. Though you may want to milk your blowouts, wash hair every few days: “Product residue plus too much sebum can clog the scalp and lead to inflammation, which can result in hair loss,” says N.Y.C. dermatologist and hair-restoration surgeon Richard Mizuguchi.

Fekkai Blowout Primer, \$20; fekkai.com. Clear Scalp & Hair Active Damage Resist Shampoo, \$6; walmart.com.



30s

Whether you've recently been pregnant or you're planning to expand your family, you'll likely lose some strands. “After childbirth, estrogen levels drop, causing your hair-growth cycle to go into rest phase,” says N.Y.C. dermatologist Michael Reed, who specializes in hair-loss issues. It can take a year to recover, so disguise thinning with a tinted keratin powder that clings to hair. While nothing kick-starts growth like topical minoxidil, an FDA-approved over-the-counter hair-loss treatment, a study this year found that applying rosemary oil can be effective as a stimulant.

Toppik Hair Building Fibers, \$25; toppik.com. Weleda Rosemary Hair Oil, \$17; usa.weleda.com.



40s

With graying, hair develops a rougher feel. “Your sebaceous glands secrete less as you age, resulting in a dry, wiry finish,” says Dr. Fusco. To soften the texture, moisturize like mad. “Use a conditioner with lots of humectants, like coconut oil, from scalp to ends to fully rehydrate.” When those white strands begin to sprout, a few hits of pigment spray will conceal roots until your next shampoo.

Groh Ergo Boost Hair & Scalp Conditioning Treatment, \$59; mygroh.com. Marc Anthony True Professional Bye Bye Gray Root Touch Up Spray, \$10; drugstore.com.



50s+

As estrogen levels dip, hair loss becomes more noticeable. Five percent minoxidil (like in Women's Rogaine) has been shown to increase hair growth in multiple studies. Although it requires time and patience to see results (think up to six months), it's among the most research-backed, doctor-recommended options available—just consult your dermatologist first. Are you overbooking salon appointments to mask grays? Embrace your silver-fox status and swap your normal shampoo for one with a violet hue to neutralize yellowing.

Women's Rogaine Foam, \$30; womensrogaïne.com. Sachajuan Silver Shampoo, \$30; barneys.com.



The hair-boosting HELMET!

WHAT IT IS An FDA-cleared at-home hair-growth device fitted with LEDs and red lights. **HOW IT WORKS** Low Level Light Therapy switches follicles into “on” mode (the growth, or anagen phase), leading to thicker hair and new strands. Similar handheld devices, like the HairMax LaserComb (\$295; hairmax.com), have been on the market for years, but with the iGrow, you can pop it on your head and scroll through Instagram while it does its thing. The brand recommends wearing it four times a week for 25 minutes per session. After about 16 weeks, you begin the maintenance phase of once-a-week sessions. **THE RESULTS** In company-funded, third-party-conducted clinical studies with 91 participants, the company reports that iGrow showed increased hair counts of more than 37 percent in women and 35 percent in men, after 16 weeks of use. The main obstacle is sticking with a regular schedule, says Dr. Fusco. “There’s a high rate of noncompliance with tools like these,” she says. “But if you use them, they can be really effective.” **DOWNTIME** None. **PAIN FACTOR** Zero—it doesn’t even emit heat. **FOR MORE INFO** Check out igrowlaser.com and talk to a doctor before beginning.



iGrow Hair Growth System, \$695; igrowlaser.com.