

# Let's Talk About Hair

## The Basics of Hair Anatomy

Hair is made up of a protein called keratin. Keratin is a tough, fibrous protein that is also found in skin and nails. Hair grows from follicles, which are small pits in the skin. Each hair follicle contains a hair shaft, a root, and a sebaceous gland. The hair shaft is the visible part of the hair. The root is the part of the hair that is embedded in the skin. The sebaceous gland produces sebum, which is an oily substance that helps to keep hair healthy and shiny.



### Lets Talk About Hair.: Incredible Tips For Your Hair From A Professional Hairstylist. by Tricia Norma

★★★★★ 5 out of 5

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Hair grows in cycles. The growth cycle consists of three phases: anagen, catagen, and telogen. The anagen phase is the active growth phase. During this phase, the hair follicle produces a new hair shaft. The catagen phase is the transition phase. During this phase, the hair follicle stops producing a new hair shaft and the hair shaft begins to move up the follicle.

The telogen phase is the resting phase. During this phase, the hair shaft is fully formed and it is shed from the follicle.

The average person loses about 50 to 100 hairs per day. This is a normal part of the hair growth cycle. However, if you are losing more hair than usual, it could be a sign of a medical condition.

## **Hair Care**

There are many things you can do to keep your hair healthy and beautiful. Here are a few tips:

- \* Wash your hair regularly. The frequency with which you need to wash your hair will depend on your hair type and how oily your hair is. If you have oily hair, you may need to wash your hair every day or every other day. If you have dry hair, you may only need to wash your hair once or twice a week.
- \* Use a shampoo and conditioner that is appropriate for your hair type. If you have dry hair, you will need to use a shampoo and conditioner that is moisturizing. If you have oily hair, you will need to use a shampoo and conditioner that is clarifying.
- \* Avoid using harsh chemicals on your hair. This includes hair dyes, perms, and relaxers. These chemicals can damage your hair and make it more prone to breakage.
- \* Get regular trims. Trims will help to remove split ends and keep your hair looking healthy.
- \* Protect your hair from the sun. The sun's UV rays can damage your hair and make it more prone to breakage. Be sure to wear a hat or scarf when you are out in the sun.
- \* Eat a healthy diet. Eating a healthy diet will help to keep your hair healthy and strong. Be sure to eat plenty of fruits, vegetables, and whole grains.

## **Hair Styling**

There are many different ways to style your hair. The best way to style your hair will depend on your hair type and your personal preferences. Here are a few tips:

\* Use a brush or comb to style your hair. Avoid using a brush or comb on wet hair, as this can cause breakage. \* Use heat styling tools sparingly. Heat styling tools can damage your hair, so it is important to use them sparingly. If you do use heat styling tools, be sure to use a heat protectant spray to help protect your hair from damage. \* Experiment with different hairstyles. There are many different hairstyles to choose from. Experiment with different hairstyles until you find one that you like and that suits you.

## **Hair Health**

There are many things that can affect the health of your hair. Here are a few things to keep in mind:

\* Genetics. Your genes play a role in determining the health of your hair. If you have a family history of hair problems, you may be more likely to develop hair problems yourself. \* Hormones. Hormones can also affect the health of your hair. For example, changes in hormone levels during pregnancy and menopause can lead to hair loss. \* Medical conditions. Some medical conditions can also lead to hair loss. These conditions include thyroid disease, anemia, and cancer. \* Medications. Some medications can also cause hair loss. These medications include chemotherapy drugs, blood thinners, and antidepressants.

If you are concerned about the health of your hair, be sure to talk to your doctor.

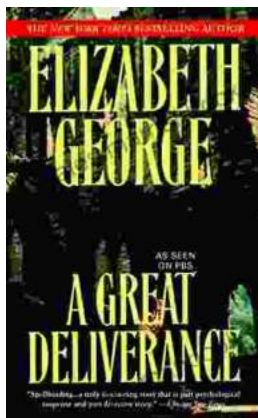
Hair is a complex and fascinating part of our bodies. It can be a source of beauty, confidence, and expression. But it can also be a source of frustration and insecurity. By following the tips and advice in this guide, you can keep your hair healthy, beautiful, and styled to perfection.



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