



HOW TO KEEP FABULOUS HAIR WHILE AGING

Hair is very different on every head because of the unique genes every person has. Find out about your individual hair type and how to keep it throughout life.

Laura Clair, Trichologist, ESTI, CCHt

HOW TO KEEP FABULOUS HAIR WHILE AGING!

By

Laura Clair, Trichologist, ESTI, CCHt

Note: I have personally experienced stress hair loss after surgery in 2018. I became a Trichologist to help others with their hair loss. I am dedicated to finding solutions for those who seek them.

Copyright © 2022 by Laura Clair

All rights reserved. Any authorized reprint or use of this material is prohibited. No part of this book may be reproduced or transmitted in any form or by any means, electronic including photocopying, recording, or any information storage and retrieval system without express written permission from the author.

Disclaimer: While all attempts have been made to verify the accuracy of the information provided in this publication, the author assumes no responsibility for any errors or omissions. This information is not intended to diagnose or substitute for professional medical advice.

Table of Contents

Early Signs of Hair Loss	4
Caucasian Hair.....	6
Biracial or Multiracial Hair	9
African-American Hair	14
Care for Your Individual Aging Hair	19
About the Author	21

Early Signs of Hair Loss

Aging is an unavoidable biological process with many influencing factors that result in visible manifestations on hair. Hair aging works like skin aging. It is a natural process that happens with time. Aging hair also happens from the environment and other preventable factors like sun exposure, smoking, hydration, and diet. This is why the hair may look fabulous one day and dull and lifeless the next.

Hair growth begins in the hair bulb where new hair cells are made. The cells are packed with protein, keratin, and hardened to form the strand of hair that is pushed through the follicle and up out the skin.

[Hair diameter](#) or the thickness of each strand, increases until about the age of 40, plateaus in the early 40s, and decreases until the end of life. It may come as a surprise how ethnicities rank in thickness. African-American hair is the thinnest in diameter, Caucasian hair is in the middle, and Asian hair is the thickest in diameter.

Hair density is determined by the hair cycle. The hair cycle is the growing (Anagen) phase that lasts 3 -5 years for Caucasian and African-American hair, but Asian hair lasts for 7 years. In the transition (Catagen) phase hair stops growing and detaches itself from the blood supply and it lasts about 2 -4 weeks in all ethnicities. In the resting (Telogen) phase the new hair begins to grow beneath the detached hair and the detached hair sheds. This phase lasts 3 -5 years in all ethnicities. The average duration of the growing (Anagen) phase decreases with aging and more hairs remain in the resting (Telogen) phase, increasing the amount of hair that is shed. Aging hair diameter decreases and also the hair density begins to decrease at the age of 35 years and older.

Both men and women of most ethnicities lose 50% of their hair before noticing there is a problem. Men and women lose about 50% of their hair by the age of 50 years old and increase by 10% each decade. For women hair loss worsens after menopause. Aging hair begins in your 60s and is comparable to skin aging.

As we age, hair follicles start to shrink, so the hair that is growing is finer and finer, making new hairs harder to grow in. The follicle stops growing hair at one point, so the hair density is less.

A Caucasian woman's hairline starts to naturally recede and hair loss is all over the scalp. The first sign of hair loss in Caucasian men is usually a receding hairline or bald spot at the top of the head. Asian, Native American, and African-American men are more likely to preserve their front hairlines. These populations also experience less extensive and late-onset baldness overall than Caucasian men.



Caucasian Hair

Caucasian hair can be straight, wavy, or curly. Its color can vary from blond to dark brown. This hair type grows diagonally and at a rate of about 1.2 centimeters per month.

Caucasian hair strands are oval in shape. [Caucasian hair density](#) is the highest of the three ethnic categories, which are Caucasian, African, and Asian; and is, therefore, the fullest.

How to shampoo Caucasian hair –

Focus on shampooing the scalp, rather than the ends of the hair.

Massage the scalp with gentle pressure, no nails, for about 3 minutes. Do not go in circles or back and forth with the hair.

Use a scalp massager to promote a healthier scalp by dislodging any scalp scales or flakes. This leaves the hair follicles unobstructed so new strands can grow. Massaging the scalp also increases blood flow and stimulates hair growth.

There are two different thoughts on shampooing twice. Some say it removes natural oils. Some say shampooing twice leaves the hair cleaner.



How to condition Caucasian hair –

Use a conditioner in the shower or use a leave-in conditioner after towel drying hair. Using a conditioner can increase shine, decrease static electricity, improve strength, and offer protection from UV rays.

It is very important to protect aging hair with a conditioner that has UV protection. Remember hair ages like the skin.

How to towel dry Caucasian hair –

After shampooing the hair is done, gently squeeze out excess water, starting from the scalp and moving towards the ends. The hair will still be damp, but it shouldn't be dripping wet. Use a soft towel to dry hair. Do not rub hair, instead gently squeeze it in the towel.

If the hair is long or if the hair is still not dry enough, repeat and squeeze it more. Then bend over and flip the hair forward, so it hangs straight down. Make sure all the hair is going in the same direction, then place a towel over the hair, so the bottom of the hair and the towel are in line. Twist the towel by starting as close to the forehead as possible. Do not twist the towel very tight. This can pull on the hair and cause breakage, especially around the hairline. Flip the end of the twist on top of your head. Leave hair in the wrap as long as possible to cut blow-drying time.



Blow drying Caucasian hair –

Hair should be 50% dry before beginning to blow dry. Blow drying can dehydrate the hair and create frizz if done wrong.

Do not use more heat than needed

Short hair should take 5 – 10 minutes

Long, coarse, and/or curly hair should take 15 – 30 minutes

Thicker fuller looking hair for thinning aging Caucasian hair -

- Trimming the hair gets rid of length that could be weighing the hair down
- Layers can help add more volume
- A hairstylist can help with the decision on the cut that will be most flattering for facial features
- a deep side part could help make thin hair look a little more voluminous
- blow-dry the hair with a volumizing styling product
- enhance the hair's natural texture by air drying

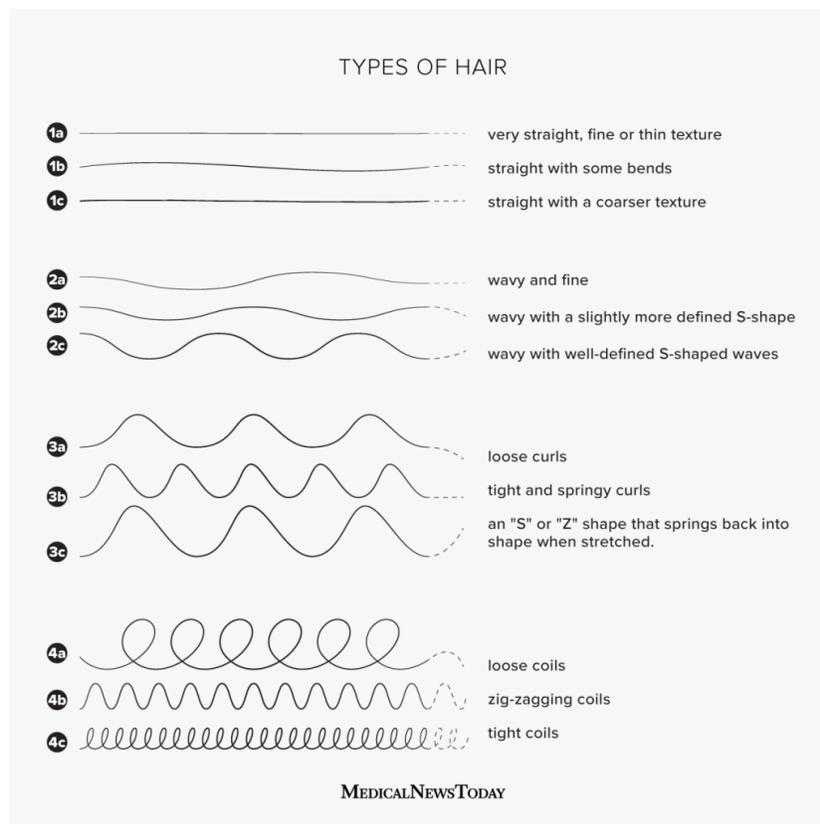
Biracial or Multiracial Hair

Biracial hair has many [different textures](#) with curls that fall, coil, and frizz in different patterns and directions. There is also hair porosity, which determines how curly hair can absorb water, conditioners, and hair oils. There are [three types of porosity](#) – low, medium, and high. Figure out the curl type including porosity, thickness, and coil type. This will help identify shampoo types needed for particular hair.

[How To Find Out Hair Type?](#)

- Take a strand of hair and pull it
- Let go of the hair, and see the pattern it makes.
- That is the hair type.

A word of advice, many times there will be more than one hair pattern or type and come in more than one category, do not fret because that is normal.



Hair type	Shape
Type 1: Straight	<ul style="list-style-type: none"> • 1a: very straight, fine, or thin texture • 1b: straight with some bends • 1c: straight with a coarser texture
Type 2: Wavy	<ul style="list-style-type: none"> • 2a: wavy and fine • 2b: wavy with a slightly more defined S-shape • 2c: wavy with well-defined S-shaped waves
Type 3: Curly	<ul style="list-style-type: none"> • 3a: loose curls • 3b: tight and springy curls • 3c: an “S” or “Z” shape that springs back into shape when stretched
Type 4: Coily	<ul style="list-style-type: none"> • 4a: loose coils • 4b: zigzagging coils • 4c: tight coils

Hairstylists use this categorization system

How to shampoo Biracial or Multiracial hair –

First and foremost, do NOT shampoo every day. Shampooing the hair strips curly hair of its natural oils and it will end up looking dry, dull, frizzy, and unhealthy. Try shampooing once a week then increase or decrease until hair looks healthy, not dull and frizzy. Shampooing the hair gently in circular motions using the balls of the fingertips in a vertical direction from the front of the head to the nape of the neck. Also shampoo horizontally back and forth across the head, paying special attention to the nape, ears, and hairline. Doing this will thoroughly massage the scalp and will help keep hair healthy.

Use a scalp massager to promote a healthier scalp by dislodging any scalp scales or flakes. This leaves the hair follicles unobstructed so new strands can grow. Massaging the scalp also increases blood flow and stimulates hair growth.



How to towel dry Biracial or Multiracial hair –

When drying hair, use a towel and blot the hair instead of rubbing it vigorously. Then allow it to air dry as much as possible before using heat. Heat may be needed to dry it quickly.

Do not brush curly/kinky hair. Air dry or section off to control while using a blow dryer or diffuser.

How to condition Biracial or Multiracial hair –

Conditioning the hair is almost as important as shampooing it. Conditioning the hair softens it, restores elasticity, and gets those cuticles to lay flatter and making it shinier.

Deep conditioning:

- To add moisture and increase elasticity, deep condition the hair at least once a month. Do this after normal shampooing.
- After shampooing, apply a deep conditioning product. Place a plastic cap (shower cap or conditioning cap) over the hair to help with the penetration of the product.
- Leave the cap in place for at least 30 minutes. The gentle moist heat from the cap will allow the cuticles of the hair to open so that the conditioner can penetrate the hair shaft.
- You might also opt to do a hot oil treatment instead.

Tips for moisturizing biracial or multiracial hair:

This is the most often overlooked aspect of caring for biracial or multiracial hair.

The key to healthy biracial, multiracial, or African-American hair is keeping the right amount of moisture available to the hair. Remember when moisturizing “kinky” hair, run the moisturizer to the ends of the hair.

There is some dispute as to whether oil is necessary or advisable to put on hair. But there is no doubt that moisture is important. Dry hair will not have elasticity and therefore, will break more easily than hair that is hydrated.

Decide on a hair plan for Biracial or Multiracial hair -

After deciding the texture type(s) of the hair, decide which to emphasize. Is the plan to downplay any tight curls and try for a looser, waved appearance? Or is the plan to see just how spirally the hair can be? Knowing the end goal will help choose what products are needed, and how to blow-dry the hair.

[For Waves...](#)

If the plan is for waves, try mousse for achieving a loosely waved look. Apply, then dry with a diffuser on low, lifting at the roots. Where there are tighter curls, gently use the diffuser prongs to pull and stretch. Once the hair is dry, finger comb thoroughly and set with hairspray.

[For Amplifying Curls...](#)

To play up the parts of the hair with tighter, more spirally curls, then purchase a curl definer. Choose one that specifically notes the specific curl pattern of the hair on the label. Apply it on wet hair, and for the less curly areas, enhance each curl by twisting small pieces around the finger then scrunching.

[Use Water...](#)

On days the hair is not shampooed, dampen it and reset the curls to bring them back to life.

Thicker fuller looking hair for thinning aging Biracial or Multiracial hair -

Do **NOT** wear the hair in the same style too often. Styles that pull the hair, in the same way, day after day (for example always pulling the hair up in a tight ponytail), can damage the follicles and lead to a certain type of hair loss called Traction Alopecia. Over time, this can even lead to permanent damage.

Because hair grows from the scalp, not the end, the ends of the hair are the oldest part of the hair. Hair can get worn out before the end of its life cycle. If the ends are neglected or abused, they can split. Splits can travel down the hair shaft

causing damage to the healthy hair. Trimming the ends regularly can help hair grow longer.



African-American Hair

African-American hair is generally characterized by tight curls and kinks and grows almost parallel to the scalp. This hair type has the slowest growth rate, 0.9 centimeters per month, due to its spiral structure that causes it to curl upon itself during growth. An African-American hair strand has a flattened shape.

Black hair is diverse, with a range of textures and thicknesses. It often has a curly or spiral shape, and the curls may be loosely or tightly coiled. This occurs due to the shape of the hair follicle. A curved hair follicle creates curly hair, while a round hair follicle creates straight hair.

There are some key [differences](#) between African-American hair and other types. Below are characteristics that can affect hair care:

- **Cuticle breadth:** Every human hair has an outer layer, or cuticle, that protects it. African-American hair has a thinner cuticle layer causing strands that may break more easily.

- **Overall density:** On average, people of African descent have fewer hair follicles than Caucasian people, at 90,000 for African-American hair, compared with 120,000 for Caucasian hair.
- **Dryness:** The scalp produces sebum to keep the skin and hair hydrated. It is harder for oil to get to the ends to seal in moisture in curly hair.

How to shampoo African-American hair –

The American Academy of Dermatology (AAD)[recommends](#) shampooing tightly coiled hair once a week or less. Shampooing the hair strips curly hair of its natural oils and it will end up looking dry, dull, frizzy, and unhealthy. Shampoo the hair once a week tops. Shampooing the hair gently in circular motions using the balls of the fingertips in a vertical direction from the front of the head to the nape of the neck. Also shampoo horizontally back and forth across the head, paying special attention to the nape, ears, and hairline. Doing this will thoroughly massage the scalp and will help keep hair healthy.

Use a scalp massager to promote a healthier scalp by dislodging any scalp scales or flakes. This leaves the hair follicles unobstructed so new strands can grow. Massaging the scalp also increases blood flow and stimulates hair growth.



Detangling -

Curly hair can tangle easily, making it prone to break while brushing. Do not comb textured hair when it is dry. When [detangling](#), stick to wide-toothed combs and always use a conditioner to help aid the process. Make sure to section hair off before combing. Be gentle with hair and take the time needed to detangle it, this will keep more hair on the head and less in the comb.

How to condition African-American hair –

Use a conditioner with each shampoo, making sure that the conditioner coats the ends of the hair. Conditioning the hair is almost as important as shampooing it. Conditioning the hair softens it, restores elasticity, and gets those cuticles to lay flatter and making it shinier.

Deep conditioning:

- To add moisture and increase elasticity, deep condition the hair at least once a month. Do this after normal shampooing.
- After shampooing, apply a deep conditioning product. Place a plastic cap (shower cap or conditioning cap) over the hair to help with the penetration of the product.
- Leave the cap in place for at least 30 minutes. The gentle moist heat from the cap will allow the cuticles of the hair to open so that the conditioner can penetrate the hair shaft.
- You might also opt to do a hot oil treatment instead.

How to towel dry African-American hair –

When drying hair, use a towel and blot the hair instead of rubbing it vigorously. Then allow it to air dry as much as possible before using heat. Heat may be needed to dry it quickly.

Thicker fuller looking hair for thinning aging African-American hair -

Do **NOT** wear the hair in the same style too often. Styles that pull the hair, in the same way, day after day (for example always pulling the hair up in a tight ponytail), can damage the follicles and lead to a certain type of hair loss called Traction Alopecia. Over time, this can even lead to permanent damage.

Don't be afraid to try new things. [Twist-outs](#) and blowouts are safe havens because the older they get, the larger the volume the hair becomes. Flat twist, flexi-rod curls, and braids are all-natural styles that can help camouflage thinning

hair. Play around with hairstyles that compliment your personality, but also disguise thinning hair.

Movement during sleep can rub the hair and cause damage. Also, some fabrics can absorb moisture from the hair and scalp.

To avoid these issues, it may be a good idea to:

- Remove any tight hairbands before bed.
- Use a smooth, silk, or satin hair wrap to reduce friction.
- Use a silk or satin pillowcase.



What is the natural hair movement?

The dominance of white beauty standards in the United States and throughout much of the world has resulted in racist perceptions and stereotypes about Black hair.

For example, some Black people are not allowed to wear their hair naturally, in braids, or in locs at work or school, due to the racist idea that it looks unprofessional or a lack of hygiene.

Black women also may be given a job interview more often if they have a straight hairstyle rather than natural hairstyles.

In 2019, California passed the Creating a Respectful and Open Workplace for Natural Hair Act, or [CROWN Act](#), making it illegal for an employer to discriminate against an employee based on their hair. Still, the prejudice persists, and in most states, hair-based discrimination is still legal.

There is also a lack of knowledge about textured hair among many doctors. In a 2014 study that included Black female participants, [68%](#) reported that their physician did not seem to understand Black hair. This can make it difficult for people to get advice about issues such as hair loss, which can affect self-esteem and mental health.

It is important for everyone in an authoritative position to familiarize themselves with Black hair care to ensure that all people's needs are met.

Care for Your Individual Aging Hair

The best way to care for your individual aging hair is:

- See a [hairstylist](#) to get a hairstyle that makes the hair look fuller and thicker. A hairstylist is a person who cuts and styles people's hair professionally. You also need a hairstylist who is skilled in coloring and tinting hair.
- See a [Trichologist](#) such as myself when the first site of thinning hair occurs. A Trichologist is a person who specializes in hair and scalp care and treatment of associated conditions (such as hair loss and thinning).
- See a Dermatologist for a medical diagnosis for hair loss if needed. A medical doctor who specializes in the treatment of diseases of the skin and scalp.
- Take daily one or two times a day [Collagen Elixir](#). Collagen Elixir is a potent blend of hydrolyzed marine collagen and powerful botanicals that nourish the skin from the inside out, promoting enhanced elasticity, firmness, and hydration for a healthy and radiant complexion. Your body makes collagen naturally. Collagen is found in connective tissue, skin, tendon, bone, and cartilage and has many functions. Your body makes collagen naturally. Age-related collagen loss is unavoidable, but dietary and lifestyle factors such as smoking and excessive alcohol intake can speed up this process. Collagen is the building blocks for the hair follicle to grow in. [Click here to order](#).



- Take daily [Hair Revival](#). Both men and women alike may experience thinning hair or slowed hair growth with increasing age, poor diet, or environmental factors such as stress. The ingredients in Hair Revival work to support an environment that is ideal for hair growth while supplying nutrients. Hair Revival's blend of naturally sourced and clinically effective ingredients work to stimulate hair growth and support visibly thicker, stronger hair. [Click here to order](#).



About the Author



Laura Clair is an Esthetician because she loves everything aesthetics. She is a Trichologist because of a personal experience with hair loss and the patience of growing it back in. Now she wants to help you find answers to your wellness questions. She wants to help you find happiness, so she asks... Y Not You?

Connect with her on [Facebook](#), [Instagram](#) & [LinkedIn](#) or contact her with questions at her website www.ynotyouwellness.com or contact her at ynotyouwellness@gmail.com for more information on what she has to offer. While on her site subscribe to her newsletter so you can be the first to receive her next free eBook!