



SASKATOON HAIR LOSS CLINIC

5 Tips for Healthier Hair

A trichologist-approved guide to scalp care, nutrition, sun protection and the habits that actually support hair growth.



TIP ONE

Hair Washing & Scalp Care

How Often Should You Wash Your Hair?

A common misconception is that frequent hair washing causes hair loss — but this isn't true. Washing daily or every second day is often beneficial for scalp health. Just like plaque builds up on your teeth, oil, dirt, and debris accumulate on the scalp and can impact hair growth. Washing removes this buildup and creates a healthier environment for growth.

Did you know? Shedding 50–120 hairs a day is completely natural — it's part of the hair growth cycle. Delaying washes can make normal shedding look excessive once it accumulates.

Anagen

Growth phase

Catagen

Transitional phase

Telogen

Resting & shedding phase

Scalp Massage: Gentle & Effective

When washing, gently scrub and massage your scalp. This clears away excess oil, dead skin cells, and debris that can block follicles — encouraging healthier growth. It also boosts circulation, delivering nutrients to the follicles and creating a supportive environment for new hair.



TIP TWO

Protect Your Scalp From the Sun

Why a Hat Matters — Even on Cloudy Days

Protecting your scalp from UV rays is important year-round. Up to 80% of harmful rays can still penetrate cloud cover, so "it's cloudy out" isn't a reason to skip protection.

Best protection: A wide-brimmed hat covering your face, neck, and ears. Look for tightly woven materials like canvas or straw, or a hat with a UPF rating of 50+ for optimal defence.

- ✓ Wear a wide-brimmed hat, even on overcast days
- ✓ Choose tightly woven fabric (canvas, straw) or UPF 50+
- ✓ Make sun protection part of your daily routine, not just summer



TIP THREE

Vitamins & Supplements

Healthy Hair Starts From Within

Modern agricultural practices have significantly reduced the nutrients in our soil, meaning even a balanced diet often falls short of what your hair needs to thrive. This nutrient gap can leave hair vulnerable to thinning, breakage, and slowed growth — targeted supplements can help bridge that gap.

Biotin (Vitamin B7)

Known as the "hair vitamin" — strengthens keratin to reduce breakage. A deficiency can lead to brittle hair and hair loss.

Vitamin D

The "sunshine vitamin" — stimulates hair follicles and supports the hair cycle. Deficiency is linked to thinning and alopecia areata.

Vitamin E

A powerful antioxidant — protects hair cells from oxidative stress and enhances scalp circulation for healthier growth.

Vitamin A

Supports sebum production to moisturize the scalp and maintain hair health, but excessive intake can lead to hair loss — balance is essential.

Zinc & Iron

Vital for hair tissue growth and repair. Zinc maintains oil gland function around follicles; iron supports oxygen delivery. Deficiencies in either can cause thinning and shedding.

Daily Multivitamin

Modern farming practices can leave produce less nutrient-dense than it once was, so even a careful diet can fall short. A quality daily multivitamin helps close that gap — bloodwork is the best way to know exactly what your body needs.

By integrating these supplements into your routine, you can support hair growth, strengthen strands, and maintain a healthy scalp — especially when modern diets fall short. Healthy hair truly begins from within.



TIP FOUR

Gut Health

The Secret Ally for Healthy Hair

Your gut and your hair share an unexpected — but vital — connection. A healthy gut is fundamental for strong, vibrant hair, much like the Tree of Life metaphor:

Hair strands are the branches — a visible reflection of your overall health.

The scalp is the topsoil, where nourishment begins.

The gut is the root system, delivering essential nutrients.

When your gut is balanced, your body properly absorbs the critical vitamins and minerals that fuel scalp health and promote luscious, resilient hair growth.



TIP FIVE

Scalp Treatments

Why They're Important

Your scalp produces sebum every day, and it performs essential tasks to maintain scalp and hair health — it keeps the scalp soft and hydrated, helps hair glide smoothly from the follicles, and forms a protective barrier against external irritants.

The catch: If sebum isn't properly managed, it can accumulate and exacerbate skin conditions like eczema or psoriasis — leading to scaling, redness, and real discomfort.

Without regular maintenance, buildup can hinder both scalp health and hair growth. Tailored scalp treatments — such as gentle exfoliation — help keep the scalp balanced and ready to support healthy growth.



Saskatoon Hair Loss Clinic

CERTIFIED TRICHOLOGY & INTEGRATIVE HAIR CARE

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