

HEALTHIER
TODAY
BRIGHTER
TOMORROW



Why Hair Thins

Understanding the Bigger Picture

Hair Thinning Infographic™

Hair thinning is often influenced by more than one factor. Understanding the bigger picture can help you recognize meaningful changes and make informed choices.



Genetics & Family History

Inherited patterns may influence hair density and thinning over time.



Hormones & Aging

Natural hormonal shifts and aging may affect growth, texture, and fullness.



Stress & Recovery

Physical or emotional stress can disrupt the hair-growth cycle and increase shedding.



Nutrition

Protein, iron, zinc, vitamin D, hydration, and overall nourishment can matter.



Scalp Health

Dryness, irritation, buildup, and inflammation may affect the hair environment.



Daily Habits & Breakage

Heat, harsh treatments, tight styles, and rough handling may contribute to breakage and the look of thinning.



Early Attention Matters

Noticing changes early can help guide the next step.

Learn • Grow • Thrive.

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Discover Your
Hair Wellness Score™ >