

THE CENTER

FOR DERMATOLOGY, COSMETIC & LASER SURGERY

OUTLET: WOMAN'S WORLD
DATE: JULY 21, 2014

Woman's World God Bless America **CHEAP DINNERS!** All you need is a carton of eggs! **More for your money!** \$1.79

THINNING HAIR Special
"Now I get mistaken for a 30-year-old!"
✓ The supplement that **REGROWS HAIR!**
✓ Smoothies for **THICKER, FULLER HAIR!**
✓ Styling tricks that **HIDE THINNING!**
✓ Massage secrets that **MAKE HAIR GROW!**

HEAL YOUR THYROID, LOSE YOUR BELLY!

HAPPY-LIFE TRICKS! Eat this to boost joy 20%!
REVERSE SKIN AGING with peanut butter!
One simple formula **BOOSTS YOUR LOTTERY ODDS!** plus **CONTEST-WINNING SECRETS!**
The picnic favorite that **WORKS LIKE ANTI-CANCER DRUGS!**

Australian discovery: Simple sugar swap MELTS OFF 53 lbs!

Make someone smile! Ice cream cones take peeps!

Thinning Hair Special **Get thicker, younger-looking hair!**

Your best thickening haircut!

1 Blow it dry! Blow-drying—your hair instantly bounces up the body by fluffing the cuticles on each strand.

2 Lift with curl! Extremely straight hair lies flat against your head, exposing your scalp, making thinning more noticeable. Solution: Set your hair with hot rollers to create a gentle bend that conceals thinning. To do: Use 4-6 rollers down the center and 2-3 on each side. Let set 10-20 minutes. Then gently comb out and mist with a flexible-hold hairspray.

3 Lighten Up! "Happy conditioners and styling products can weigh hair down, making it look thinner," says Mason. Solution: Apply conditioner only on the ends of your hair and choose "light" sprays, mousses and powders over richer creams and gels.

4 Boost the roots! "When your roots look flat, all of your hair looks flatter," Mason declares. If your hair is slightly thinner at the roots: Try a root-lifting spray (such as Nexxus Hydra Light Root Lifters, \$12.99, Ulta.com). Made with moisturizing ingredients like sea salt, it lifts the hair away from the scalp for a fuller look. If you need to hide bald patches: Use a concealing hairspray (such as Fulltime Colorful Hair Thickener, \$24.95, Topik.com) or a hair fiber powder (such as Viviscal Hair Filler Fibers, \$16.99, Drugstore.com), which obscures bald patches with microscopic, hair-like fibers.

5 Tease on top! "Backcombing your hair instantly bulks up the roots and obscures any thinning," Mason says. To do: Lift a medium-sized section of hair upward, place a fine-tooth comb or small brush about an inch above the root, and continuously push the hair toward the root. Repeat throughout your hair. Once you've reached your perfect amount of volume, gently comb any untamed hair over the teased hair.

6 Fake it! Hollywood stars use hair extensions to make their hair look ultra-thick, super long and lusciously long, but there's a catch: "Leaving extensions in for too long rips at the follicles, weakening them and sometimes causing permanent hair loss," explains Mason. Solution: Use clip-on extensions that you remove at night (such as Cool Beauty Inc. Human Hair Extensions, \$20, Amazon.com). "Just snap three at the crown or back of your head, and one on each side. It's the fastest way to have a dramatic volume increase!"

7 Get minty! Lathering with a peppermint shampoo (such as Therapy-45 Amino Acids Shampoo for Thinning Hair, \$15, DermStore.com), "stimulates your scalp, boosting blood circulation for stronger hair follicles and fuller hair," says naturopathic doctor Holly Lucille, N.D.

8 Nourish from the inside out! "Certain vitamins and minerals are essential for new hair growth, a healthy scalp and follicle strength to prevent shedding," reveals dermatologist David Bank, M.D. Try eating foods and supplements loaded with vitamins B, C, D, silica, biotin and amino acids, such as salmon, chicken, eggs, lentils, leafy greens and berries. Also helpful: Increase your stores of hair-revitalizing nutrients with a daily supplement (such as Hairfinity Hair Vitamins, \$24, Hairfinity.com).

9 Switch brushes! Surprise: Brushing your scalp with a natural bristle brush encourages new hair growth! "Those massaging strokes stimulate blood flow, jumpstarting new hair growth," Mason explains.

10 Rev your follicles! A top cause of thinning hair? "Our follicles shrink as we get older, so we produce less hair and also lose more hair," says Dr. Bank. Solution: Reinvigorating those follicles with minoxidil (such as Women's Rogaine Topical Solution, \$24.99, Drugstore.com). "Applied topically, minoxidil increases the diameter of your hair follicles—so the hair actually grows thicker. And it prolongs the hair's growth phase."

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Thinning Hair Special **Get thicker hair—now!**

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Massage your way to thicker hair!

Treating your hair to a weekly massage isn't just relaxing, it actually "encourages new hair growth, nourishes your hair follicles and clears your pores of follicle-blocking sebum," says Lucille. Bonus: The coconut oil in this massage is study-proven to reduce protein loss in hair—so each strand stays thick and strong—and the herbs revitalize hair follicles for a boost in growth.

WHAT YOU NEED:
• 2 Tbs. coconut oil
• 1/2 sprig of rosemary
• 1 sprig of mint
• Over low heat, warm the oil until fully liquid.
• Add the herbs; simmer 10-20 minutes.
• Pour the liquid into a small, reusable jar (with or without herbs) and let solidify. Before your massage, rub your fingers over the oil and place them at the hairline. Using medium pressure, make small circles with the pads of your fingertips. Continue for 30 seconds, then move and inch down your scalp. Repeat until you reach the nape of your neck. If the massage is done at bedtime, sleep with the oil on your scalp.

IF DONE DURING THE DAY, relax for 10-20 minutes, rinse and shampoo as usual.
• Keeps: Indefinitely.

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HAIR RESTORANT
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