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Hair Loss: Approaching a Real Issue with Care and Compassion

By Tina Lewis, director of technical training, Hair Club

With 40 million men and 30 million women in the United States experiencing hair loss, it is crucial that stylists are able to appropriately and effectively respond to this condition on behalf of their clients.

As stylists, we work with a wide array of clientele and hair types, but beyond color and curls, we must be prepared to address the more serious issue of hair loss.

While a bad cut can be upsetting, hair loss carries with it deep emotional roots that go beyond physical appearance. No matter how common it might be, hair loss is still a taboo topic and difficult to cope with, and stylists must exercise extreme sensitivity when addressing this issue with their clients.

First, a stylist should never simply tell a client they are experiencing hair loss without prompting. We are not trained as physicians or specialists to legitimately diagnose hair loss, and your client may not be ready to confront this often emotional issue.

Instead, if you notice thinning or hair loss, offer suggestions for a new cut, styling tips, or product suggestions that will help to increase volume or the appearance of thicker hair. This subtle and sensitive approach gives the stylist the opportunity to provide a temporary solution and even, perhaps, open the door for the client to further discuss the issue with them in the future.

When a client does bring up this issue, stylists must be careful to be supportive and helpful while also being certain they are offering accurate information. To reiterate, only medical professionals can properly diagnose hair loss. Once you do begin these conversations, ask questions that get the client thinking not just about what they look like, but also the history of their hair loss. Did they just start to notice loss and/or thinning of hair? Has anything changed in their life recently? Is this something they are ready to accept, or are they interested in hair restoration?

There are some very general recommendations that stylists can make to their clients

when it comes to caring for hair loss:

1.) Reduce stress: Just as an increase in stress levels can affect weight (gain or loss), it can also affect hair loss. Making a conscious effort to remove the stressful elements from one's life can positively impact hair growth.

2.) Massage the scalp: Stimulating blood flow across the scalp can help to ensure follicle and skin health and good circulation.

3.) Take a multivitamin: An easy way to keep hair healthy from the inside out, selecting a multivitamin that contains these four essentials is vital for healthier, stronger hair.

- Biotin: The most important supplement you can take, Biotin is vital for hair growth and strengthening both hair and nails.
- Vitamin B: Helps to enhance fullness and the way hair looks by promoting blood circulation to the scalp, preventing premature grays and hair loss, and stimulating growth.
- Vitamin C: Influences how hair maintains its color and the right level of moisture.
- Vitamin D: Working hand in hand with calcium, Vitamin D helps to grow hair and protect it from drying and breaking.

4.) Take a Saw Palmetto supplement: This natural herbal supplement is known for its ability to block dihydrotestosterone (DHT), which, in excess, can cause thinning of hair in both men and women.

5.) Use products developed for thinning hair: Today, there is a great selection of over the counter options that offer at-home solutions for hair loss, from shampoos and conditioners, to root lifters, and more.

At this point, should your client continue to seek out your advice, the best thing you can do is recommend they research options for professional hair restoration services or refer them to a professional. There are a handful of providers of all-proven solutions, including Hair Club, the largest in the industry.

Tina Lewis is master stylist and director of technical training for Hair Club with more than 15 years of experience. She oversees the training of all company stylists and photo shoots for marketing and advertising. For more information visit www.hairclub.com/hair-loss-information.php

SHOWS & EVENTS

JULY 2012

- 15: The Wax Chick presents, "The Wax Show", Ontario CA www.thewaxchick.com
- 15: Tour of Beauty w/Nick Arjojo, Louisville mastersofbeauty.com
- 15-16: The Inga Expo Houston, www.thaimageexpo.com
- 21-22: Intl. Makeup Artist Trade Show, Vancouver, BC, intl.mats.net
- 21-23: FBA Beacon 2012 Las Vegas, NV probeauty.org/foacon/
- 21-24: FBA Symposium Las Vegas probeauty.org/symposium/
- 22: NAHA Awards 2012 Las Vegas, NV probeauty.org/naha/
- 22-24: Cosmoprof North America Las Vegas, NV cosmoprof-northamerica.com
- 29: Tour of Beauty with Nick Arjojo, Minneapolis www.mastersofbeauty.com

AUGUST 2012

- 11-12: Sydney International Spa & Beauty Expo Sydney, Australia internationalbeautyexpo.com.au
- 15: Spa & Salon Expo Vegas, Las Vegas, NV bestvaluedexpo.com
- 19: Tour of Beauty with Nick Arjojo, Chicago mastersofbeauty.com
- 26-27: World's Fair Austin, TX armstrongmetal.com

SEPTEMBER 2012

- 9-10: The Intl Congress of Esthetics and Spa, Long Beach, CA 1-800-471-0229 www.LNEONLINE.com
- 15-16: Peel's Fall Show, Council Bluffs, IA www.peels.com
- 15-22: Cruise with the Nail Stars hosted by John Hawk, Ft. Lauderdale, FL, 937-901-1531 john@cruisewiththenailstars.com
- 17: Ron Wilson & Associates presents 2012 Fall Hair Show, Concord, CA 1-800-446-3987
- 21-22: Premiere Birmingham, AL www.premiereshows.com
- 22-23: The Makeup Show Europe, Berlin themaupshow.com
- 23-24: ABA Canada, Saskatoon www.abacanada.com
- 23-24: Beauty show, Ft. Lauderdale, FL www.ibeautyshow.com
- 29-30: Peel's Fall Show, Denver, CO www.peels.com
- 29-30: BeWell Expo, Los Angeles, CA www.bewell-expo.com
- 30-10/1: ABA Canada, Calgary www.abacanada.com
- 30-10/1: Esthetique Spa Intl, Montreal, Canada spa-show.com

OCTOBER 2012

- 3-6: American Massage Therapy Association (AMTA) Chicago, IL amtamassage.org
- 6-8: Face & Body Northern California, San Jose, CA www.faceandbody.com
- 7-8: Premiere Beauty Classic Columbus, OH premiereshows.com
- 7-8: Behindthechair.com presents Co. of 2 Day Color Education Event, Miami, FL www.behindthechair.com
- 13-15: Intercoiffure Fall Atelier New York, NY, intercoiffure.us
- 13-19: Education on Vacation in Eastern Caribbean Miami, FL beautycouncil.ca - Presented by the Beauty Council Carnival Cruise events@beautycouncil.ca

CLASSES & SEMINARS

JULY 2012

- Elite CME presents 8 Hour Ce Course For Ohio Cosmetologists, Estheticians, or Manicurists www.elitecme.com
- 16: Angelo's Salon Development Group presents Introduction To Jean Alexander Color, Westlake, OH 814-450-2257
- 22: Javon Group presents Relaxation & Hot Stone Massage, Columbus, OH 614-385-3305 www.thejavongroup.com
- 23: Beyond Success - 10 Steps to Build Your Business presented by Tara Flaherty 2 CE, Mansfield, OH, 419-565-1334
- 23: Focus on Image presents Instructors Class Dealing with Difficult People, 8CE, Lancaster, OH 740-687-1171
- 29: Bima Ltd. presents Microdermabrasion Certification and 8 CEU's Holland/Toledo OH www.bimaltd.com (330-) 769-3123
- 30: Ron Martin presents Going A.P.C. (Attitude, Planning, Education) an essentials for survival in today's economy 2 OH CEUs, Columbus, OH 614-580-1156 ron@signaturehairstudios.com

AUGUST 2012

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- 8: Focus on Image presents Instructors Class Dealing with Difficult People, 8CE, Lancaster, OH 740-687-1171

Educational events are listed free as space allows. To have your event listed, please email to lisa@stylistnewspapers.com or mail to Stylist Newspapers, P.O. Box 657, Banks, OR 97106. For more information call (503) 297-7010 x204.

- 14: Tour of Beauty with Nick Arjojo, New York mastersofbeauty.com
- 14-15: INSalon 2012 Saint Paul, MN insalonpro.com
- 21: ABA Canada, Montreal www.abacanada.com
- 21-22: Baristar Beauty School Forum, Burbank, CA baristar.com
- 21-22: Charlotte Fashion Focus Charlotte, NC fashion-focus.net
- 28-29: John Michael's Comedy Hair Show, Houston, TX www.comedyhairshow.com
- 28-29: The Intl Congress of Esthetics and Spa, Philadelphia, PA 1-800-471-0229 www.IFNONLINE.com
- 28-29: Glendale Fashion Focus Glendale, AZ fashion-focus.net

NOVEMBER 2012

- 2-6: AACs-American Association of Cosmetology Schools Orlando, FL [beautyschools.org](http://beautyschools.org/AnnualConventionWaltDisneyWorldDolphinResortInfo@beautyschools.org)
- 4-5: Midwest International Salon & Spa Expo, Rosemont (Chicago area), IL probeauty.org/ISSE
- 4-5: The Makeup Show Orlando, FL themaupshow.com
- 4-5: Beauty show, Cartagena, Colombia www.ibeautyshow.com
- 18: Baristar Beauty School Forum, San Jose, CA baristar.com

JANUARY 2013

- 7-8: Escape To Spa Marketplace In Hawaii - Spa Event For Salon and Spa Owners, Honolulu, HI www.the-spamarketplace.com
- 11-13: Winnipeg Wellness Expo, Winnipeg, Manitoba, Canada winnipegwellness.com
- 19-26: Nail Shows Profits at Sea Cruise 2013 vickipeters.com
- 20-22: Beauty Expo USA, Las Vegas www.beautyexpo.usa.com
- 26-28: Long Beach International Salon & Spa Expo, Long Beach Convention Center probeauty.org/ISSF

FEBRUARY 2013

- 8-10: Saskatoon Wellness Expo, Saskatoon, Saskatchewan, Canada wellnessexpo.com
- 7: Tour of Beauty with Nick Arjojo, Boston mastersofbeauty.com
- 7-18: Beauty show, Miami, FL www.ibeautyshow.com
- 24-25: Prof. Beauty London, www.professionnalbeauty.co.uk/london
- 24-27: Global Beauty & Wellness Exchange, Half Moon Bay, CA exchangevents.net/beauty

MARCH 2013

- 2-3: The Makeup Show Los Angeles, CA themaupshow.com
- 3: Baristar Beauty School Forum, Kissimmee, FL baristar.com
- 9-11: America's Beauty Show, Chicago, IL 800.893.7808 www.americasbeautyshow.com
- 9-11: Face & Body Midwest Spa & Conference & Expo Chicago, IL faceandbody.com/midwest
- 15-16: Cosmoprof Bologna, Italy www.cosmoprof.com
- 17: Baristar Beauty School Forum, Phoenix, AZ baristar.com
- 24-25: Nashville Fashion Focus Nashville, TN fashion-focus.net

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— Henry Ford

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