

Beauty HAIR

3 Hair Products That Are Aging You

NOVEMBER 13, 2015 By LINDSAY TIGAR



PHOTO BY ANDREAS KUEHN/GETTY IMAGES

Once you hit 40, your [hair](#) may start acting up. Formerly lustrous locks can look dull and lifeless and grow [thinner and finer](#), especially around the crown. "Each individual hair follicle gets smaller as you get older," explains Nick Penna, owner of SalonCapri in Massachusetts. "With age, the body also slows the production of natural oils, so hair becomes drier and more brittle." Now is the time to put down the blow dryer (it causes more hair to fall out) and jettison any products that may be drying, stiffening and damaging your 'do. Here's the list of what to stop using ASAP—and what to stock up on instead. ([Get A Free Trial of Prevention + 12 Free Gifts.](#))

Ditch: Permanent dyes that contain ammonia, which can damage the hair cuticle over time, making hair drier and more prone to breaking.

Do: Ammonia free color, like L'Oréal Professionnel's INOA Haircolor (\$17, [drugstore.com](#)).



PHOTO COURTESY OF L'OREAL

Ditch: Clarifying shampoo, which strips hair of the natural oils that keep it shiny.

Do: Shampoo with natural oils to replenish lost moisture. Try Shu Uemura Silk Bloom Restorative Shampoo (\$48, shuemuaraartofhair-usa.com).



PHOTO COURTESY OF SHUJEMURAARTOFHAIR-USA.COM

Ditch: Heavy styling products, like gel, which can weigh down lighter tresses, making hair look sad and lifeless

Do: A lightweight formula that still provides texture and structure, such as Kérastase Densimorphose (\$42, kerastase-usa.com), a thickening mousse

Ditch: Stiff hairsprays, which don't allow for movement and make hair look "set," like your grandmother's hair helmet.

Do: A flexible hold hairspray with a natural finish. Try Kérastase Laque Dentelle (\$20.50, kerastase-usa.com), Shu Uemura Kaze Wave (\$39, shuudemuraartofhair-usa.com) or Ample Angora (\$39, shuudemuraartofhair-usa.com).

Ditch: Keratin treatments, because the straightening, smoothing process, especially if it uses heat, can cause hair that's already fragile and less elastic to snap when pulled or brushed.

Do: Before you use any kind of heated styling tools, protect your hair with a product like Tresemmé Thermal Creations Heat Tamer Spray (\$4.50, drugstore.com).



PHOTO BY RYAN OLSEWSKI