

GROOMING NEWS

loss in a specific area, there are in fact some real solutions and readily available products that can help you stop the retreat in its tracks.

We can't stress enough that you have to catch it early and know what you're looking for. Firstly, we all experience a type of hair loss as we mature, which is nothing to panic about. Most men, through their early 20s, experience a change of an adolescent hairline to a mature hairline. This generally sees the hairline moving back, up to a couple of centimetres, and generally at the corners of your hairline. Keep an eye on this. If it does start to become pronounced at the corners, it's time to take

blood pressure in the 1960s, was found to have the side-effect of causing hair growth. The company saw a huge market for this and created a topical balding product that we now know as Rogaine (containing five per cent Minoxidil). Rogaine never really met expectations, probably because it's perceived as an old-fashioned hair tonic (despite being FDA approved to actually stop hair-loss and encourage hair re-growth in about 85 per cent of cases). Interestingly, Johnson & Johnson bought the brand in 2006, and in 2007 relaunched it in America, repackaged as a new foam product marketed to 20 to 30-year-

GET A GOOD HAIRCUT

Yes, a \$15 chop does the job - but it shows. Invest in your look and visit a stylist. • **VIC:** Meddlers 109 Toorak Rd, South Yarra • **NSW:** Detail For Men 6 O'Connell St, Sydney • **QLD:** Pureman Hairdressing Salon Sebel Building, 121 Albert St, Brisbane • **SA:** Daily Barber Shop 17, Adelaide Arcade, Adelaide • **WA:** Guys Grooming, Shop G5, 160 Central Arcade, 811 Hay St, Perth.

at high levels in the body when we're going through puberty, can be converted to dihydrotestosterone or DHT by an enzyme called 5-alpha reductase. DHT basically attacks the hormone receptor on hair follicles to slow down hair production and form shorter, weaker hair or, worse, no hair at all.

So back to our point, if you're noticing thinning or balding in a specific area, you'll be looking to take a DHT blocker. These are usually in pill form and taken daily. They don't promise to grow hair back, but they do generally help stop the hair-loss process. Only problem is, DHTs are a 'for-life' drug and they can be expensive. The common one in use is Propecia. GPs have found that drugs used to treat an enlarged prostate do the same trick - go figure - and are cheaper. Due to Therapeutic Goods Administration legalities, we can't recommend a given brand, so best to consult your doctor.

Some herbs have been known to have DHT-blocking properties, but we couldn't find conclusive evidence on any in particular. So unfortunately, at this stage, it looks like pharmaceuticals are the go.

Minoxidil, originally developed by Upjohn (now owned by Pfizer) as a drug for high

TO CAUSE HAIR GROWTH.

causes the follicle to harden and reduces the actual size of the hair shaft. A reduction in the size of the hair shaft produces thinner, sparser hair.) Regenerate also contains an Omega 6 derivative that, Redken claims, stimulates the activity of the hair roots. It comes in packs of ten 6ml ampoules and you use it daily for two consecutive months. Redken recommends doing two courses of Regenerate per year, one in spring and one in autumn - seasons where the incidence of hair loss has been found to be higher. (Redken for Men Regenerate, \$66 for 10ml.)

You can also incorporate some tricks of the trade to make your hair appear thicker. Keep it clean, as excess oil can weigh down hair, making it look dull and lifeless. American Crew has some good products for finer hair, including a thickening shampoo (\$23 for 250ml) and conditioner (\$23 for 250ml) which contain glycerin to help retain water and swell the hair strand. Then you can apply their Texture Creme (\$35 for 250ml) to damp hair. This will contribute a fuller appearance with a bit of shine. Then dry off and apply your styling product. Go for something light that doesn't weigh down the hair, and you're set to start the day. ☺

HAIR 101

A luxurious mane, sporty spikes or even a shiny pate - your hair is a statement about who you really are.

MIND YOUR SCALP
Even if you're follicularly challenged, you need to look after your scalp. Apply a daily moisturiser with SPF 30 to your noggin. Invest in facial, skincare and a good barber at one of the many good men's spas popping up around the country. Ultra-nerveless Protective Daily Moisturiser SPF 30, \$40 for 100ml.

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BUY YOUR OWN SHAMPOO

Her soft locks may feel good, but her shampoo isn't right for you. Find something that's designed for your own hair needs, such as Redken Men Men Clean Invigorating Shampoo, \$24 for 300ml, or L'Oréal Professional Homme Dense - Densifying Shampoo for Thinning Hair, \$26 for 300ml.



USE PRODUCT

The difference between your hair and Brad Pitt's comes down to product. Visit a hairstylist who will help you choose between wax, gel, styler or paste. American Crew Fibra, \$34.



A WORD ON THE MO'

There's a reason why it went out of fashion: unless you are Tom Selleck, it makes you look like a creep. So leave it for November!