

# How to Get “Fit” Hair

## HEALTHY SCALP/HEALTHY HAIR

By Cathy Sorace



*Do you really know whether you have dry or oily hair? Do you think your hair is thinning? How healthy is your scalp and how can you be sure you are using the right hair products? Knowing the true condition of your scalp and hair will show you how important it is to get professional salon products.*

If you are like me, you have a pile of partially used hair products in your bathroom — shampoos, conditioners, treatments and styling products that you thought looked promising. You left the grocery store or pharmacy hoping that this would be it — the right products for salon-perfect hair even on days you aren't at the salon! When you got home and used them you realized that they were no better than the last batch, and your hair still doesn't look healthy or beautiful. If only someone could wave a magic wand over your head and tell you what your hair and scalp really needs, then you could buy the right products. If you are trying to be FIT, you also want to get rid of the clutter and stop wasting time and money on things that don't work for you.

Salons who utilize the magnification scalp analyzing scope really do have a magic wand to wave over your head. Today's new magnifying scope is based on a concept created many years ago. In the past, the magnifier wasn't very strong and the grainy image was of little use to stylists, so the idea never caught on. However, today's technology generates a crisp clean magnified picture of your scalp and hair on a video monitor. By magnifying your scalp and hair to two hundred times its normal size, stylists can check for an amazing array of items, from scalp condition to product build-up to general health. In only a few minutes you will not only be able to see what condition your scalp and hair are in, but get the correct products for your personal conditions.

Clients will need to spend 15-20 minutes for their first analysis and consultation, but it is well worth it. After chatting with the stylist for a few minutes so they can get some background information on you and your hair, they start the analysis. The analyzer consists of a small scanning wand (like an ultrasound) and a large video monitor. Beginning at the scalp, they will scan several areas on the head and will freeze images on the screen to point out concerns. A healthy scalp should have new and old hair follicles growing freely. Scalp problems include bad blood circulation around the root, lack of nourishment at the root, and excessive oil or drying at the root.

For example, oil secretions can start to block hair bulbs and begin to wrap around the hair root blocking the hair from proper growth and preventing new hair from breaking through. It is very easy to understand what is happening on your head when you see it on the screen, and comparison photos can be used to educate you as to your exact scalp condition.

After analyzing the scalp, the stylist moves on to the hair shafts and hair ends to scan their condition. Again they can freeze images so you can see what your condition is. Hair shafts should look smooth, shiny and solid when magnified on the screen. Jagged edges, translucent shafts, hair product build-up, and oily build-up can all be spotted by the scope and tell the stylist what is needed. The scope can also prove to you that you really do need to get your hair cut more often! If your ends are ragged under the magnifier, or the lower shafts are dull and damaged, it is time for a cut.

Once your analysis is complete, the stylist will prescribe your personal treatments. In the past, you probably made a sweeping statement that you had dry hair (for example), and would buy only "dry hair" products. By having your hair analyzed, you are getting a true picture of what is happening on your head. The shampoo you are prescribed is targeted to your scalp analysis, while your daily conditioner is for your hair shafts. You may have a dry scalp and get an appropriate shampoo, but if you have normal hair shafts, then you don't need conditioner that is made for dry hair. Your other prescribed treatments (such as tonics or intensive treatments) are all designed to address your specific needs as defined by your analysis.

Thinning hair in women is at an all-time high. While genetics does play a role in hair thinning, there are many other causes. Stress, poor food choices and use of the wrong hair products all cause thinning or increase thinning caused by family history. Silicone build-up is a problem, both due to absorption from foods as well as from hair product build-up. You may recall that silicone caulk is used to repel water during building construction! On your

scalp and hair the silicone will not only repel water, but can even take water out of your hair. Less water means dull hair. It can also block new hair growth, causing overall thinning. Since silicone is an inexpensive filler, it is added to many hair products. The cheaper the product is, generally the more silicone inside. A quality salon product will usually contain less silicone and that is why your stylist recommends them. By using the analyzer you can actually see build-up and be assured that your stylist really has your best interests in mind! Most products have some silicone, particularly styling products that use silicone to protect your hair from overdrying, so if you have any questions about ingredients, be sure to ask your stylist.

Since hair health is a general indicator of overall health, the magnifying scope can also encourage you to take better care of you. You can start to improve your hair health right away by eating properly and drinking lots of water. Daily vitamin and mineral supplements don't just make your hair look better! You can prevent future problems caused by poor food choices by looking at what you eat and making necessary changes. If your hair analysis shows translucent spots, for example, that may mean you are not getting all the protein you need, since hair is made from protein.

Don't forget those men out there either! A scalp and hair analysis can point out deficiencies that may be contributing to their hair loss or lack of healthy hair. Who needs hair growing drugs or transplants, if taking better care of yourself and using the proper hair products can prevent or slow hair loss?

Clients should have their scalp reanalyzed to monitor how the products are working. Analysis should be done seasonally to check to see if your scalp or hair is sensitive to weather conditions. You may be prone to a drying scalp in the winter, but have more oils or product build-up in the summer, so you want to make sure you are using products that are appropriate at all times. The recheck can be quickly incorporated into your regular appointment.

Make a visit soon to a salon that can analyze your scalp and hair and start getting the right products for your head! Once your bathroom contains just a few perfect products, it's time to start on the rest of the house.

Cathy Sorace is a freelance writer. She recently got her scalp analyzed at Salon Rage in Southampton. Salon Rage is unveiling its new scalp analyzing scope this month. Donna Straff is the Owner and Jill Roggio is the Director of Operations of Salon Rage; the foundation of the salon is based on client service, education, mentoring and teamwork.



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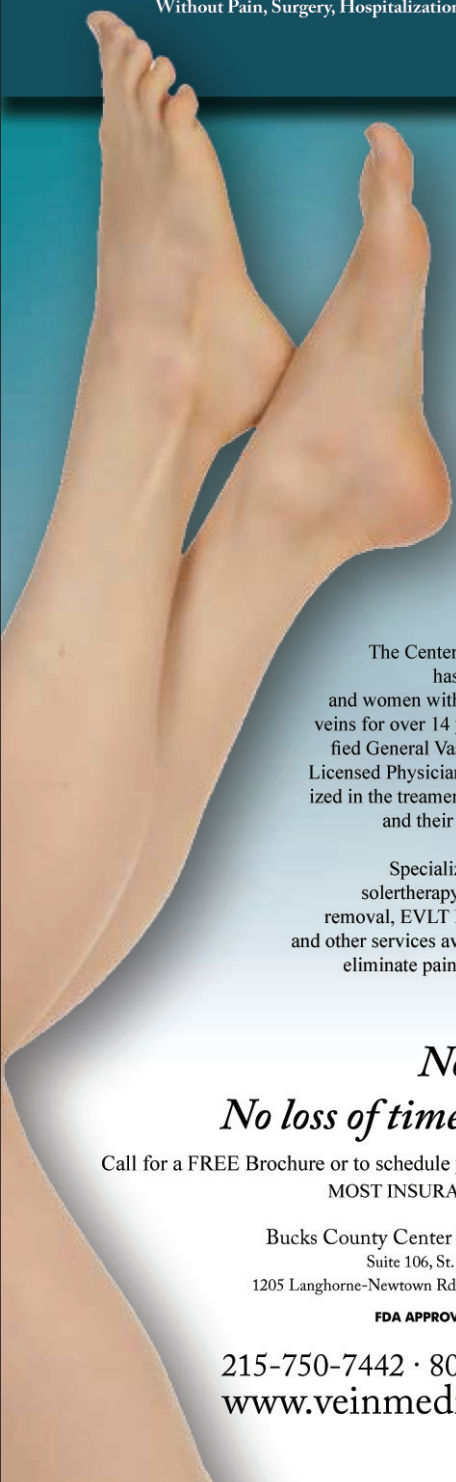
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