



# Treating female hair loss

Thinning hair is not just a man's problem. Commonly referred to as hereditary hair thinning or androgenetic alopecia, hair loss can afflict both sexes at a ratio of five men for every three women affected. Pregnancy, medication, diet, or stress can cause hair thinning, but 70 percent of women's cases can be attributed to heredity. Female pattern baldness shows up as a diffused thinning over the crown while maintaining a frontal hairline. Hair loss usually begins by age 30, becomes noticeable by age 40, and may become even more pronounced post-menopause. By age 50 almost half of all women will experience some degree of hair thinning. Hereditary hair loss can be slowed by topical treatments such as minoxidil solution, which seems to prolong the anagen phase, the growth stage in the hair's life cycle. Continued treatment will sustain growth, though don't expect all hairs to grow back. Unfortunately, once treatment is stopped, regrowth ceases and hair loss may resume.

## What's hot!

### The last hurrah

Summer may be fading fast, but you can still make one last trip to the beach before the downpour comes. And don't forget to pack these essentials when you go.

### Weightless sunblocks

Try these light-on-the-skin Beach Hut Max SPF 75++ (P495), Beach Hut One Touch SPF 20 (P619), or Beach Hut SPF 36 (P390). The Neutrogena Fresh Cooling Sunblock Gel SPF 30 (P485) is a gel formula perfect for oily skin.



### Hair protector

Beach Hut Hair and Scalp SPF 20 (P549) can protect your tresses from sun stressors. Beach Hut products are available at Watsons and PCX stores.



### Mineral makeup

Perspiration and heat can clog your pores, so don't aggravate your skin woes with heavy makeup. Instead, use hypoallergenic cosmetics, which are free of irritating chemicals and

dyes, like the Ellana Premium Blend Mineral Foundation SPF19, to cover your blemishes. Visit [ellanaminerals.com](http://ellanaminerals.com) or call (0905) 428 2036 for orders.

### Refreshing soap

Soap Opera in watermelon, cucumber and witch hazel scents (P85) leaves you feeling splashy cool. Available at The Soap Opera Bath Shop in SM Megamall. Call (0921) 820 5286 for orders.



### Feminine care

After a dip in the sea, wash yourself free of all traces of salty water with Lactacyd Fresh Radiance feminine wash and Lactacyd Feminine Wipes.

