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CRYSTAL CALM

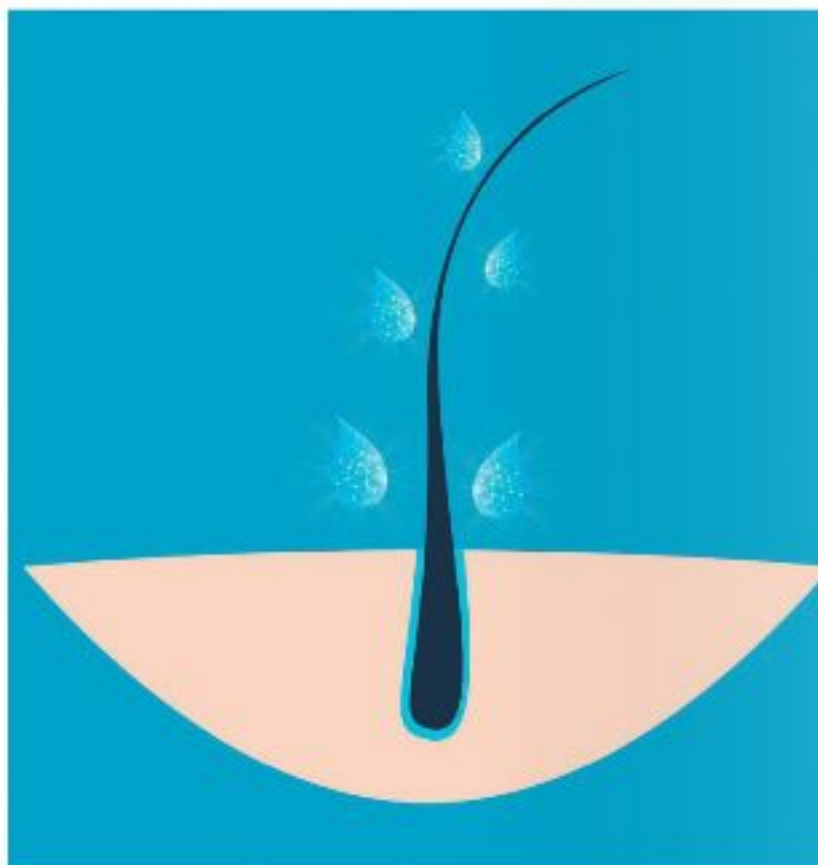
SPA DE LA MER AT BACCARAT
HOTEL & RESIDENCES NEW YORK

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see visible results," says Khadavi. "But within 90 days, you would know if a treatment is working by noticing a significant reduction of shedding and thickening of existing hairs."

Top of Mind

Many dermatologists recommend clients begin with topical options, such as scalp solutions, shampoos, and other over-the-counter remedies before proceeding to more aggressive treatments. "The technology and ingredients are getting more and more sophisticated, like advanced peptides, lipids, stem cells, and innovative ingredient delivery systems," says Sabrina Little, senior director of marketing and product development at Athena Cosmetics, which manufactures the ReGenesis Hair Enhancing System. The range of hair products, launched in 2015, incorporates the proprietary technology found in the company's lash and brow conditioners. "To speed up the new hair growth, we use ReGenesis," says Paul Labrecque, owner of **Paul Labrecque Salon & Spa** (New York City). "This bio-protein technology grows stronger, thicker hairs on the head and makes all the short hairs grow at an amazing speed." The spa also offers a scalp treatment incorporating Biologique Recherche products that open up the pores on the scalp. It increases oxygen to the bulb of the follicles, ultimately producing a better environment for healthy hair to grow. Minoxidil, an over-the-counter hair-loss medication, can be found in a variety of brands. It widens the hair follicle and sparks regrowth within six months of consistent use. Propecia blocks about 70 percent



of the DHT in the scalp, and it is only available for men. Another option is Revivogen MD, which incorporates a variety of natural ingredients clinically proven to reduce DHT production and activate the hair follicle's growth phase. "All current treatments that work can stop the hair loss and reverse it only as long as they are used," says Khadavi. "If clients stop, their hair loss will resume its natural course. They will slowly lose the results gained from treatment and continue losing their hair."

Advances in technology and low-level laser therapy (LLLT) can enhance the effects of topical

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THINNING HAIR

The appearance of fine and thinning hair can result from a number of contributing factors. Athena Cosmetics's Sabrina Little shares the common causes of hair thinning and loss.

- genetics
- aging
- diet
- medication
- hormonal shifts
- stress
- environmental pollutants
- chemical and physical aggressors from styling and coloring the hair.—J.N.

PRESERVATION PASSION

Many hair problems are temporary and can be treated with diet and lifestyle changes. Rebecca Kazlin, M.D., dermatologist at the **Washington Institute of Dermatologic Laser Surgery** (Washington, D.C.) recommends these easy routine updates to keep your clients' hair healthy at any age.



Use a natural bristle brush to help limit breakage.



Set the hair dryer to cool to avoid heat damage.



Condition hair, which helps soften and strengthen locks.



Avoid tight ponytails that create pressure and can weaken and break hair.



Add leafy vegetables and eggs to diet. Diets rich in calcium and iron can help reduce or prevent hair loss. —J.N.