

Look Great, Feel Fantastic!

# Women's Health

It's Good To Be You!

## YOUR PERFECT WEIGHT

Shed **The Last 5kgs** Now & Keep it Off. Forever.

**Supercharged Workouts For a Rock-Solid Body**  
(The best bit? They're easy!)

**10 Quick Bikini-Friendly Recipes**  
p104

**Women'sHealth**

I SUPPORT WOMEN IN SPORT

**16 Amazing Women Give You the Best Life Advice**

**Work Less and Make More Money**

Grow Longer, Stronger Hair

**THE SECRET LANGUAGE OF CLOSE COUPLES**

**FREE MAGAZINE!**

**Your 68 Page Total Health Guide**  
(Yep, it's on the back)



February 2011 | \$7.99 | 9151339810003332  
womenshealthmag.com.au  
02  
Pacific Magazines

**Check This Out: Special Flip Down Cover**

PRINT POST APPROVED #P 255003/08775

Let's start at the very beginning. Like, the womb. "Babies begin developing hair follicles very early on during prenatal development, and fine hairs (called lanugo) begin growing during the early second trimester," says Dr Puerta. Once you've come kicking and screaming into the world, new hair is generated throughout your life via the growth cycle – which is made up of three phases; anagen, telogen and catagen, explains Sydney-based dermatologist Dr Jo-Ann See. Hair growth takes place during the anagen phase, which typically lasts for a few years; followed by a brief catagen (or resting) phase, and then the telogen phase kicks in, where growth stops and the hair will eventually be pushed out by a newly forming hair underneath. It's easy to recognise which of your hairs are in the telogen phase – they're the ones clogging up your brush and sink. "During telogen we typically lose around 100 hairs per day," says Dr Puerta. It may sound like a lot, but hold off on calling Advanced Hair (yeah yeah) just yet; according to research published in the *Journal of the American Academy of Dermatology*, telogen hairs consist of only six to 10 per cent of all scalp hair. That's right, your hair is in all three phases at once, simultaneously growing, resting and shedding. That's why it's reasonable to lose 100 hairs a day, because you have more in the anagen phase (up to 90 per cent) than you're losing in telogen, explains Dr See.

## YOUR INHAIRITANCE

You can blame Mum and Dad for more than the ranga gene. Chromosomes from your parents' gene pool determine your hair's characteristics (colour, texture, density, thickness), and you inherit your growth cycle as well, says trichologist Geoff Mahanay. The longer the growth phase you inherit, the longer you can grow your hair. But before you blame Mum for your mid-length crisis, put down your straightener and take a look in the mirror. "The condition of your hair will assist in reaching your maximum length. If your hair is damaged, this is less likely to be achieved," says Mahanay. While there's nothing you can do to extend the growth phase you've got, in most cases your best bet is to take care of the hair already growing, by reducing everyday insults caused by aggressive washing,

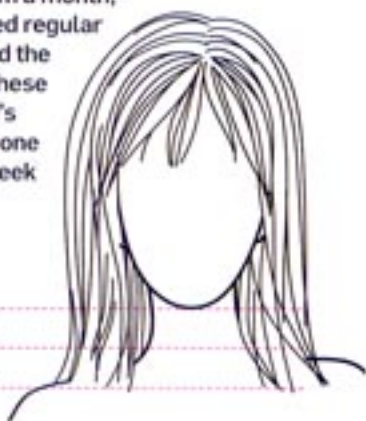
## Growth expectations

Average hair growth rate for a woman in her 30s is approximately 1–1½ cm a month, says Mahanay. But you'll need regular trims to prevent splitting, and the longest you should stretch these is 10 weeks, says Wild. Here's the length you can expect in one year, with 1cm trims at 10-week intervals. Roughly.

January Chin

June Mid neck

December Collarbone



## Oil treatments

1/ Moroccanoil Treatment Oil, 100ml, \$49.50

2/ Macadamia Natural Oil, 125ml, \$44.95

3/ Olive Grove Extra Virgin Olive Oil, 250ml, \$5.44

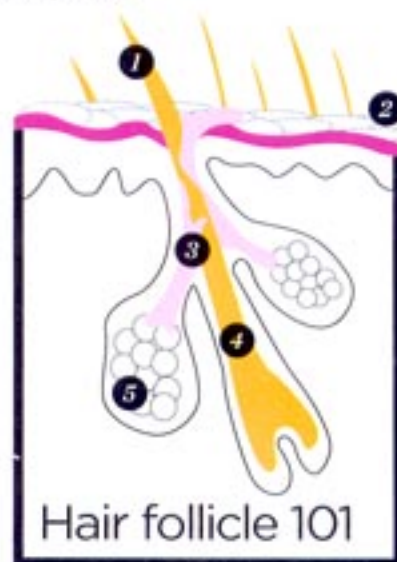
4/ VO5 Hot Oil Deep Nourishing Elixir, 4 pack, \$6.99



combing and heat styling, says Dr Puerta. Another factor that can affect your hair growth cycle? Hormones. If you have kids, you'll know getting up the duff does a number on your locks. During pregnancy you go through an active anagen phase. "You still have hair in telogen and catagen, but you have more hair actively growing so your hair will thicken up," says Dr See. And what being pregnant giveth, birth taketh away. Many new mums notice much of that new growth literally goes down the drain. "When you have the baby the pregnancy hormones are withdrawn, so the hair switches to telogen and falls out," Dr See explains. A similar phenomenon can occur if you experience extreme stress, like a death in the family. Stress hormones can actually force your hair into shedding: "It's called telogen effluvium – telogen flowing out," says Dr See. On a brighter note; hormones can influence hair in a positive way, speeding up growth during the warmer summer months: "It's to do with melatonin and serotonin levels," she adds.

## THE CARE FACTOR

If your budget allows, opt for a salon-bought shampoo and conditioner, says both Jayne Wild from Wild Life Hair and Sydney-based hairdresser Stevie English.



Hair follicle 101

1/ Hair 2/ Skin surface 3/ Sebum  
4/ Follicle 5/ Sebaceous gland