

Hair loss in the summer time

Thursday, 11 June 2009

Last Updated Thursday, 11 June 2009

Although increased hair loss is observed mainly in spring and autumn, the summer may also be in this respect quite dangerous. Reasons for this is at least several. To get started, be aware of the fact that both the weather and lifestyle affect not only our health but also in the condition of skin and hair. It is understood that the solar rays may be dry and weaken the structure of proteins. The first years of a factor that can cause hair loss, are the sun's rays. Many people continually committing the same mistake, of not wearing headgear. As a result, expose the hairy scalp on the impact of UV rays. This leads to damage to the front and layers of keratin, making the hair is fragile and less flexible. In addition, there is destruction of bonds between atoms of sulfur and carbon, which are responsible for maintaining hair color. If they are damaged, the hair to change its tone and become much clearer.

The last factor, which in summer has a major impact on human hair, is water. Both long-term soaking in the salty sea, and in the pool may negatively affect the appearance of hair. Let's start with the fact that the chlorine in high concentrations is responsible for damage to the structure of hair and the bulb. They are contributing to change their color. At the risk of changes in the natural color of the green tint blondes are particularly vulnerable, people with red hair, and those that undergo a pre-shining. On the water with chlorine should also consider people with highlights. Particular care should demonstrate the summer, all those who opted for dyeing hair. Hairdressers advise not to carry out this procedure during the warmest months of the year, the paint dries hair fast. After this treatment, they can be fragile and less flexible. Moreover, they change color applied, this will destroy our hair - and that's a simple way to excessive hair loss.

Of course, the worst possible scenario is a combination of the above, (such as sunlight and water). In this case, hairstyle become even less durable, and at the same time are changing the natural color. At the risk of hair loss are also vulnerable people with long hair. While you can lay your head hat or cap, the tip projection outside of protective headgear. Not surprisingly, the experts recommend regularly undercutting the ends.

The problem of hair loss and alopecia is very widespread, not only among the elderly but also among young people. Increasingly, however, people do not know how they can cope with it. The reason for this state of affairs lies in the fact that very often they do not know the real reason for this problem. It is difficult to cure, therefore, something without knowing the exact cause. They are able to buy any measure that the only hope to get a better look and better feeling. Can help them in contact with a professional clinic, such as the Department of Handsome Men. Experts provide superior 100% satisfaction with the effects of treatment, which will allow for the recovery of fine appearance.