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8 Styling Secrets for Men with Thinning Hair - Your Must Have Guide

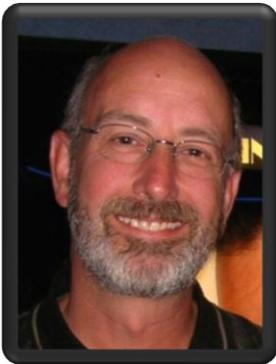
About this Book

The purpose of this book is to help restore the self confidence of men with thinning hair because, regardless of the stage of a man's hair loss he simply needs to look good to feel great and feeling great leads to a more rewarding life.

Psychologically, the impact of hair loss can be shattering to not only the social life but also the career path of a young man. This guide provides easy to implement styling tips to make your thinning hair look great and keep you looking young and [feeling](#) confident.

Over 60 million virile North American men experience hair loss typically due to heredity and, contrary to popular belief, many do suffer psychological scars from it.

About the authors



[**Christopher Denison**](#) losing his hair as a teenager and knows all too well, the social pain of hair loss. Through research and connections in the hair loss and salon industries, he strives to make a difference in the community of hair loss sufferers, sharing the pain and bringing clarity to hair loss issues.

Through his fascinating blog, he provides information, remedies and support to fellow men out there suffering from hair loss, though it is too late for himself.



[**Dale Denison**](#) shares the emotional pain that individuals with hair loss experience as she suffers androgenetic alopecia herself. As there is no silver bullet to hair loss, she has dedicated herself to providing cosmetic solutions and advice to women.

She brings her uniquely female perspective on hair loss issues to Chris' blog.

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8 STYLING SECRETS FOR MEN WITH THINNING HAIR

– YOUR MUST HAVE GUIDE

Men- don't be fooled. Hair loss affects 95% of us at some point in our lives and the truth is, it is something that can deeply affect us - even if we don't admit it. A survey of men in Europe found that 62% of respondents claimed that hair loss is always on their minds. There are thousands of other men reading this guide right now wondering the exact same things as you:

Why did my hair start to thin?

Can I make it stop?

How can I make myself look and feel better?

The reasons for hair loss in each man will vary: but the ways to deal with it are universal. *8 Styling Secrets for Men with Thinning Hair - Your Must Have Guide* is a collection of tips and tricks to help you make the most of your hair, discover your own personal style and let go of the worry that is associated with hair loss. This guide will teach you the styling secrets used by industry professionals and allow you to take control of your hair - and your life!



*Please note this guide is not intended to be used as a replacement for a medical diagnosis. Always consult your doctor to assess hair loss and treatment.

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PART 1 : DISCOVER YOUR INNER STYLE

It's not often discussed, but hair loss can have devastating effects on the self-confidence and emotional well-being of affected men. While hair loss is an obstacle that is thrown into most men's lives at some point, the ways in which to deal with it are up to each individual. There are only two options:

- allow thinning hair to affect your life in a negative manner,
- **face it head on and overcome it.**

Get Over It and Do Something About It

Instead of fretting about your changing hairline, realize that you have many other great attributes that represent who you are. A *confident* man who is balding is much more attractive than an *insecure* man with a full head of hair. Here are some ways to take your mind off hair loss while developing your self-confidence:

- Get fit! Nothing will make you look or feel better than a good work out. Exercise relieves stress and releases natural, feel-good endorphins.
- Emphasize your best feature. Whether it is your eyes, or your smile, find something you love about your appearance and *work it*.
- Do something different. If you have always wanted to try your hand at something new, now is the time to do it! Take a class; join a sports team or go on a trip - anything that shakes up your routine and gives you a new experience will do wonders for your self confidence.

Professional Advice

Mimi Ghadban :: Image Consultant and Stylist :: London, UK

“My best style tip that I give to men is to accept yourself. Accept that your hair is thinning. Don't try to camouflage thinning hair by growing a pony tail or sporting a comb-over that will only draw attention to the area. Instead, get a short haircut and use volumizing hair products. Don't forget to work on the inside (your confidence) as much as your outside appearance.”

PART 2: HAIR MYTHS DE-BUNKED!

When we first realize that we are losing our hair, our natural reaction is to search for any and all information related to hair loss (usually on the internet). While the net can be a great place to find support and information, there are also many false claims made by hair loss sufferers and companies who sell remedies. Before you panic, rest assured that these common “facts” are often myths:

1. Myth: Hair loss is caused by brushing the hair too much.

Fact: Brushing the hair when it is wet *can* result in breakage, but *does not* result in hair loss. In fact, brushing with a boar bristle brush actually *improves* circulation to the scalp which can *aid* in hair growth!



2. Myth: Wearing hats causes premature balding.

Fact: The hair grows *from the inside out*: it gets all of the oxygen it needs from the bloodstream. Wearing a hat *does not* contribute to hair loss in any way.

3. Myth: the “*balding gene*” comes from the mother’s side of the family.

Fact: Balding can be hereditary, but will depend on the genetics of both the mother and father.



4. Myth: Massaging the scalp does not help hair growth.

Fact: Massage is an *integral* part of any treatment for hair loss. Without proper circulation, hair growth cannot be restored.

PART 3: HAIR LOSS DIAGNOSIS

Hair loss can appear at any stage in our lives, but it is imperative that a medical diagnosis is sought in every case.

The first step is to visit your family doctor to discuss your hair loss. He or she can determine if it is being caused by genetics; medications; illness or a variety of other factors.

The next step is to talk to a certified dermatologist (visit the [American Board of Dermatology website](#) or [Canadian Dermatology Association](#)) for a hair loss analysis. They will identify what type and stage of hair loss you are experiencing and can recommend treatment for your situation.



PART 4: TREATMENT OPTIONS

There are three types of treatment for hair loss: prescription medication, surgical procedures and non-surgical treatments. Read more below to find out what the most suitable options are for you.

Prescription medication

Minoxidil

Rogaine is a popular brand name for a drug containing Minoxidil. Rogaine is applied topically and must be used for at least a few months for results to be seen. It is available in regular strength (2%) and extra strength (5%). About 30% of men who use Rogaine report an improvement in their hair loss, with some experiencing hair re-growth and others only reporting an end to further hair loss (Source: [Rogaine data sheet](#)). However, Rogaine can only help those with balding on top of the head. Users who experience positive results must continue treatment indefinitely. Some slight side effects from Minoxidil may be experienced.

Finasteride

Propecia is a popular medication containing finasteride in capsule form that treats balding on the front and crown of the head *only* (it has not been proven effective for hair loss near the temple area). The pills must be taken on a daily basis and if discontinued, the hair loss will reappear. In a study of participants who had taken Propecia for a five year period, 48% of men had noticed increased hair growth, and 42% had reported a stop to their hair loss, while 10% lost further hair (source: [Propecia package insert \(pdf\)](#)). Women are advised to not handle finasteride tablets. Users may experience infertility and sexual side effects

Surgical Procedures

Hair Transplants

If the thought of a hair transplant conjures up the image of unsightly, unnatural-looking hair plugs, think again! Hair transplant surgery has come a long way and doctors are now able to get a natural-looking hairline and density. Thanks to the *Follicular Unit Hair Transplantation* (FUE) technology, hair can now be transplanted one follicle at a time for true-to-life results.

Hair transplants last a lifetime: however, they can be very costly and much research is needed on behalf of the patient in order to find a qualified surgeon and get successful results.

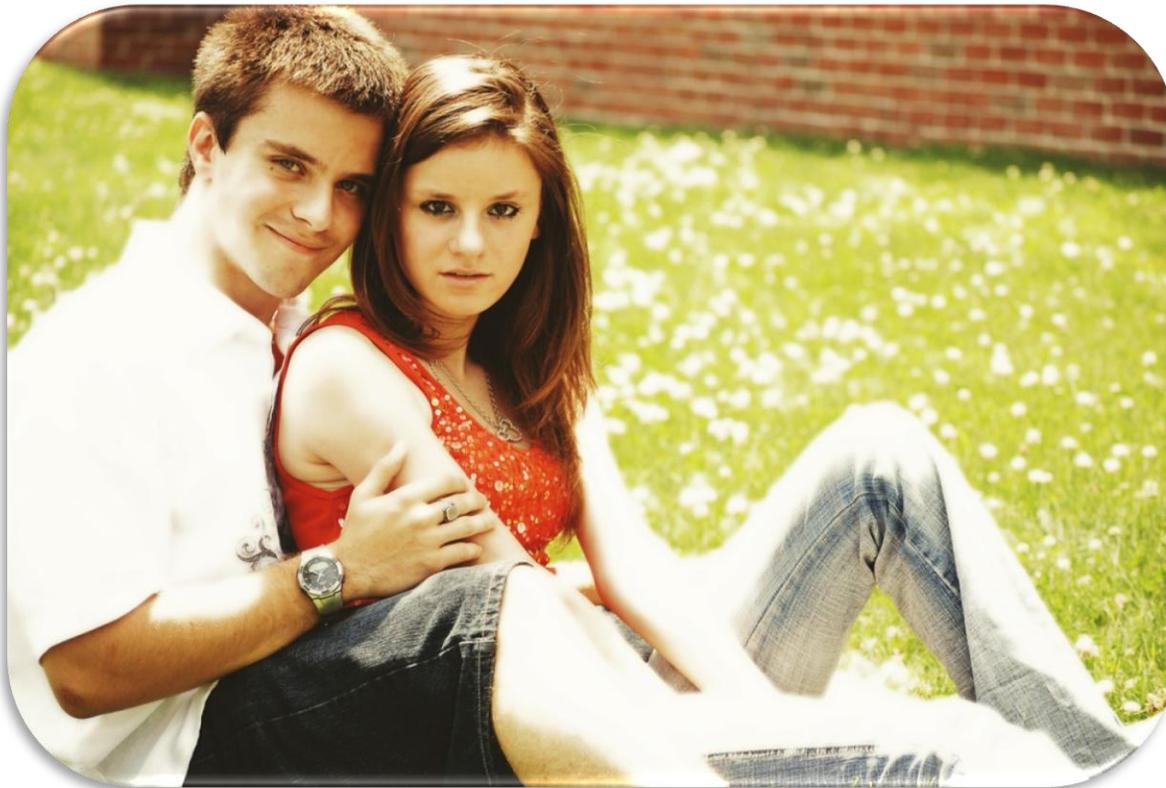
Non-surgical Treatments

Laser treatment

A relatively new treatment on the market is the non-invasive *Low Laser Light* therapy. Manufacturers claim the energy from the laser light repairs damaged hair follicles by increasing blood flow and metabolism in the cells. This can be a costly procedure having minimal documented results however, the popularity of laser hair treatment is growing.

Infrared, Electric Pulse and Steam Treatments

There are a myriad of other alternative treatment technologies on the market: however in many cases, there is not enough information available on the effectiveness of the treatment to warrant it a reliable option. Before embarking on any course of alternative treatment, always do thorough research.



PART 5: DIET– HOW TO EAT FOR HEALTHY HAIR

In this day and age, we tend to treat ailments or disorders with pills and medications; while overlooking the condition of our internal systems. The state of our hair can give off vital clues about what is going on inside our bodies - what we eat, the air we breathe and how we live all affect the condition of our hair. The first step in combating hair loss should always be examining your diet and ensuring that you are eating foods that will support healthy hair growth - while avoiding those that don't.

Diet tips to promote hair growth

Protein

Men are required to get 56 - 58 (1.98 - 2.05oz) grams a day of protein (more for bodybuilders and athletes). In reality, most men take in double this amount, which can have adverse effects on the body (most notably the kidneys) and hair growth. Aim to get your 56 - 58 grams per day from the following sources, and make a note of portion sizes:

- Skinless chicken breast: 24g (0.85oz)
- Eggs: 12.5g (0.44oz)
- Tuna fish (tinned): 26g (0.92oz)
- Peanut butter: 25g per 100g (0.88oz)
- Almonds: 21g per 100g (0.88oz)

Professional Advice

Kristine Harriott :: Registered Dietician :: Calgary, AB

“I recommend the following nutrients for those who are experiencing hair loss: Vitamin A, Biotin, Copper, Zinc and Omega 3 fatty acids. These can all be derived from foods such as eggs, seafood, nuts/seeds, whole grains and oily fish, in addition to supplements.”

Other great sources of protein include: Nuts and seeds; soy products; oily fish (salmon, sardines, and mackerel); low-fat dairy products and brown rice.

Antioxidants

Free radicals, in short, are toxic cells in the body that destroy healthy ones. A presence of free radicals in the body has a direct effect on premature aging and hair loss. The best way to eradicate free radicals is through a healthy diet. Add these foods to your diet to give your hair, your skin condition and your energy levels a boost:

- Green tea: imperative in stabilizing the body's balance. Drink at least 2 cups a day.
- Berries: cranberries, blueberries, strawberries and goji berries. Aim to include berries as 2 of your 5 recommended fruit and vegetable servings a day.
- Green vegetables: broccoli, kale, brussel sprouts, spinach and wheatgrass. Don't waste the precious vitamins that are contained in these vegetables by boiling them in water. Instead, steam them until they are slightly soft to preserve the antioxidant count and increase their effect on the body. Eat green vegetables 2-3 times a day.
- Nuts: Brazil nuts, walnuts, almonds. Nuts are recommended as a mid-morning and afternoon snack for their high protein content and essential oils. Eat 2 small handfuls a day.
- Plenty of purified water: hydration is paramount to hair growth. Drink at least 8 glasses a day.

Professional Advice

Robert Steinken :: Celebrity Hairstylist

"A lot of men who are starting to go bald really are taken by surprise. They don't know how to style their hair. Their hair texture is changing and therefore it is a good idea to change your hairstyle. Please do not do 'the comb-over', it never looks good. Go to your hairstylist and ask him what he thinks... but don't hang onto something that is not there.

Things to Avoid

They may taste great, but these foods work *against* the body. If you want to provide an optimum environment for hair growth, *avoid* the following things:

- Carbonated drinks
- alcohol;
- sugar
- caffeine.

Vitamins and Natural Remedies

Vitamins and minerals also play a huge role in growing hair. The most important vitamins needed are: A; E; B12 and Biotin. Visit your doctor to determine if your levels are on par. If they are not, a good quality supplement should be taken.

For some men, the thought of taking medication on a regular basis or undergoing surgery is just not an option. Thankfully, there are many natural remedies that can help hair loss safely - and at a fraction of the cost.

Emu Oil

Emu oil has been noted to treat hair loss, especially in the frontal regions, when massaged into the scalp every night.

Neem Oil

Mix Neem Oil 10:1 with a light carrier oil (jojoba or almond, for example) and leave it on the scalp overnight. This is a centuries-old remedy for hair loss that hails from India. Again, massage would be a key factor in the success of using Neem Oil in this case.

Acupuncture

This form of traditional Chinese medicine has been used to treat hair loss for centuries. A course of treatments are usually given at weekly or bi-weekly intervals and are completely painless. A qualified acupuncturist can also suggest Chinese herbs to treat hair loss at home.

Indian Head Massage

Indian head massage usually begins with warmed coconut oil, applied to the scalp: and then a series of massaging movements to relax and invigorate the scalp and neck. Regular treatments

can help to increase circulation to the scalp and it is still used in India on a regular basis to correct hair loss. Indian head massages can be done professionally, and can also be practiced at home once the techniques are learned.

PART 6: THE BEST HAIRCUTS FOR BALDING AND THINNING HAIR

Many men are surprised to see just how much the right haircut can change the appearance of balding or thinning hair. But before you choose a haircut, it is important to first find the right stylist.

If you are looking to get a precision cut that will minimize your hair loss areas and flatter your face, it is advised to go to a salon rather than a barber. The services may be more expensive at a salon, but the results are usually worth the money. Make sure to book an initial consultation for you with your chosen stylist, to discuss how best to work with your hair type and your thinning or balding areas.

For Men with Thinning Hair on the Top



The Bed-Head Cut

Men with thinning patches on top can easily camouflage it by growing the top out longer than the sides. The cut should be kept shorter on the back and sides, with the top left longer (about 1.2 - 2 inches in length) and heavily texturized for a choppy finish. Use a lightweight paste to 'mess' up the top and style the hair so that it effectively covers any thin patches.

Celebrity Style Influences: Prince William, David Beckham.

Crop Cut

A tidy, closely cropped cut is another great option for men with thinning hair on the top. Although the thin areas will be visible, they will blend in with the very short hair on the rest of the head for a polished and classy look.

Celebrity Style Influence: James Nesbitt, Jude Law.



Bald

Let's face it: the men of Hollywood have made *going bald* a fashionable option. Join the likes of Bruce Willis and Vin Diesel and choose the tough guy, all-over bald look. It is recommended that you see a professional to shave your head, especially if it is the first time you are doing it.

Celebrity Style Influence: Bruce Willis, Vin Diesel, Samuel L. Jackson.

Professional Advice

Aaron Martin :: Image Consultant :: Alpha M Image Consulting :: Atlanta, GA

"I would find a salon and a stylist that you can bring your vision or your picture to and talk to them. They're going to help you and guide you one way or the other and tell you honestly if they're going to be able to translate that style and if it's really going to look good on you."

For Men with a Receding Hairline



Longer On Top

If you have thinning hair in the front only, go for a cut where the top section of the hair is grown out and worn forward to mask the receding hairline. Ask your stylist to give you a layered, side-swept cut that will hide your receding hairline naturally.

Celebrity Style Influence: Keanu Reeves, Tom Cruise, Josh Lucas.

The Caesar

The Caesar is a classic haircut where the length is kept short all over with a matching, horizontally cut fringe. This cut sits neatly next to the receding hairline and although it does not hide it, the cut *does* complement the hairline well.

Celebrity Style Influence: George Clooney, Ricky Martin, Wayne Rooney.



Au Natural

If you don't want to hide a receding hairline, then embrace it with a classic, back-swept cut. Keep the sides and back shorter than the top. The top can be kept as long as you like, but remember to ask your stylist what length best suits your face shape. When styling, use a minimal amount of product to keep your hair swept back off the face. This look takes confidence to wear, but is *always* a tasteful option.

Celebrity Style Influence: Christian Slater, George Michael.

For Men with All-Over Thinning



Ultra short

If you don't have much hair to work with, the best option can be to go for an ultra-short length all over. Ask your stylist to use a #2 clipper on the whole head for a clean look that minimizes the look of thinning hair.

Celebrity Style Influence: Andre Agassi, Jason Statham.

Professional Advice

Silvia Russell :: Men's Hairstylist :: Atlanta, GA

"Keeping it really low on the sides will help to camouflage the thinning on top."

Bald, with facial hair

If you are going bald and want to shave it all off (or keep it very short), facial hair is a great way to draw attention to your face. Growing a neat goatee can change your look and give you the confidence to go bald.

Celebrity Style Influence: Taye Diggs, Chris Daughtry, Sean Connery.



PART 7: COLOR FOR MEN

Color is not often used by men to improve the appearance of their hair, but in the case of thinning hair it can make a huge difference. Color is easy to use and can be done in the salon or in the privacy of your own home. Here are some guidelines to consider when using color:

- If you are going to a salon, ask your stylist to recommend a color that will look natural and add dimension or thickness. In some cases they may add a few highlights or lowlights to create a fuller effect.
- If you choose to color at home, you need to find a color that *will not* look too obvious, but at the same time *will* make a noticeable positive difference. It is best to find your natural shade (you can do this online or by using the swatches provided in the store) and use that color first. Commercial hair dyes are slightly brighter than the shade they claim to be, so using your natural color will result in an improved color - without looking evident.
- If you want to make your hair look thicker and healthier but don't want to change the color at all, buy a clear gloss dye. This will make your hair look more virile without altering the hue.
- It is always recommended to start with a semi-permanent color first, as it can be washed out if the results are not as you expected.
- If you want to add natural-looking highlights, always visit a professional.



PART 8: STYLING AT HOME

In a perfect world, we would all have “wash and go” hair. This can happen if you get a great haircut, but even then, thinning hair can throw a few obstacles into your daily styling routine.

Style Trick: If you suffer from an oily/shiny scalp, work in a small amount of unscented baby powder to the scalp after styling. This will keep your hair (not your scalp and bald spots) shiny.

Use these professional style tips at home to get the most of your hair:

Shampoo and Conditioner

Think that all shampoos are the same? Think again! Shampoos have evolved a long way from simply cleansing your hair and scalp: they can now add body, color and shine. Here are the top professional tips on how to choose a shampoo for thinning hair:

- Make sure your shampoo and conditioner are volumizing products.
- Botanical shampoos contain plant-based nutrients that are gentle, yet very effective at creating fuller-looking hair. There are numerous brands to choose from, but for noticeable results you will have to buy from a company that specializes in botanicals - such as *Phyto*.
- Shampoos and conditioners can aggravate the scalp and cause further hair loss in some men. One of the best-kept professional styling secrets is to use *liquid castile soap* in place of shampoo. It cleanses without any irritants and gives great body to thinning hair.
- Only condition the tips of your hair. Using conditioner on the roots can cause the scalp to become oily and the hair to become limp. For best results, apply a dime-sized amount of conditioner to the ends only: then rinse off immediately.

- If you don't normally condition your hair, try leaving olive oil on overnight once a week to give your hair a regular boost.
- Always finish with a cold rinse to lock in body and shine.
- Purchase a clarifying shampoo to use once a week. Clarifying shampoos work to remove residue from product use (over use of styling products can cause hair to become limp or the scalp to become flaky). This is an important step in maintaining great hair: so opt for a brand that will give excellent results using gentle ingredients such as *Aveda* or *Kerastase*.

Mousses, Gels and Sprays

Styling products can help or hinder the state of your hair depending on which ones you choose to use. To get the most out of your styling products, remember the following:

- The less product, the better. A good haircut should not need a lot of product to make it work.
- A lightweight, plant-based mousse can add body when applied to towel dried hair. Add it to the roots of your hair in increments of quarter-sized amounts so that you avoid over-applying it.
- Gels are not usually recommended for thinning hair as they cause hair to 'clump'. Opt for a matte wax or pomade instead. If you must use a gel, choose a lightweight spray gel and use 1 - 2 sprays at the roots of towel dried hair.
- If you are going for a tousled look to cover thinning areas on top, put a small amount of product at the roots and then work into your hair rapidly as if you were massaging your scalp. This will create a lot of bulk, which is great for styling *and* for coverage.
- Always apply product from the back of the head and work forward to the hairline. The least amount of product should be at the hairline where the baby fine hair grows, while the thicker hair at the crown should have the most.

Texturizing/Body Waves

'Texturizing' hair is another word for *giving limp tresses some bulk*. This is usually done by cutting the ends to give movement when you get a haircut: but it can also be achieved by getting a *body wave*. This procedure should be done in a salon after a consultation with a

stylist. Let them know that you have thinning hair and wish to achieve a fuller look by increasing the volume on the rest of your hair with a slight wave (we *do not* want tight curls in this case). Also request that a gentle formula be used on your head to avoid any irritation. The whole process should take 45 minutes to one hour and the result will be a slight wave in the hair that adds body.

Blow drying

If you can spare the extra time, blow drying is an excellent way to add 'visual thickness' and manipulate hair into the correct style on the scalp. Here is a guide to an effective blow dry for men:

1. Shampoo hair as normal.
2. Towel dry until the hair is $\frac{3}{4}$ dry.
3. Add product - if you use it - now.
4. With your head tilted *upside down*, blow dry your *roots only* using the medium heat setting. Use your fingers as a 'comb' and aim the *roots at the floor*.
5. Once the roots are dry all over, use the *cold setting* and repeat the combing action all over the head. This will "freeze" the roots into place - and if done correctly can have the same effect as a hairspray or a volumizing mousse.
6. Flip your head upright and then work on the mid-lengths and ends using the medium heat setting to finish.
7. After you have styled your hair, use the cold setting to go over the whole head again.

Tools That Can Help

Styling tools can be of great use when trying to style thinning hair. Read more about the most popular styling tools that are used in salons, to get fantastic hair.

Round brushes

Round brushes are barrel-shaped, soft-bristled brushes that are used in conjunction with a hairdryer to give body and style. For short hair, choose a round brush with a diameter of $\frac{1}{2}$ - 1 inch depending on your length. The hair should be able to wrap around *at least half* of the barrel.

To use: The secret to roundbrushing is to always keep the brush rotating in a circular motion as you are drying your hair. Ensure that the brush is rotating *in the direction* that you want the hair

to go in. For example, for a back swept hairstyle use the round brush to pull hair towards the back of the head, starting first at the roots and then towards the lengths and ends.

Roundbrushing is tricky to learn, but when you get the hang of it, can be used to add volume and style without using any products. It can also be used to add wave or straighten hair. There are many tutorials on the internet on how to roundbrush your hair: or you can ask your stylist to show you the very best techniques.

Flat Iron

Flat irons are ceramic-plated tongs that are typically used to straighten hair. They have an adjustable heat gauge, and should always be used at medium heat to avoid damage to the hair.

To use: For men who have longer hair, flat irons are useful for taming cowlicks, straightening out unruly hair and also styling hair in place. Simply put 1 inch sections of hair in the flat iron and pull the hair through while aiming in the direction that you want the hair to lie. For example, if you want to straighten hair, pull the hair downwards. For volume at the root, place the flat iron at the root of the hair section and pull straight up. Flat irons are great for spiky hairstyles as well.

Hair Additions

If you feel that you need more help with your hair, you may want to consider one of the many kinds of hair additions available on the market. Read more below to find out which hair addition may work for you.

Hairpieces/Hair systems

Hair pieces or *hair systems* were formerly known as toupees. Along with the change of name, the quality and look of hair pieces have also improved. Thanks to lace front systems and individual hair knotting, the modern hair piece can now go virtually undetectable. They can be custom made to fit anywhere from a single bald patch, to a whole head. If you do go for a hairpiece, opt for one made with human hair and get it custom fitted, to ensure it looks as natural as possible. Also, be forewarned: the area that is to be covered by a hairpiece needs to be *shaved off* before the hairpiece is applied. The hair systems are applied with adhesive glue

and need to be replaced every 3-6 months. Specialist hairstylists also need to be seen for regular styling sessions, to keep the hair piece looking natural: and also so that you can remove the hairpiece for a deep cleaning to the scalp and hair. Hairpieces can be costly options, but are a great way to instantly regain lost hair.

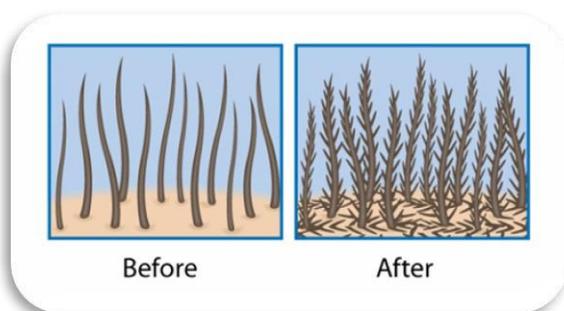
Wigs

Full wigs are ideal for those who have little to no hair and want a full head of hair in an instant. These would be bought from a professional who would custom make the wig to mimic your natural hair color, texture and hairline. Always choose human hair (synthetic or animal hair cannot be styled and wears out very easily), and opt for a lace front wig, which would give the most natural-looking hairline. Wigs are costly: but if cared for properly, they can last for years.

Style Secret: Don't be fooled by male celebrities that seem to have effortless full heads of hair. Big names like Ben Affleck, Nicholas Cage, and Matthew McConaughey are all rumored to wear hair pieces.

Hair Thickening Sprays

A new development on the market, Volluma is a Salon Professional cosmetic hair thickening spray that builds up the diameter of hair shafts by attaching natural keratin microfibers with a water resistant bond.



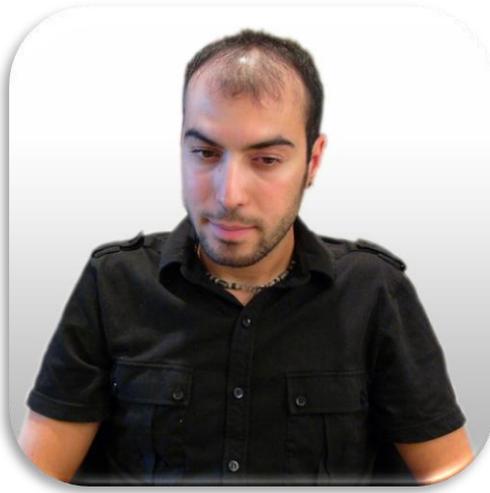
The American Hair Loss Association describes hair loss as a "disease of the spirit". To uplift your spirits use Volluma in combination with any of the professional hair styling secrets revealed to you in this Styling Guide, Volluma will give you *life changing* results. It works simply and effectively at any stage of hair loss, regardless of the cause, or in combination with any type of

internal or topical hair re-growth treatment. It is simply part of *any* treatment plan to improve the look of your thinning hair. Highly effective, easy to use and very affordable: Volluma is available in 10 water resistant, natural hair colors that stay put making it a great option for those with busy, active lifestyles.

Volluma will leave you bursting with confidence!

Style Secret: Hair thickening sprays may be new to the commercial market, but have been used behind the scenes in Hollywood for years. Stylists to the stars often rely on theatrical make up and fiber-building sprays to cover up bald spots and receding hairlines.

Before Volluma:



After Volluma:



Here's what some Volluma users have to say:

I was a skeptic to Volluma at first but now I use it every day and after shower.

Huy N. HCMC, South Vietnam

Thank You for this wonderful product. It has totally changed my life and has given my self confidence back. I can now walk in to a room with complete confidence and not worry what people think. Highly recommended. Thank you! Thank You! Thank you!

Mario A. – Richmond Hill ON Canada

I love it!

Wassim M. Toronto ON Canada



Here's what Hair Stylists have to say:

My name is Paul and I've been the hair business for 40 years. When training new staff, I will mention to them, that we are in the "Feel Good" business. We want our clients to "Feel Good" about themselves, when they leave our shop, and that is what Volluma does for me! It fills in my bald spot, and hides my very receding hairline, and gives me more self confidence in my appearance. Easy to use, after I wash and dry my hair, then apply Volluma, and then I put in my styling product, and finish with shine spray. It lasts for days. It's the best product I've ever used. Many products promise thicker volumized hair, but leave you thin and flat. Volluma actually works.

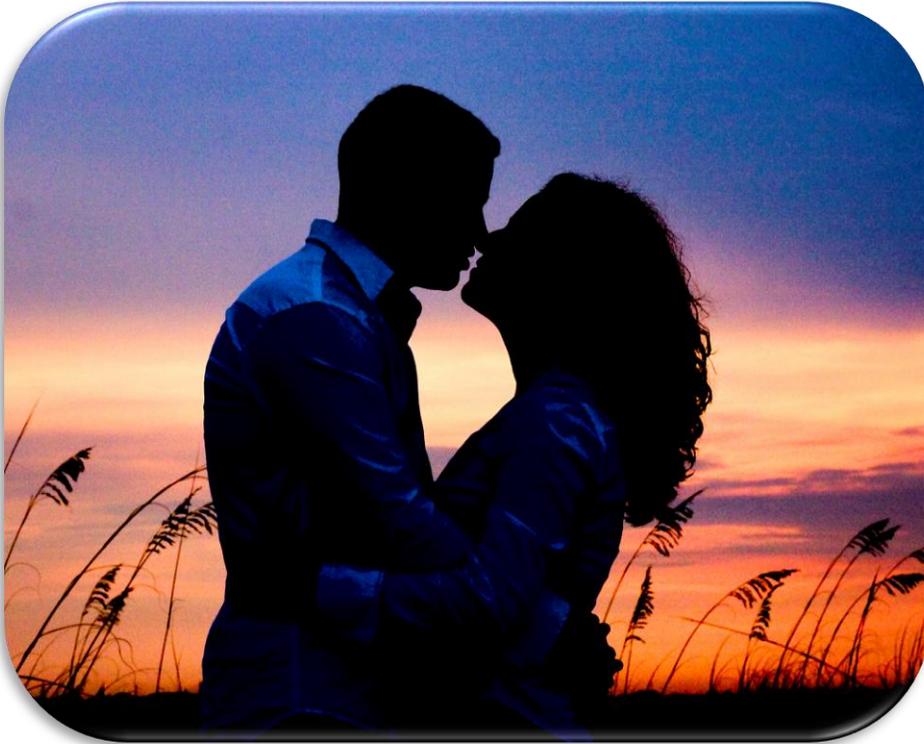
Paul Jarvis – Haircrafters, Hamilton ON Canada

*"WOW! You have a **great product** here! It's amazing and I am SURE hairstylists themselves will want it (in their salon)."*

Suzanne Weinman, Author of "Blow Drying 101 - Secrets from a Hairstylist" - Redondo Beach, CA USA



Hair loss affects millions of men: yet every man's experience is unique. Modern technology is constantly creating new treatments and cosmetic options for those with thinning hair and it will only be a matter of time before the *cure to balding* is found! Until then, rest assured that Volluma Hair Thickener and Volumizer for Thinning Hair combined with the tips and tricks found in this guide will help you on the road to help you Look Good and Feel Great!



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