

How to Treat (or Camouflage) Thinning Hair

▶ **Rogaine** This topical over-the-counter product (\$25, at drugstores) contains minoxidil, an FDA-approved drug that “absolutely causes hair to get thicker and longer,” says McAndrews, who recommends women use the 5 percent men’s formula instead of the 2 percent women’s version. The downside: It may cause some growth on the face, and you must keep up with daily applications to see results.

▶ **Propecia** Though effective for regrowing hair, this prescription pill (FDA-approved for men) may cause birth defects. Another drawback? It only works as long as you continue using it.

▶ **Hairmax** This FDA-approved device shines red LEDs on the scalp to reverse thinning. Like the other treatments, it only works as long as you use it.

▶ **Supplements** Biotin (5,000 mg daily) increases hair strength, says N.Y.C. dermatologist Neil Sadick. If you’re anemic, taking iron can help.

▶ **Hair color or glaze** Hair dye coats the cuticle so it looks fuller, says N.Y.C. salon owner Eva Scrivo.



Clockwise from top left: Herbal Essences Color Me Vibrant, \$10; at drugstores. Hairmax Lasercomb, \$545; hairmaxshop.com. GNC biotin pills, \$18-\$25; drugstore.com.



Expert Help for Serious Hair Loss

HAIR TRANSPLANTS Single follicles (as opposed to clumps) are surgically transplanted to avoid the “plug” look. Cost: \$10,000 and up, depending on the number of follicles.
THE LOWDOWN No downtime, but you have to wear a hat or scarf for a week to hide the stitches. Transplants start growing after three months, with full results visible after a year—but you need to use another treatment (Propecia, Rogaine) to prevent thinning around them.

LED THERAPY This light-based treatment stimulates growth, says Miami dermatologist Fredric Brandt. He recommends treatments three times a week for at least five weeks to see results. Cost: \$100–\$150 per 35-second treatment.
THE LOWDOWN The more therapy you get, the more hair grows in—but if you stop, new hair falls out.

STEM-CELL RESEARCH Cornell University is using stem cells to clone hair follicles, says Sadick.
THE LOWDOWN This new treatment is still in the testing phase, so only mice can try it right now.