

Health, Wellness & Modern Green Living

organic spa
MAGAZINE

SKIN CARE GUIDE

1000+

Organic & Natural
Skin Care, Hair Care
& Makeup Brands

AN INTERVIEW WITH
KATE HUDSON

Ayurvedic Skincare
Healing with Essential Oils

LUSH LASH LOOKS

**AGE-DEFYING TOOLS
& TREATMENTS**

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EASY STYLING To fake thicker locks, the right style is crucial. “The cut of your hair has much to do with how thick it looks,” Ellery says. “Having a short cut can create an illusion of fullness.” Keep strands healthy with regular trims to reduce split ends. And while getting extensions might seem like an easy fix, they are often too big and heavy, which can weigh the hair down and cause more damage.

Limit heat styling as much as possible, and when you have to blow your hair dry, use a good heat-protecting spray. Don't brush too often, and avoid fine tooth combs and brushes with plastic bristle brushes, especially those with bobbles on the end of the bristles, as these can get tangled and encourage breakage. “A brush is an investment,” Lamas says. “Buy one that is more pricey than

not because they tend to have a better design so they grab hair without tugging.” Even pulling hair back can damage it, as well as tight braiding. Vigorously towel-drying wet strands can cause breakage, as the friction weakens the root and follicle, leading to more hair loss. Coloring and processing hair can also do harm. “Chemicals can weaken hair that is already grown out,” Lamas warns. “Plus, the skin absorbs everything that you put on it. That dye or bleach will stay on the scalp.”

Ultimately, there isn't just one solution when it comes to thinning hair. “It all works together,” Lamas says. “It's not one shampoo or serum that makes a difference. Exercise, eat a healthy diet and don't smoke. Hair is like a car—you have to maintain it. What you put in is what you get out of it.”

THICKENING AGENTS

August is National Hair Loss Awareness Month, but any time is a good time to try these treatment products that protect thinning hair

Peter Lamas Hair Solutions Energizing Scalp Serum “It's important to use something to fortify the scalp,” Lamas says. “This has a delivery system to make it easier to absorb. It goes directly to the root and allows the follicle to function again and strengthens. It helps hair that is growing out be more resistant.” peterlamas.com

Widu Wooden Bristle Brushes and Combs All-natural and handmade in Italy, Widu brushes and combs gently massage the scalp and move oils through the length of the hair. Animal- and cruelty-free, Widu was founded by a Milanese hairstylist working on photo shoots, who found the lights and constant on-set styling damaging to the models' hair. widu.com

Restorsea Revitalizing Scalp Treatment Spray this directly onto the scalp to remove dead skin cells from the hair follicles, which prevents them from becoming clogged, encouraging longer, thicker hair and a healthier scalp. restorsea.com



PHOTO BY ALEX LUCAS / WWW.OHTHERAVEN.COM

Brahmi Hair Oil **Brahmi**, an Ayurvedic herb from India, is an excellent herb for hair growth. Along with other essential oils—including rosemary and curry leaves, amla oil, and coconut oil—this formula strengthens the hair roots to promote growth. sundaraholistic.com

Natrol Skin, Hair & Nails A new one-a-day supplement with biotin, lutein and horsetail extract—all clinically proven to help enhance healthy hair growth and strengthen hair. natrol.com