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Nourish Thinning Hair

When locks look less lustrous, try a scalp massage

BY DENISE MANN

HAIR LOSS IS AN ISSUE for both men and women. If you're starting to see your strands thinning, consider scalp massage to promote hair growth. "A scalp massage can increase blood flow to the scalp and to the hair follicles," explains dermatologist Dr Debra Jaliman.

A 2016 Japanese study showed that just four minutes of scalp massage a day increases activity among genes known to promote hair growth. What's more, the male study participants also noted an improvement in hair thickness.

"Gentle massaging of the scalp can increase blood flow to the root of the hair, which is the only living part of the hair," says hair restoration specialist Dr Abraham Armani. "Massaging works by dilating the small arteries within the scalp, increasing blood flow to the hair follicle and prolonging the growth cycle of hair."



Scalp massage for hair loss also reduces stress, and stress can make hair loss worse. "Massage is also relaxing," says Dr Jaliman.

HOW TO MASSAGE A gentle fingertip massage is a good jumping off point. "That's enough to stimulate the blood flow," says dermatologist Dr Jessie Cheung. "If you tend to hold a lot of tension in your neck and scalp, you can increase the pressure gradually." Start from the edges of the hairline and work your way towards the crown, she suggests. "You want to stimulate the lymphatic drainage as well, and that starts at the periphery."

"Kneading, in particular, aids with warming up the skin, which helps increase blood flow to the scalp," says Dr Jaliman. Keep in mind that significant or rapid hair loss may be a sign of an underlying medical condition and should be evaluated by a doctor.