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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Don't Lose Hair Because Of Poor Grooming**

**By Richard Mitchell**

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One of the most common reasons why men and women lose their hair is due to poor cosmetic grooming. The unfortunate thing about this is the fact it is so preventable. Fortunately there are some steps you can take to put right some of the damage caused.

Speaking at the American Academy of Dermatology's 2004 summer conference, Dr Zoe Draelos offered a number of recommendations to improve the hair care regime:

1. Itching associated with seborrheic dermatitis can weaken and damage hair over a period of time so seek medical help if your scalp skin is itchy, red or scaly.
2. Long hair is more easily damaged. People with extensive hair damage should therefore consider a shorter style.
3. Hair growth slows with age and hair becomes thinner in texture. Older people should therefore ensure that only weaker chemicals are applied.
4. Take care when choosing grooming tools. Use a comb made from flexible plastic with smooth, rounded and coarse teeth. Use a brush with bristles that are smooth, ball-tipped, coarse and bendable. In addition brush as little as possible and avoid brushing wet hair.
5. Don't use tight rubber bands for ponytails as these cause excessive trauma and breaking of hairs. Likewise use hair clips loosely.
6. Understand the nature of your hair and adjust the intensity of your grooming to match. For example, curly hair tends to crack more easily than straight hair so be careful.

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7. Make sure the hair is always cut with sharp scissors as crushing the end of the hair will encourage split ends.
8. The less that is done to hair in terms of styling, the healthier it will be. It follows then that care should be taken not to over-style with cosmetic products.
9. Hair coloring and bleaching are damaging to hair. If you must change hair color, try to stay within three shades of the natural color to minimize damage.
10. Hair relaxing and permanent waving are both damaging to hair and should only be used on a very limited basis.

You can find out more about treating hair loss by visiting the site listed below.

Richard Mitchell is the creator of the website that provides information and guidance to those suffering from premature hair loss.

### **Grooming Public Hair – An Alternative To Removing Pubic Hair**

**By Oliver Turner**

Women have been changing the appearance of their pubic hair for generations. Today, many use shaving or waxing to improve its appearance but others find these methods aren't for them. They may have very sensitive skin, which is irritated by pubic shaving, or they are particularly sensitive to the pain of waxing. They find that grooming pubic hair is a better way for them to keep it looking neat without the risks of rashes, bloodspots, pimples and ingrown hairs, which are associated with removing pubic hair.

If you do decide waxing or shaving pubic hair isn't for you, grooming pubic hair is very straightforward. Here's how to get started.

Grooming pubic hair starts with daily exfoliating and moisturising of the pubic area. This keeps the hair and skin in good condition. If you wish to trim your pubic hair, first, wash and shampoo it. You can use a little conditioner too, so that the hair is tangle free. You'll need a pair of small sharp scissors and a large-toothed comb to get started. A beard trimmer is even better. Set it to long length and then start trimming. Use scissors and a comb in the same way as a hair stylist does. Run the comb thru the hair and then cut against the comb.

Only take a little off at a time and remember to keep checking the mirror to see how you're getting on. Curly hair will spring back when you've cut it so make sure you don't cut it too short. Be careful you don't cut yourself. Using a beard trimmer or pubic hair shaver is easier as you don't have to worry

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about injuring yourself or trimming hair too short.

When you've finished trimming, take a shower to wash away all the hairs. As with shaving pubic hair, maintenance is important. Regular trimming will keep hair neat. How often will depend on how quickly your hair grows but every four days is about average.

Our mission is to gather all pubic hair removal info on one place. Find it only on

. All about pubic hair styles and pubic

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