



1 Out With The Old

IS SHE 40? 20? IT'S HARD TO TELL THESE DAYS, THANKS TO NEW ANTIAGING TECHNOLOGIES THAT TARGET EVERY BODY PART

Mane Attraction

If your ponytail suddenly seems a little skippy, your hair may be starting to show its age. "Don't chalk it all up to paranoia," says Marc Avram, MD, a Manhattan dermatologist and hair transplantation surgeon. Thinning is caused by many culprits, including medication, poor diet, intense stress, and the simple passage of time. "Declining thickness and excessive shedding are the same problem in different phases," Avram says. "As we get older, follicles shrink, producing skinnier, shorter strands; then the follicles start to die off. The rate and extent of that process is a matter of genetics."

Topical minoxidil, the drug in Rogaine, is still the most effective way to rev up roots. Fredric Brandt, MD, a dermatologist in New York City and

Miami, also recommends zinc-based dandruff shampoos, such as Head & Shoulders, which descale and calm redness on the scalp. "Zinc, both topical and oral, is an anti-inflammatory, which reduces swelling around the hair follicle, making it easier for new strands to push out and grow," says Brandt, who takes 15 micrograms of the supplement daily.

COLOR GUARD "After age 25, hair starts to lose pigment, which makes it appear flat and dull even if it's not gray yet," says Manhattan salon owner John Barrett. A study published in the journal *Photochemistry and Photobiology* demonstrated that low doses of topically applied superoxide dismutase, an antioxidant found in some antiaging creams,

successfully penetrated hair follicles to prevent DNA damage to pigment-producing melanocytes. Antioxidant-rich scalp treatments could stave off future fading. Barrett advises anyone in the early stages of graying to use peroxide and ammonia-based dye judiciously. "Throwing those all over your head just because of a few grays will damage your hair, making it look older," he says. "Have your colorist paint only the individual gray strands, or do it yourself at home with a toothbrush. It's the couture approach!" —MAGGIE BULLOCK



Fekkai Ageless Damage-Defense Capsules deep-condition and reduce breakage.

Phyto Phytodensium Sérum contains antioxidants to protect the scalp.

Super-rich thickening keratin makes applying **John Barrett Elementage Be Healed** mask "like putting hair on hair," the stylist says.



Volume and extreme color can emphasize sparse patches. Instead, opt for a sleek finish, such as Hillary Rhoda's at **Narciso Rodriguez**'s fall '07 show, and lush, neutral color, like those models at **Simonetta Ravazzi** (top).