



4. Kérastase Initialiste Advanced Scalp and Hair Concentrate, £40. 5. Dr Hauschka Revitalising Hair & Scalp Tonic, £18.50. 6. Aveda Invati Scalp Revitalizer, £45. 7. Nourkrin Scalp Tonic, £24.95. 8. Philip Kingsley Scalp Toner, £19

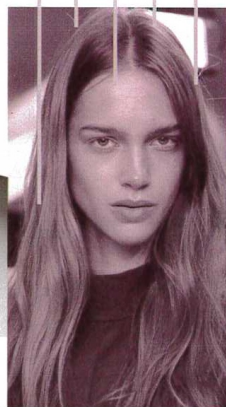
CAN'T WAIT..?

...Get instant gratification with Extension Professional Clip In Extensions, £165 (because they're clip-in, they won't compromise the growth of your natural hair). Each set comes with two wefts – clip one at the nape of your neck and the other halfway up your head to add immediate inches.

FOLLOW THE HAIR-BOOSTING DIET

● Up your protein: Hair is over 90 per cent protein, so if you don't eat enough, it just won't grow. 'Hair needs at least 240g (around two palm-sized portions) of a first-class protein, like eggs, fish or lean meat, daily to grow at its optimal rate,' says Philip. 'Eat it at breakfast and lunch because that's when your hair cells are most active.' Plant proteins don't contain all the amino acids hair needs, so if you don't eat meat, try a supplement like Hairjelly Protein Capsules, £29.99 – they're vegetarian but contain the same amino acids found in animal protein.

● Check your iron and B12: Get your doctor to do a yearly blood test to monitor your levels of iron, vitamin B12 and ferritin (a protein that stores iron). 'A deficiency in any of these can shorten the growth phase of the hair cycle,' says Philip. Vitamin B12 is found in meat and fish, while the best sources of iron are red meats like steak and liver – try to eat them twice



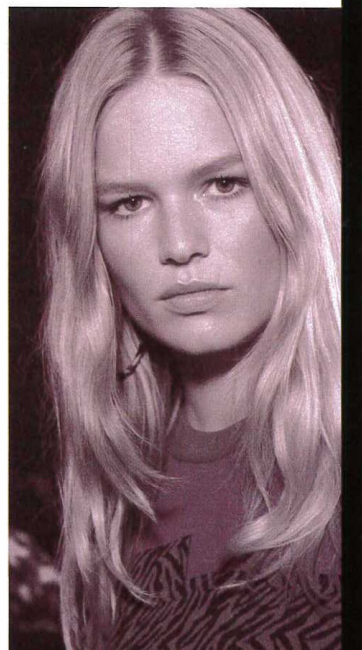
GRAZIA HEALTH&BEAUTY



➔ FOR THE LONG HAUL

Eliminate growing pains with these clever hair-boosters...

- Swap your normal shampoo for HIF Hair Is Fabric Growth Support Cleansing Conditioner, £40 [15] – it contains copper peptides to fortify your follicles.
- If your hair breaks before it gets to a decent length, use Michael Van Clarke 3 More Inches Pre-Wash Treatment, £29 [17], before you shampoo.
- Grow Gorgeous Hair Growth Serum Intense, £40 [13], uses a cocktail of ingredients like caffeine and zinc to keep hair follicles in the growth phase for longer.
- It's normal to lose about 100 hairs a day, but if you feel like you're shedding a few too many, apply Sachajuan Hair Control Treatment, £35 [14], to scalp AM and PM.
- Kérastase Sérum Therapiste Dual Treatment, £20.50 [12], makes ravaged ends look instantly more respectable and provides heat protection up to 230°C.
- Long hair = fragile hair, so sandwich the protein-packed Redken Extreme Length Primer, £16.55 [16], between shampoo and conditioner. ■



USE COLOUR



'Just as contouring your face can make it look longer, strategically placed hair colour can create the illusion of extra length,' says balayage expert Jack Howard. 'Ask your stylist to use shades close to your base colour and paint them on freehand so they draw the eye down the hair.'