

# Texture Changes



**By Denise Zingale Travis, Hairdresser &  
NGA Certified Personal Trainer**

Hair changes every 5 to 7 years. As our body ages, we see changes in our hair texture. The hair of a newborn is very soft & fine. The diameter of the hair thickens as we enter childhood and early adolescence. As we age and move into adulthood and older, usually beginning in our 40's and 50's, the hair begins to change texture again, becoming "finer" or "thinner" and/or "wiry" or "frizzy." Add to the causes of your hair texture changing, hormonal imbalances, medications, diet, and genetics. So what can you do?

Get your hormones checked. Hormones influence your hair and texture in many ways since they are regulators of the body's metabolism and its functions. Diet and medications can take a toll on hair so rule out any possible nutritional deficiencies that can cause dry, thinning, brittle hair or hair loss.

Get a GREAT (not just good) haircut! Work with an experienced hair professional to help you with your texture changes. Discuss your lifestyle and desired time commitment to your hair now.

Consider getting color, highlights, lowlights, or a permanent/body wave. One or a combination of these texture-changing services can help fine or thin hair look and feel fuller and "wiry" or "frizzy" hair look and feel more controlled and manageable. Top it off with a glaze or gloss for added shine!

To maintain your new look, stop shampooing in the shower! How does this affect your hair and texture? The pressure of the showerhead and the hotter water swells the hair shaft causing over time the formation

of tiny chinks in the surrounding cuticle, which dries the surface of the hair out, makes your color fade, and hinders light reflection and shine. Try washing over the sink or tub with cooler water. Be gentle when towel drying and use only professional products recommended by a hair professional for your specific hair type and texture.

Fortunately, today there are services, treatments, and products that can change the feel and look of your hair. Let me help you embrace, empower, and enjoy these changes at D'MAZ Lifestyle Salon where "New things in hairdressing are not about drastically changing hair, but about helping you look and feel the best you can."

*For more information on Denise and her hair studio, please visit: [www.dmazsalon.com](http://www.dmazsalon.com)*

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