



Over 20 million women experience thinning hair or hair loss. Now you can do something about it!



By Denise Zingale

Realizing that your hair is beginning to look thinner or noticing that there is more in hair in your brush, on your pillow, on your bathroom floor, or worst yet after washing your hair it looks like a small animal has been left behind in your tub can be devastating. For most women, we try and deny what we are seeing and rationalize that the situation is temporary and will soon stop. For some women it will, for others it becomes a lifestyle change.

D'MAZ Lifestyle Salon, a one woman operated hair salon in Woodmere understands from first hand experience. Some loss or shedding of hair, approximately 100 hairs a day is normal. If you feel you are experiencing a more than normal loss, a call to your physician is your first step. Your next step is working with an understanding and knowledgeable hairdresser.

Let's take a look at thinning hair, hair loss and some of the causes.

One of the primary causes of hair loss is a high amount of the male hormone, dihydrotestosterone (DHT) within the hair follicle. DHT is produced from testosterone in the prostate, various adrenal glands, and the scalp. Another factor that has been linked to hair loss is the amount of sebum in the scalp. Sebum contains a high amount of DHT, and clogs pores in the scalp, both of which can cause malnutrition of the

hair root resulting in hair loss. Genetic predisposition that comes from a family history of thinning hair is another most common form of hair loss.

Surgeries, severe illnesses and emotional stress can cause hair loss. The body shuts down the production of hair during periods of stress and devotes its energies toward repairing vital body structures. In many cases there is a four week to three month delay between the actual event and the onset of hair loss. People with a severe chronic illness may loose hair indefinitely.

Hair loss associated with health problems such as Anemia, Hyperthyroid or Hypothyroid conditions can be reversed with proper medical treatment. However, there are cases of women experiencing hair loss from thyroid medication. Some prescription drugs used for gout, arthritis, and depression, high blood pressure, and blood thinners may cause hair loss, sometimes this is temporary.

Diet programs that result in rapid weight loss, vitamin supplementation high in vitamin A, or inadequate protein in your diet can contribute to hair loss occurring two to three months later. A consultation your physician before starting any nutritional, vitamin or herbal programs can be very helpful in preventing hair loss.

Hormonal changes are a common cause of female hair loss. When a woman is pregnant, more of her hairs will be growing. After delivery, many hairs enter a resting phase. Within two to three months, some women will notice large amounts of hair coming out. This can last one to six months.

Women who loose their hair while taking birth control pills usually have inherited tendency for thinning hair. If thinning occurs, consult your doctor

about switching to another pill. When a woman stops using the pill, she may notice shedding two to three months later. This may continue for up to six months before it usually stops.

The loss of hair experienced during and after menopause is a result of a decline in estrogen levels. Once women enter menopause, their levels of estrogen decline and more testosterone is then available to be converted to DHT in the hair follicle. This results in a shorter hair growth cycle, finer hair, and eventually shedding.

Listed are just some of the causes for thinning and hair loss. Even external environmental toxins and pollutants, such as chlorine, metals, minerals, and water pollution cannot be ignored.

Addressing your thinning hair or hair loss is the next step. Finding a salon and stylist that are knowledgeable, supportive and sensitive to your needs is important. D'MAZ Lifestyle Salon was created to nurture and restore your beauty, mind and spirit balance.

Your best cut and true colors, not trendy colors are discovered through a confidential consultation.

For some, today's busy lifestyles demand you make the most of every moment, and D'MAZ Lifestyle Salon can help you do that. Retreat to an intimate area while your services are processing that provides reading materials on women's issues as well as the latest in fashion magazines. A TV/VCR keeps you abreast of the news, or your favorite daytime soap, or if conducting business is a concern during the work week while getting your hair done, use the convenient courtesy computer or bring your own laptop and access the internet using 802.11b wireless or by plugging into one of the

available hardwire Ethernet jacks.

Your visit completes with a personalized home regimen on selected products to help reduce hair loss, boost your scalp's health and vitality, and restore shinier, fuller hair in just 30 days and comes with a money

back guarantee.

Experience the latest in trends, treatments and technology at D'MAZ Lifestyle Salon where new things in hairdressing are not about drastically changing haircuts, they're about making you look and feel the best you can.

Denise Zingale, an award winning and published hairdresser, educator and owner of D'MAZ Lifestyle Salon, was the first female from Ohio to be appointed to the National Cosmetology Association Woman's Design Team for 2004. She joined an elite group of designers selected from across the country to design and create the new women's looks for 2004 that combined cut, color, perm and texture, and the techniques to bring them to life.

A licensed hairdresser for two decades, Denise was inducted in 1996 into the NCA's Americas' Education Committee, where she was one of 42 top new educators nationwide and the only woman from Ohio to be inducted. In 2002, she was named one of the country's elite educators when she received for a second term, national professional certification from the National Cosmetology Association. The national certification program was developed by the NCA to recognize hairdressers who attain exceptional standards of professional knowledge and ability. Her advanced education, numerous awards, and reputation as a first-rate educator, rank her among the best in her field in Northeast Ohio and across the country.

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No matter how many people you need to be, I help give you real hair that moves effortlessly from day to evening, office to weekend and beyond. New things in hairdressing are not about drastically changing haircuts, they're about making you look and feel the best you can.

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