

## Thinning Hair? What Can You Do?



Anita Polin has worked in the beauty industry for over 40 years. Education is her passion, and she has been teaching for 17 years. Anita presently travels to salons in New York, Pennsylvania, and Virginia teaching stylists about color and hair products. She finds that helping others succeed in the industry she loves is very rewarding. Her love for wigs and hair additions began when she worked for Disney World. Seeing how people change when they put something on that makes them feel beautiful started Anita thinking. She went on to take advanced training in wig work for men and women. She says, "In this industry, we change lives. I am just as excited today as I was when I first started my career. I'm always learning, sharing my knowledge, and helping people feel amazing!"

Our daily lives right now are confusing. There are so many parts of our lives that are affected by this health situation that we aren't sure where to turn. Answers are coming slowly, but, on some days, they aren't fast enough. As we take one day at a time and see how our lives will be changing, it's clear that we also have to change how we handle things to help ourselves and others.

At times like these, it's natural to feel stressed, and, as you know, stress affects your body—including your hair.

### Does stress cause hair to thin out?

Some experts say no, but, in my 40+ years in the business, I have come to a different conclusion. I have seen how diet, stress, and some trauma in my clients' lives relate to a big change in their hair and scalp. Everyone wants to know what they can do to change what is going on with their hair.

Several things can help, including proper diet, vitamins (check with your doctor), and nourishing hair products. Shampoo and conditioners are not all the same. Rule of thumb: if it is really inexpensive, it's



because of the lower-quality ingredients in the product. They can make your hair and scalp dry and brittle, which can cause breakage.

You want products that nourish your hair and scalp—that give your hair body and shine and build up the hair shaft, not break it down. One line I can recommend is Eufora products. They are based on pharmaceutical-grade aloe, which is all about healing and strength. From shampoo to styling products, including our Thickening Line for hair thinning and hair loss, the whole line was designed to support, strengthen, and nourish your hair.

### What do you do if your hair is thinning so much that you're beginning to see your scalp or aren't able to style it the same anymore?

A hair addition and a custom hair piece might be an option for you. You may wonder whether it

will match your hair type. What about the color? Will it be too thick or not thick enough? We can answer all these questions during a free consultation. The consultations are for men, women, and children. Custom pieces are all human hair, and synthetic hair pieces can be ordered also.

We offer coloring, cutting, formal finish, corrective color, makeup, nails and waxing services. Call for an appointment and a free consultation at your convenience. We are here to take care of you.

Here at Salon 360, we can take care of all your needs.

**Call today to schedule an appointment.**

**Call for a consultation today to help you choose a beautiful look that gives you all the confidence that you need.**



Justa Farm Shopping Center • 1940 County Line Rd  
Huntington Valley PA 19006

215-953-8100 • [www.salon360pa.com](http://www.salon360pa.com)

Owner, Mimi Levy • email [salon360inc@aol.com](mailto:salon360inc@aol.com)