

# 7 Ways to Make Hair Healthier and Thicker

Hair is directly linked with your appearance. However, only some are blessed with thick, voluminous hair. Thin or fine hair can make your head look flat and lifeless. In fact, according to a survey by L'Oréal, **52%** of women feel that their hair is fine or thin. Fortunately, you can make your hair look thicker and healthier in several ways. One of the popular and permanent ways to make hair thicker and healthier is a hair transplant. But before making any decision, you must see the results of **before and after hair transplants in the UK**. Here we will discuss seven tips to help you achieve fuller, luscious locks.



## 1. Consider a London hair transplant For Permanent Results

If you've tried multiple things and still can't achieve your desired fullness, consider getting a [London hair transplant](#). A hair transplant can help add permanent volume and length to your hair, giving you the appearance of thicker, fuller hair. According to a survey by the global cosmetic industry, hair wellness is increasing by **94%**. Only **6%** of readers in the survey said no. Apart from this, as per ISHRS, hair transplant

has developed by **64%** between 2014 to 2021.

## **2. Avoid Using Heavy Styling Products**

Do you know that heavy styling products affect our hair and weigh it down, so they look flat? Using lightweight styling products that add volume and great texture to your hair is best. You have great options available that are mousse and texturing sprays. So, using these can increase your volume.

## **3. Get a Layered Haircut**

Hope you are familiar that the layered haircut not only adds dimension but also sets a movement of your hair. That makes it look fuller and thicker hair. It would be best if you told your hair stylist to add layers. That will start from your crown to make it down. Following this technique creates the illusion of volume and makes your hair appear fuller.

## **4. Blow-dry Your Hair Upside Down**

To add more volume to your hair, try blow-drying it upside down. This technique can help lift the roots of your hair, creating more volume and body. According to a survey by L'Oréal, 47% of women blow-dry their hair to add volume. After

washing your hair, flip your head upside down and blow-dry your hair in sections, starting from the roots and working your way down to the ends.

## **5. Use a Clarifying Shampoo**

Product buildup on your scalp can weigh down your hair and make it look flat. A clarifying shampoo once a week can help remove any buildup and restore your hair's natural volume and bounce. Clarifying shampoos are designed to remove excess oil, dirt, and styling products from your hair, leaving it feeling clean and refreshed. According to a survey by Mintel, 37% of women use clarifying shampoos to remove product buildup from their hair.

## **6. Eat a Healthy Diet**

Food is directly related to your health and impacts hair growth and appearance. So, to make it fuller, you must include the rich vitamins and minerals diet in your daily routine. The most nutritious food you can add are eggs, nuts, salmon and leafy green vegetables. This way, you can nourish your hair from the inside out. In the study, it is also found that a diet rich in omega-3 fatty acids can help promote hair growth along with its thickness.

## **7. Use Volumizing Shampoos and Conditioners**

The first step in achieving thicker hair is to use products specifically designed to add volume. Volumizing shampoos and conditioners contain ingredients that can help plump up the hair strands. So, it would be the best way to give the illusion of thicker hair. Use products that contain ingredients such as biotin, keratin, and panthenol. This way, you can help strengthen and nourish your hair.

## **Conclusion:**

Getting thicker and healthier-looking hair is possible with proper care and with permanent hair treatment. So, getting a hair transplant at a reputable hair clinic like **Mittal Hair Clinic** is the best way to do it. Remember, healthy hair starts from within, so take care of it by nourishing it with the right nutrients and treatments. Apart from this, it will be best to follow these tips; you'll be on your way to achieving fuller, more luscious locks in no time.