

Advice on hair care & styling

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low viscosity formulation designed to cleanse the hair and scalp without disturbing the hair cells of transplantation. Rinse thoroughly. Ultra mild cleansers guard against irritation of the scalp.

DIRECTIONS FOR USE: SEE REVERSE
QMA Ltd. Manchester • London • Dublin

Will guard against scalp infection and scalp irritation. Formulated to keep the scalp in optimum condition after hair transplantation.

DIRECTIONS FOR USE: SEE REVERSE
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Specialised formula designed to provide hydration of the hair and scalp after transplantation. Contains natural moisturisers, essential oils and amino acids.

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HAIR & SKINCARE : THE FACTS

When our early ancestors roamed the earth, they probably didn't wash any more than monkeys do now. Their skin will have been in generally good condition because they didn't use hot water or detergents and they were covered in mud. Nature has developed the 'Acid Mantle' which neutralises harmful bacteria protecting our skin and hair. Soil and mud have a similar acidity range to skin and hair (pH4.5 to pH5.5) protecting and maintaining skin quality.

Washing your hair and skin with cleansers and detergents is necessary because being muddy

and smelly has not been socially acceptable for a long time but this can damage the protective acid mantle by removing natural oils and other important elements along with the unwanted dirt and grease. So, it is helpful to use hair conditioners and skin moisturisers to counteract the aging and weakening effects of wear, tear and cleansing.



QUESTIONS & ANSWERS

Q: What makes one shampoo better than another?

A: Shampoos have become more sophisticated but in general the most you can expect from a good shampoo is that it should be as mild as possible for your hair type, so that it does not over-cleanse. It should be pH balanced in the pH5.5 range. Shampoos, though necessary, are not 'good' as such.

Q: Can shampoo condition as well as clean my hair?

A: '2 in 1' type shampoos are convenient but tend not to do a great job of conditioning and have no real value in terms of repairing damaged or dry hair.

Q: Is my shampoo better if it bubbles and lathers a lot?

A: No. Contrary to popular belief, bubbles have nothing to do with cleaning hair. It just

means that either your shampoo is unnecessarily strong or you are using too much of it.

Q: Is baby shampoo better for my hair?

A: Not necessarily. Baby shampoo stings baby's eyes less because of its higher pH but its alkalinity can cause dryness of the hair.

Q: Can shampoo cure dandruff?

A: No. Dandruff is the result of an underlying problem. It is the effect not the cause. The cause could be something internal or even external like changes in the climate or environment. Anti-dandruff shampoos can help make dandruff less noticeable but they are not always kind to hair when used continually.

TIPS ON SHAMPOOING

The importance of the following advice varies, depending on the length of your hair. The longer the hair, the more care it needs. If your hair is very short less maintenance is needed and much of the following may not apply. The scalp always needs care whether hair is long or short.

Brush your hair before wetting to remove knots, dust and bits. Hair is weaker when wet so tugging knots out of wet hair can cause breakage. When wet, use a wider toothed comb or brush.

Wet your hair with warm rather than hot water.

Spread the shampoo into the palms of your hands before applying it evenly to your hair. Use no more than necessary to get your hair clean, say about the size of a 10p piece but double

if it's long. You may want to split that amount into two lots to ensure even coverage.

Massage gently into hair, and a little more firmly into the scalp. Use your fingertips in a circular motion for about two minutes although that will seem like ages. Start massaging at the front along the whole hairline to the ears and back. Work methodically across the top of the head from ear to ear finally to the back hairline. Do the same in reverse working your way to the front again. Stop occasionally to purposely move the scalp around. Your scalp will actually loosen slightly which is a good thing. It helps circulation and loosens any debris building up on the scalp which may clog pores and follicle openings and it will feel better. Unless your hair is extra greasy or dirty, one application of shampoo per wash will do.

Rinse thoroughly, making extra sure you get to those less easily exposed areas. Leaving shampoo in your hair will create a dulling residue and it can cause dandruff. If you can stand it, a final rinse with cold water is beneficial because it will help close the cuticle (outer layer) which strengthens and protects the inside of the hair and leaves the outside looking shinier.

Don't rub your hair with a towel. Doing this will raise & damage the cuticle, which can weaken the hair and make it look dull. This also makes the hair lose moisture and allows dust to penetrate the hair shaft. Instead use your towel to dab and squeeze out the excess water.

Use a comb through your hair after washing and conditioning rather than a brush. Don't pull on the tangles. Comb any knots from the ends first then from the roots using sections of hair rather than trying to drag the comb through the whole head at once.

CONDITIONING

Conditioners vary a lot. Some, often the cheaper conditioners, work only on the surface helping to soften and detangle the hair. They can help hair look in good condition even if it isn't but has no lasting value at all.

If your hair is long, coloured, permed, or feels weak, dry or generally lifeless, use deeper penetrating conditioners for structural repair. Follow directions, usually this means leaving the product on the hair for 5 minutes or more to give it time to penetrate. Protein type conditioners are for weak hair. Those that include moisturisers are for dry hair. Hair will not usually need

moisturising very often. Use penetrating conditioners weekly for repairing hair, then monthly for maintenance. Finishing rinses and styling aids help with frizzy and limp hair.

There is always the need to try different products before finding one that suits you best and even then, hair seems to like regular changes in types of products you use. If you want to get it right, buy products with the advice, ideally from a trichologist, barber or hair salon or check with us for more information.

WE WILL BE HAPPY TO ADVISE YOU ON THE BEST PRODUCT FOR YOUR HAIR.

MAKING THE MOST OF YOUR HAIR

Trying to make your hair do something it can't, may be a frustrating exercise. A good hair-stylist will be experienced in discussing the look which is right for you. They know how to choose the right hair length to achieve a shape that looks good, that you can easily

manage yourself and will suit your lifestyle and hair type. It's not so good if your hair looks great in the stylist's chair but not when you do it yourself!

Staying with a particular stylist pays dividends because they will get to know you and your hair better. They will be able to suggest changes to your style and improve one's satisfaction: more good-hair days!



UNDERSTANDING YOUR MIRROR

What you see in the mirror is not necessarily how others see you. In the mirror you see only the 'two dimensional' view and only from the front. You are the only person who will see yourself this way, Everyone else will see you in the reality of 3D. To get a better view of the back and sides, make sure the part of your head you want to see is well lit, stand with the back of your head to a larger mirror and hold a smaller mirror high in front of you. Angle the smaller mirror so that you can see the various views of the back and sides of your head.



OPTIMISE YOUR HAIR INVESTMENT!

Now that you have made a considerable investment in your hair via surgical or medical hair restoration, you should seek to protect and optimise this investment. A good hair cut can make a world of difference. A hairdresser's charges will usually reflect their experience, skill and quality of salon environment. In general, you can expect to pay anywhere from £30.00 upwards for a cut and design and £50.00 upwards for colouring or perming.

We know some men will stop visiting their usual hair cutter because of hair loss. Then ironically, after undergoing surgical hair restoration, they may stop visiting salons altogether and instead rely on their untrained wives or girlfriends for hair styling. Whether this is due to embarrassment or the needless fear of the new hair being damaged in some way, it is a backward step.

Professional hair styling is essential in the quest to improve your look and image. It can soften or accentuate strong features and compensate for weak ones. Improved styling can help longer faces look wider and wider ones narrower. Hair styling can disguise protruding ears; soften a high, low, wide or narrow forehead etc. Hair colouring, waving or straightening can also be very effective but only with professionals' help.

We have our own hair design service, but we will be pleased to recommend salons throughout the UK local to you.

GROOMING

Few people will want to look dishevelled with damaged, fuzzy or greasy hair. Whatever your choice of style and image, hair care is a very obvious outward sign of personal health and hygiene. Caring for your hair and scalp is easy and will help your hair to remain strong and healthy.



WITH LACK OF UNDERSTANDING, YOUR HAIR CAN BETRAY THE POSITIVE IMAGE YOU DESIRE AND SEEK.

The Theory is that people style their hair to communicate to others something about themselves. The truth is that not all people are well skilled in this direction and a degree of self-delusion is not that uncommon!

People will often grow their hair longer when hair is thinning to compensate but this usually has the opposite effect. For instance growing one side long and combing it over their bald areas just attracts attention to the problem. Combing hair forwards to compensate for a receding hairline can be a very unattractive look without careful balanced styling.

For a personal consultation and further advice or for help in finding a local stylist, please call Jason Saks on **07966 479088** or email to **email@jasonsaks.com**



THE RE:GENR8 RANGE OF PRODUCTS

Shampoo

This shampoo is a low viscosity formulation. This basically means that it is of a thin rather than thick texture. New hair transplants are very fragile and a thick shampoo could dislodge the grafts. It could also be more difficult to rinse out of the hair in the long run, traces of shampoo left on the scalp cause irritation and dandruff

The shampoo is made from a pharmaceutical quality mild surfactant, anti scaling and anti-irritant ingredients. It also contains a herbal complex which promotes healthy hair and scalp.



Conditioner

This conditioner is extremely rich in natural oils that mimic sebum (the natural oil secretion of the scalp.) Regular use will keep the hair supple and manageable.

Lotion

This is an important part of the treatment and patients should be advised to use it as a preventative measure against possible scalp problems even after transplants have re-grown and scalp is back to normal.

The ingredients are anti-bacterial, antiseptic, anti-dandruff and anti-scaling. It also contains a humectant which normalises dry scalps. Regular use will keep the scalp in optimum condition and help to promote hair growth. (e.g. Minoxidil Lotion is ineffective on poor quality scalps)

Recommendation is to use every day and after shampooing.



To order the RegenR8 range, please call: 0870 7555 495 or alternatively email your personal and payment details to: haircluborder@yahoo.co.uk



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If you would like more information about our hair and hair loss services
talk to our Patient Affairs Co-ordinator on:

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