

VOGUE

How to Grow Your Hair Faster: 7 Foolproof Tips from Pro Stylists

BY LAUREN VALENTI July 19, 2022

If you're wondering how to grow your hair faster, you're not alone. But that doesn't make it any less of a to-do. "The day you decide to grow out your hair, you have to *really* start taking care of it," says hairstylist [Mark Townsend](#), insisting, "to get the length, there are sacrifices." This is what Townsend told longtime client [Ashley Olsen](#) when she set her sights on a chest-grazing mane inspired by supermodel [Kristen McMenamy's](#) silvery Rapunzel cascade. Whether a celebrity or mere mortal, the reality is there's no shortcut to an endless, luxurious mane—it's a months-long, methodical process.

Nourish Your Scalp

As the scalp ages, it becomes more fragile and dry says Debra Lin, Ph.D., a hair science expert and chief scientific officer for hair care brand [Better Not Younger](#). "It's important to care for the scalp to help optimize the environment to support healthy hair growth," explains Lin. "Keep the scalp clean with a scalp cleanser for more oily scalps and use a scalp and hair serum to nourish and condition the scalp," she instructs, highlighting the [New Dawn Activated Charcoal Scalp Cleanser](#), which has a built-in massaging applicator and removes buildup and excess oil, while supporting hair growth with antimicrobial activated charcoal, exfoliating lactic acid, and soothing menthyl lactate. Another beneficial elixir to have on hand is a lightweight, like the [Superpower Hair and Scalp Fortifying Serum](#), which will hydrate and enhance overall scalp health.



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