

HAIR — OCT 20, 2019

How to Grow Healthy Hair and Lashes, According to an Expert

by COURTNEY HIGGS



Full, bouncy hair and lengthy lashes definitely occupy top spots on our beauty wish list. We're constantly researching the practices and [products that influence growth](#) for both, but achieving max hair and [lash health](#) is about as mysterious as attaining [flawless skin](#). That's why we enlisted the help of our friend and one of the [best dermatologists in Los Angeles](#), Nancy Samolitis, MD, co-founder and medical director of [Facile](#), to answer our burning questions about giving our hair and lashes the best chance to thrive.

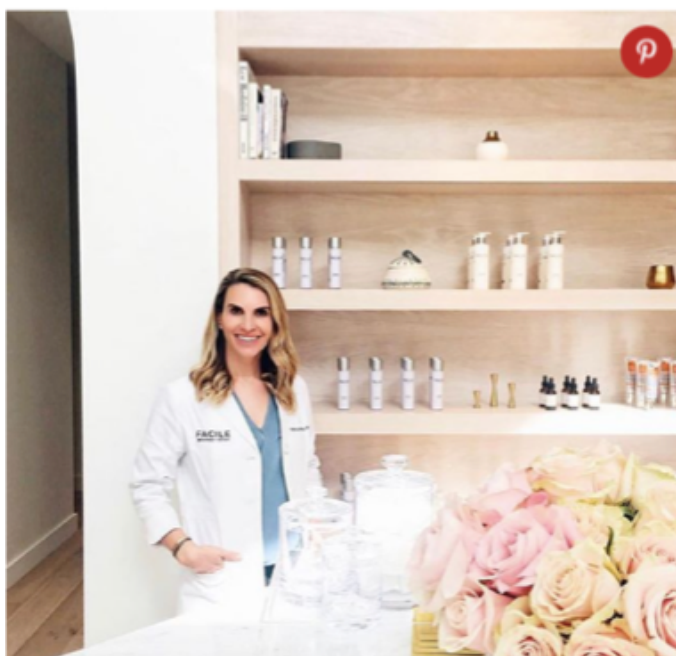
Spoiler: There's no one-size-fits-all solution. As with just about anything else in life, there are various factors that make everyone's hair and lash growth journeys a little different. "The ability to grow hair is just as genetically programmed as hair color and texture," Samolitis explains. "Not everyone can grow a waist-length mane, unfortunately."

Though it feels like a bummer to see that put so plainly, Samolitis assures us that between medical evaluation, in-office treatments, and select products, we can *improve* both hair and lash health to encourage growth. Read on for the Q&A with the industry veteran, and shop our picks for the products that will help get the job done.



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What are some ingredients we should avoid in products while trying to grow healthier hair?

"Because vitamin deficiencies, illness, and stress (both physical and emotional) can take a toll on hair growth, avoiding these by practicing a healthy lifestyle to the best of your ability is my advice. If you have allergies to sulfates, preservatives, or fragrance, you should look for hair products that are free of the specific ingredient you are allergic to."

The takeaway: There is not one particular ingredient that is harmful to hair in every person. Your dermatologist can help you diagnose symptoms connected to allergies or sensitivities that might also be getting in the way of healthy hair and lash growth.

Editor Pick for Hair



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[Briogeo Scalp Revival Charcoal + Tea Tree Scalp Treatment \(\\$32\)](#)