in your 50S

Keep length to subtract years

WHAT'S HAPPENING?

Research shows that most women are at least 50 percent gray by their fiftieth birthday. And at least half or all women in the United States will have some form of hair loss by the time they reach that same age, according to the American Academy of Dermatology.

As your follicles shrink over time, hair typically become finer and thinner around the hairline and top of the scalp (For more information on hair loss and thinning, see Q&A, opposite.)

STYLING TIPS

"Cropped hair is not necessarily the answer to looking younger" warns

TREATMENT

Stimulate your hair follicles with a light-based treatment. The Hairmax Lasercomb (\$495; hairmax .com) is FDA-approved for men only, but many women have seen regrowth after using it. The device shines a red laser beam on the scalp, stimulating hair follicles to have a more effective growth phase. For optimum hair growth, the company recommends three 10-minute sessions a week. However, once you stop using the device, any positive results may be lost.

COLOR CUES

If you want to cover a lot of grays, you'll need a permanent dye because other formulas won't adhere as





Mena. The goal now is to avoid sharp lines that cause your face to appear more angular, so consider waves and keep your hair at least chin-length. Fatten up skinny strands by incorporating volumizing products into your routine. Use thickening spray on damp hair or root-boosting spray before styling to instantly expand each hair's diameter.

well. For a youthful look, seek out lighter shades: "Going lighter makes your wrinkles look less pronounced," says Zand. "But keep the color contrast minimal—you're not trying to make a statement," Rhys says. You should opt for warmer rather than ashier tones to help bring out the glow in your skin and maintain healthy-looking hair.



