

Grey, Grey Go Away! Grey hair blues.



It's no secret that we all want to be young forever. What you may not realise however ladies is how quickly age creeps up on you and before you know it you're in your 40's. Suddenly grey becomes a very disconcerting colour, especially when it's on your head, except for those trending of course ... then it is optional. Grey hair OMG!

So here's a few interesting facts:

1. WHEN DO MOST WOMEN GO GREY?

It's usually women who are in their 30s that may see a few grey hairs, but by the time they get into their 50 most women would expect to have more than 50% of their scalp hairs turn grey ...shocking!!

2. WHY DO WE GET GREY HAIR?

Grey hair is a combination of normally pigmented hairs interspersed with white ones. As we age, hormones kick in and the bodies processes slow down. Hair turns white when the pigmentation cells responsible for colour (melanin) stop being produced and ta-dah! Before you know it you are a silver fox! #FoxyLady

3. CAN YOU SLOW THE RATE OF GREYING HAIR?

Nope, not really. Nutritional and hormonal factors can affect hair colour as well as stress but **generally going grey earlier in life is genetic** ... blame it on the genes!

Home care:

- For great hair maintenance grey or otherwise, consider a Biotin supplement from Health Renewal

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