

# How to Maintain - or Achieve - Healthy Hair at Any Stage in Life: Recommendations by Lazarou Hair Stylist & Barber Team

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[/EINPresswire.com/](https://EINPresswire.com/) -- Lazarou Hair Salon & Barbers, a premier destination for hair colour, haircuts and hair care in Cardiff, is excited to share expert advice on maintaining and achieving optimal hair health at any stage of life. With decades of experience, Lazarou's team of skilled stylists and barbers offers practical, evidence-based recommendations to help clients maintain vibrant, healthy hair throughout their lives.

## 1. Understanding Hair Health Across Different Life Stages

As people age, their hair undergoes various changes. Hormonal fluctuations, environmental factors, and lifestyle choices all play crucial roles in hair health. Understanding these changes is the first step in maintaining beautiful, healthy hair.

## 2. Nourishment from Within

Lazarou's stylists and barbers emphasise the importance of a balanced diet rich in essential vitamins and minerals. According to a study published by the Journal of Clinical and Aesthetic Dermatology, nutrients such as biotin, vitamin D, and omega-3 fatty acids are vital for hair growth and health. Incorporating foods like salmon, eggs, spinach, and nuts can significantly improve hair strength and shine.

## 3. Tailored Hair Care Regimens

Different life stages require different hair care routines. For younger individuals, Lazarou recommends gentle shampoos and conditioners free of sulfates and parabens. Middle-aged clients may benefit from hydrating treatments and serums that combat dryness and frizz. For older adults, volumising products and scalp treatments can address thinning hair and promote a



Understanding the changes hair goes through in various life stages is the first step in maintaining beautiful, healthy hair | ©getty-images-uFrvlxyqOhc-unsplash

fuller appearance.

#### 4. Regular Trims and Professional Treatments

Consistent haircuts and professional treatments are crucial for maintaining hair health. Regular trims prevent split ends and keep hair looking fresh and healthy. The salon and barber shop offers a range of treatments, from deep conditioning to Kerasilk treatments, tailored to individual hair needs. Understanding that each client's hair journey is unique, Lazarou's team provides personalised consultations to develop customised solutions. Whether it's recommending the best products for individual hair types, suggesting new styles, or providing tips on hair maintenance, the team ensures that every client receives bespoke advice and services. "We take the time to listen to our clients' needs and preferences, crafting personalised care plans that deliver the best results," notes Andreas Lazarou, Managing Director at Lazarou Cardiff Castle and Talbot Green.

#### 5. Protecting Hair from Environmental Damage

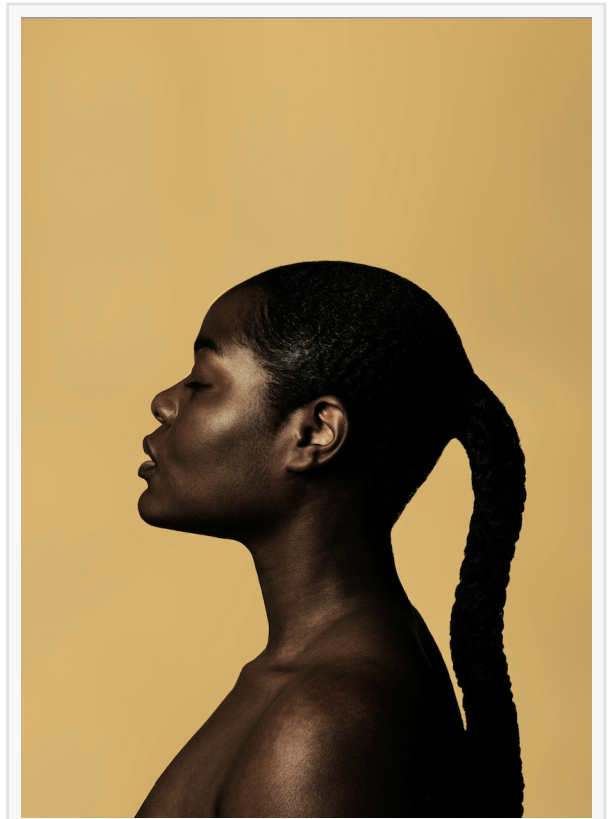
Exposure to sun, wind, and pollution can damage hair over time. Lazarou's experts advise using protective sprays and protective wear to shield hair from UV rays. Additionally, incorporating products with antioxidants can help protect hair from environmental stressors.

#### 6. Managing Stress for Healthy Hair

Chronic stress can negatively impact hair health, leading to issues like hair loss and dullness. Engaging in regular physical activity, practicing mindfulness, and ensuring adequate sleep are essential for reducing stress and promoting overall hair health.

#### 7. Scalp Health: The Foundation of Strong Hair

A healthy scalp is the cornerstone of vibrant and strong hair. Proper scalp care involves regular cleansing to remove excess oil and product buildup, using gentle, sulfate-free shampoos to avoid stripping natural oils. Hydration and nourishment are key, with treatments like scalp massages to stimulate blood flow and the use of hydrating masks and oils to maintain moisture balance. Recognising signs of an unhealthy scalp—such as redness, flakiness, or irritation—early on and addressing them with appropriate treatments can prevent more serious hair issues. This holistic approach to scalp care ensures that the scalp environment is optimal for hair growth and health



Nutrients such as biotin, vitamin D, and omega-3 fatty acids are vital for hair growth and health | ©jessica-felicio-QS9ZX5UnS14-unsplash

## 8. Customised Solutions for Unique Hair Types

Lazarou prides itself on offering customised hair care solutions tailored to each client's unique hair type. Whether dealing with curly, straight, fine, or coarse hair, the stylists provide personalised recommendations to ensure optimal hair health and appearance. Staying ahead of industry trends and innovations is a priority for Lazarou's team. The stylists and barbers regularly participate in professional development courses and workshops to hone their skills and learn about the latest techniques and products. This commitment to continuous learning ensures that clients benefit from cutting-edge services and the highest standards of hair care.

### About Lazarou Hair Salon

Lazarou Hair Salon has been a cornerstone of hair care and styling in Cardiff for nearly 60 years. With a commitment to excellence and a passion for innovation, Lazarou's team of professional stylists stays abreast of the latest trends and techniques to provide clients with exceptional service. For more information, visit Lazarou's website.

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Consistent haircuts and professional treatments are crucial for maintaining hair health | ©leandro-crespi-XseplK1urgs-unsplash

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