

## HEALTHY HAIR MICRO TRIM

*Your essential regime for longer, fuller, healthier hair*

A minimalist hair health focused cut with exclusive nutritional guide  
from Rhiannon Lambert. From £49.



Rhiannon Lambert, Harley Street nutritionist, author and healthy eating podcaster; a long-standing client at Headmasters for many years has teamed up with them to create the perfect regime for healthy hair "I am so excited to be launching the new Healthy Hair Micro Trim, because healthy hair starts from the inside."

### WHAT IS THE HEALTHY HAIR MICRO TRIM?

A maintenance cut that removes minimal length from the ends whilst maintaining optimum hair health.

### IS IT RIGHT FOR ME?

- › YES, if you want to grow your hair but keep it healthy
- › YES, if you want to maintain the length you have but keep your hair in peak condition

### WHAT DOES THE HEALTHY HAIR MICRO TRIM INVOLVE?

- › A prescriptive cleanse & condition at the backwash
- › Hair is gently detangled and dried before cutting to enable easy split end removal.
- › Hair is twisted in sections to reveal and remove split ends from mid lengths and ends.
- › Hair is micro trimmed to remove dead ends but still allow for length and growth.

## RHIANNON LAMBERT'S TIPS FOR HEALTHY HAIR

"Most of us want to have lovely healthy and strong hair. Regardless of your age, gender or culture, hair is seen as part of our identity and even makes its own fashion statement.

Interestingly, your hair grows around 0.5 inches (1.25 cm) per month, and 6 inches (15 cm) per year. How fast it grows depends on factors like age, health, genetics and diet. However, that being said you can't change those factors. Diet is the one thing you have control over. In fact, consuming a diet lacking the right nutrients may lead to hair loss and malnourishment.

On the other hand, eating a balanced diet with the right nutrients can help promote hair growth, especially if you're experiencing hair loss due to poor nutrition.



## RHIANNON'S TOP 5 FOODY TIPS TO HEALTHY HAIR

1 Fatty fish like salmon, herring and mackerel are great sources of omega-3 fatty acids, which have been linked to improved hair growth and density. However, there are only a few studies in this area, so more are needed. In the meantime, ensure you have 1-2 portions of oily fish a week and if you are a vegetarian or vegan, you can get these fatty acids from plant based foods such as, nuts, seeds and avocado. Avocado is also an excellent source of vitamin E, which may promote hair growth. One medium avocado (about 200 grams) provides 21% of your daily vitamin E need. Always speak to a health professional before changing your diet.

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2 Iron is a key component to a healthy scalp and a deficiency in iron can lead to hair loss. Hair loss has many causes, and it can affect both men and women of any age, including children. Hair loss isn't only caused by male-pattern baldness. It can also be caused by a lack of nutrients. When you don't have enough iron, your body can't produce the haemoglobin in your blood. Haemoglobin carries oxygen for the growth and repair of cells in your body, including the cells that stimulate hair growth.

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3 Pantothenic acid is a vitamin, also known as vitamin B5. It is widely found in both plants and animals including meat, vegetables, cereal grains, legumes, eggs, and milk. Vitamin B5 keeps skin healthy and supple, and provides key nourishment of hair follicles to promote growth. Studies have also shown that Vitamin B5 plays an important role in the pigmentation of hair and prevents it from losing its colour until you are well into your older years.

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4 As hair is made of protein, ensuring you have enough protein in your diet is crucial for making hair strong and healthy. If you are not consuming enough protein in your diet, your hair is likely to become dry, brittle and weak. Extremely low protein diets may result in restricted hair growth and even hair loss. Good examples of complete proteins are found in chicken, turkey, fish, dairy products and eggs along with vegetarian sources such as legumes, soy and nuts.

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5 Vitamin A is needed by the body to make something called Sebum, an oily substance created by our hair's sebaceous glands (basically a natural conditioner for our scalp). If we don't create enough Sebum, we may experience an itchy scalp and dry hair which can appear very lack lustre. Animal products and orange/yellow coloured vegetables such as carrots, pumpkins and sweet potatoes may often be a source of beta-carotene (which makes vitamin A)."

## YOUR PERSONAL HEALTHY HAIR REGIME

*Cleanse, Condition, Treat, Style, Advice*

CLEANSE:

CONDITION:

TREAT:

### ABOUT HEADMASTERS

Headmasters is a hair high street hero with over three decades of delivering beautiful, fashionable confidence boosting hair to clients in over 60 locations. Headmasters blend of expert cutting, couture colouring, quality finishing and devoted customer service, means clients can relax safe in the knowledge they are in the hands of experts.

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