

## Hair Camouflage

### What is hair camouflage?

Hair camouflage includes any technique to disguise areas of hair loss. This includes filaments, sprays, make up type products and could also include thickening products, hair pieces, wigs and scarves.

### What are hair filaments and when can they be used?

Hair filaments are tiny keratin fibres that are usually sprinkled onto the hair. They stick to existing hair and make it appear thicker. They come in a wide range of colours to match to your own hair colour. Keratin is a structural protein that our hair, nails and skin are made of. They are very well tolerated and are best suited to people with diffuse thinning who still have reasonable hair coverage. They are not so good for shiny bald patches or disguising areas of scarring. There are a number of brands with Toppik and Nanogen fibres being two of the biggest.

### Are there alternatives to fibres for hair thinning?

The main alternative to filaments is pigment sprays. These are quite fast to apply and can also dramatically give the impression of thickened hair. They also can disguise the pinkness of the scalp in really thin or bald areas. The pigment sprays are often quite matt in nature and they are usually combined with a "seal" product that gives it a more shiny and glossy appearance. Mane spray is a brand with a wide colour choice.

### What options are there for bald patches?

Whilst you can use spray type products and are best off avoiding filaments, there are additional make-up style products, applied with a make-up brush and designed to be quite robust when faced with the challenges of daily life. An example is DermMatch. They have a more limited colour palette.

### Why do some products require an additional spray?

Filaments and pigment sprays are often sold with a "locking" spray or a product designed to make them more resistant to wind and rain. This makes the products more reliable and less likely to come off on your hands.

### Will camouflage come off if I get my hair wet?

Most hair camouflage products will come out when you wash your hair with shampoo. When filaments and spray are used with a hair spray style of product, the camouflage will be resistant to rain but not submersion eg swimming. The exception is DermMatch which is marketed as being water resistant and suitable for swimming.

### My hair is different shades and not one colour, can I use camouflage?

Yes. Whilst black hair is by far the easiest to match with camouflage, most other hair is a combination of shades. You can buy different colours and blend these to match your hair colour and this often gives a much more natural result than a solid block of colour.

