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14 Tips on How to Make Your Hair Grow Faster

You are a click away from Rapunzel-esque hair.

Avoid excessive heat styling

We know it can be hard to put down the hot tools, but according to dermatologist and founder of Sobel Skin, [Dr. Howard Sobel](#), “Extreme styling heat and hot temperatures can be damaging to both the hair and the hair shaft, leading to breakage, brittleness, and dehydration, which in turn can slow down hair growth.”

Massage your scalp daily

Daily scalp massage is a great way to stimulate circulation and stimulate healthy hair growth. “This helps to increase blood flow to the scalp and remove product build-up and dead skin cells to rev up hair growth,” says [Dr. Sobel](#). “The best time to massage is when you apply a scalp scrub or serum on your scalp,” says [Jan Spagnuolo](#), stylist director at Rossano Ferretti Hair Spa in New York. However, it’s all about consistency, so while a daily massage is the preferred choice, as often as you can is good too.

Upgrade your hair care routine

For the best results, consider a personalized hair care routine using high-quality products, ideally curated for you by a hair professional during a proper hair consultation. Spagnuolo explains, “A routine typically includes a sulfate-free shampoo, paraben-free mask or conditioner, a weekly treatment, and a styling serum and/or oil—all of which are tailor-made for your hair type and condition.” Using products designed specifically for your hair type is the key to healthier hair, which, in turn, improves the speed and quality of hair growth. To protect your hair, “it’s essential to avoid products containing sulfates, parabens, phthalates, and silicones that can dehydrate, weigh down your hair, and irritate the scalp,” adds [Sobel](#).

Many serums on the market promise to keep both the hair and scalp healthy. Just like our complexion, certain lifestyle factors affect the health and appearance of our skin and scalp. [Dr. Sobel](#) advises, “Choose lightweight, water-based serums that target hair follicle function, treat dryness and flakiness, and encourage hair growth. Look for naturally energizing and antioxidant-rich ingredients like caffeine, green tea, biotin, and castor oil.”

Consult a dermatologist

If your hair is thinning or has changed in appearance (reduced volume and fullness), [Dr. Sobel](#) says that you should consult with a physician to determine the underlying causes, such as stress, nutritional deficiencies, or reactions to hair products. “It could also be male or female pattern baldness, which tends to become more prevalent as we age.”

Consider PRP

If you’ve tried everything else on this list without success, PRP (platelet-rich plasma) might be your solution. “This increasingly popular treatment works wonders in improving the function of hair follicles by utilizing high-volume platelets derived from the patient’s own blood,” says [Dr. Sobel](#). As he describes, this “liquid gold” solution stimulates cell regeneration and triggers and maintains the hair’s growth phase. An additional advantage of PRP is that it comes from the individual’s blood, ensuring there are no adverse or allergic reactions to worry about.

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