



**Maya Beauty School**

# **CERTIFICATE IN ORGANIC HAIRCARE FORMULATION**

**Understanding The  
Hair Growth  
Cycle**



# Introduction

## INTRODUCTION

Understanding the hair growth cycle helps to minimize and reduce hair shedding. The hair is nourished by blood vessels at the base of the follicles. Before the hair starts to grow and fall, it passes through different stages; over time, the anagen stages' length reduces. Therefore, the hair becomes weaker and thinner after each cycle.

It is why we must maintain a healthy diet with specific nutrients for hair growth.



## HOW DOES HAIR GROW?

To understand how hair grows, we first need to look at its parts. Hair is made up of two parts: the follicle and the shaft.

The shaft grows from the follicle, which is the root of the hair located beneath the skin. There are around 100,000 hair follicles on the scalp alone, and five million hair follicles on the body. The hair follicle itself is made up of the papilla and the bulb. The papilla contains tiny blood vessels that deliver blood supply to the hair follicle.



## HOW DOES HAIR GROW?

The papilla nourishes the hair follicle with the necessary nutrients for hair growth. The bulb, which surrounds the papilla, is where the hairs' cells divide. Cells of the bulb divide much faster than the other cells in the human body.

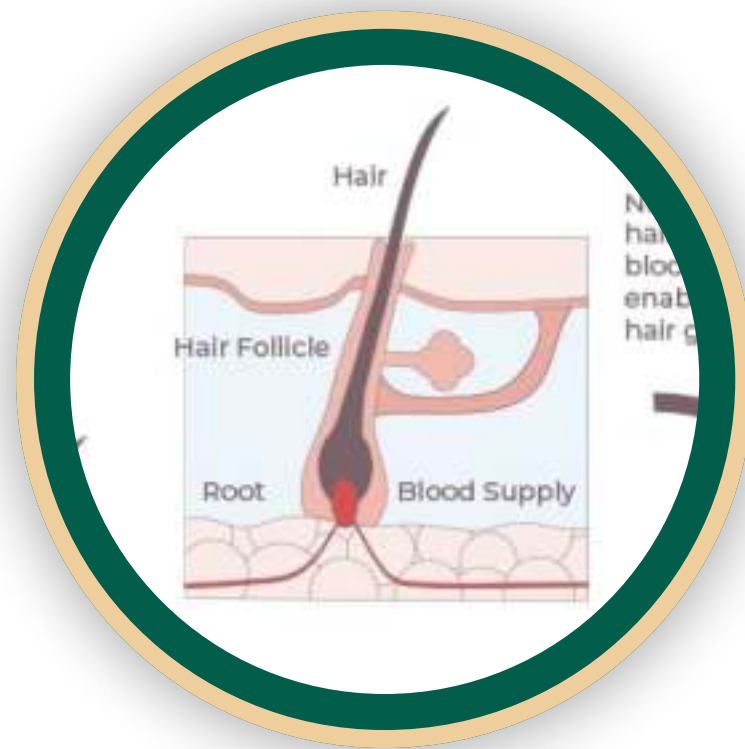
The hair shaft is the visible part of the hair. The hair shaft is made up of a hard protein called keratin and a scale-like outer protective layer called the cuticle. Hair shafts are dead, which is why it doesn't hurt to get a haircut!

# Understanding The Hairgrowth Cycle

As new hair is manufactured in the follicle, it pushes out the hair shaft, creating longer hair. Hair grows about 0.3mm to 0.4mm each day, which adds up to around six inches per year. However, not all of the hair follicles are growing new hair at the same time. Hair growth occurs in a cycle. At any given time, each strand is in a different part of the process. It's a good thing that each of our hair's cycles is not in sync. Otherwise, we would shed all of our hair at once!



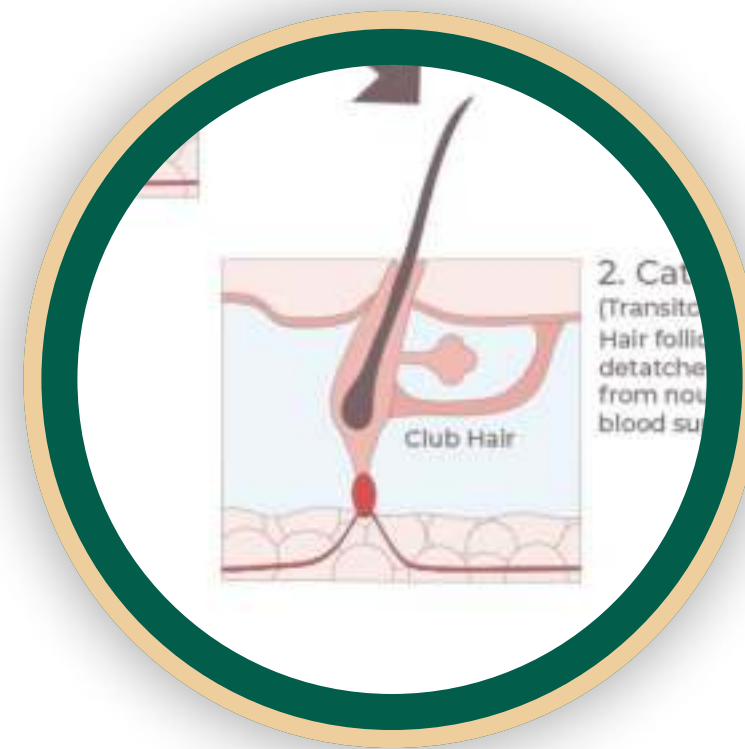
# Phases Of The Hair Growth Cycle



## Anagen

### Growth Phase

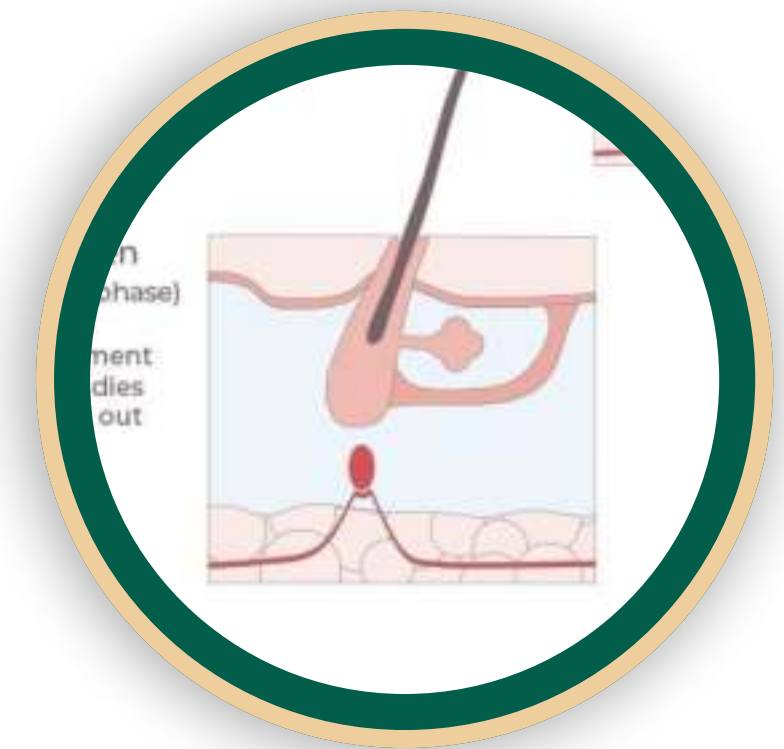
Nourishment of hair follicle via blood supply enables hair growth



## Catagen

### Transition Phase

Hair follicle detatches from nourishing blood supply



## Telogen

### Resting Phase

Without nourishment the hair dies and falls out

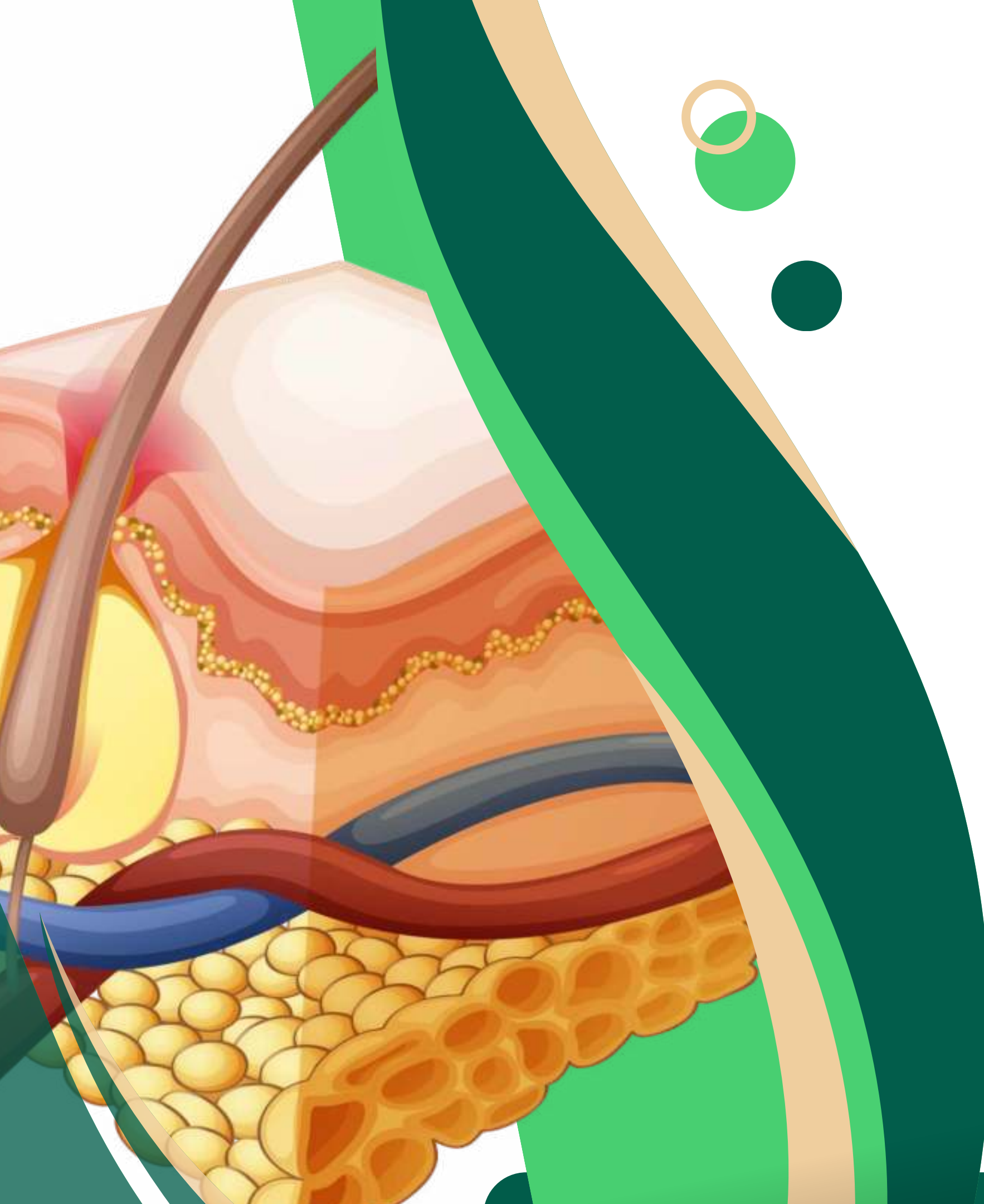
# The Phases of the Hair Growth Cycle

The hair cycle comprises four phases: the anagen phase, the catagen phase, the telogen phase, and the exogen phase.

## Anagen (Hair Growth) Phase

The anagen, or growing, phase is the first part of the hair growth cycle. During the anagen phase, cells of the bulb divide rapidly, resulting in new hair growth. Eighty to 90% of hair follicles are in the anagen phase at any given time.





The anagen phase lasts somewhere between two and seven years. The length of the anagen phase determines the maximum hair length. For example, people who have very long hair have a very long anagen phase. Eyelashes, eyebrows, and body hair have shorter growth phases than for the hair on your head, so they are much shorter than scalp hair. Many factors influence the length of the anagen phase, including genetics, nutrition, age, and overall health.



## Catagen (Transition) Phase

After the hair growth phase enters the catagen phase, this short, transitional phase only lasts two to three weeks. During the catagen phase, the hair stops growing and detaches itself from the blood supply. The hair becomes what is known as a club hair.



# Telogen (Resting) Phase

The telogen, or resting, phase follows the catagen phase. During the telogen phase, the club hair rests while a new hair begins to grow beneath it. This original hair will eventually take the place of the club hair. The telogen phase lasts for three months, and 10-15% of all hairs are in this phase at any one time.



# Exogen (Hair Shedding) Phase

The exogen, or hair shedding, the phase is the last part of the hair cycle. During the exogen phase, the resting club hair detaches and falls out. Every hair eventually sheds, and it's completely normal to lose 50 to 100 inches each day.

The exogen phase is why you'll frequently see hairs in your shower drain or hair brush. You should only be concerned about a sudden change, and many more inches than usual are falling out.



After the exogen phase, the follicle then returns to the anagen phase, and the cycle repeats.





## **CAN YOU STOP HAIR LOSS?**

Hair shedding is a natural and necessary part of the hair growth cycle. However, excessive shedding can occur for a variety of reasons. Many hair loss types happen when more follicles than average go from the anagen phase to the catagen phase. When these hairs reach the exogen phase and fall out, the hair will appear thinner. You can help to mitigate the appearance of extra shedding by improving the anagen or hair growth phase.



To maximize the anagen phase, keep your body (and hair) healthy by doing the following:

- Get plenty of sleep
- Reduce stress
- Exercise regularly
- Avoid crash diets and cleanses
- Stay hydrated
- Eat a healthy diet that includes plenty of foods rich in protein, iron, zinc, and vitamin C



Take a hair growth supplement for an easy way to make sure you're getting the necessary nutrients in your diet. There are supplements proven to promote existing hair growth and reduce shedding, giving you thicker, fuller hair.



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**Thank You**  
For Reading



Thank  
you! :)