

Our hair growth goes through three stages that are repeated throughout our lives.

1. Growth Stage:

In the first stage, our hair grows continuously at an average rate of 1 cm per month. The duration of stage varies from person to person, but ranges between two to six years. The total length of hair added during this stage ranges between 25 cm to 75 cm. By making sure your diet includes enough nutrients, you can boost your hair growth.

2. Transitional Stage

During the transitional stage, the growth rate of our hair declines, and finally stops complete. This stage will usually occur over a period of two to three weeks.

3. Maturity Stage

In the final stage of our hair growth, the mature hairs will remain in our scalp for a period of two to four months, and afterwards automatically fall out to make space for new hairs to grow.

Due to this continuous cycle of growth and renewal, we all lose approximately 50 to 100 hairs per day. If you think you are losing more hair than this, we advise you to consult your doctor.