

## **An introduction to Hair**

Your hair is often the first thing people notice, so it is important that our hair reflects our inner health and beauty. Just like our skin, our hair signifies our state of health, and will shine more when we take proper care of it. With the right care for your hair, you will be able to have healthier and better looking hair. By taking care of your hair, it will give you more confidence.

Our hair is formed inside hair bulbs on our head. While hair contains water, lipids, traces of mineral elements and melanin, keratin is the main ingredient. The number of bulbs on an average person's head at birth is between 100 and 140 thousand. Our hair bulbs provide our hairs with the nutrients it needs to grow, reaching an average growth rate of 0.3 mm a day (1 cm per month). Hair grows more quickly in summer than in winter, and more slowly at night than during the day.