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What treatments are available for women with thinning hair?

Hair loss doesn't just affect men – 40 per cent of women over 35 are affected by thinning hair. Zoe Strimpel gives the lowdown on what treatments are available and Dr Toby Murcott looks at the scientific evidence behind them



PLANTUR 39 SHAMPOO

What is it? A caffeine-based shampoo that claims to counteract the effects of postmenopausal hormone imbalance. It stops dihydrotestosterone (DHT), the hormone largely responsible for hair loss, from attacking the hair follicles.

What science says Test-tube studies suggest that caffeine stimulates the growth of hair follicles. Further data reveals that caffeine can penetrate the scalp and hair follicles when applied as a shampoo. This suggests that caffeine may boost the number of hair follicles in a real-life situation, but there are no clinical trials of this particular shampoo.

Cost From £8.99; pureandgentleskincare.com