

SPLIT-ENDS

BBC Radio Coventry and Warwickshire on air question: Why do we get split ends?

The trichological term for split ends is Trichoptilosis.

Trichoptilosis is the fraying of the ends of the hair shaft, usually found in long hair, which has not been cut regularly.

The body produces sebum to keep skin and hair supple. The longer the hair, the more likely that this protective sebum will not reach the ends of the hair shafts. Once the sebum cannot reach the ends then the hair becomes dry and brittle, open to be damaged by friction from poor grooming techniques and environmental factors

In order to minimise split ends it is best to have regular trims and to use moisturising shampoos and conditioners. You should also avoid applying repeated heat to your hair from straighteners and curling irons. If you must use the latter then you need to use products which offer protection against heat.

If you are concerned about any of the issues raised above regarding hair loss, then you should seek a consultation with a registered Trichologist.

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