October 2026 Blog

Hair loss and hair thinning have become a real concern to many clients and it seems to be getting more common in the last 10 years. So what's changed or what could be impacting the surge in hair loss?

There are so many factors to consider, including stress, hormonal changes, lifestyle and environmental factors. With more clients than ever are experiencing hair thinning could our 21st century diet be part of the problem?
This can feel like a sensitive subject to discuss with clients but if you have concerns maybe you are already wearing a hair piece and you want to discuss this but feel embarrassed, at Colabella, we have a private treatment room where we can look at your hair and scalp and it allows us to offer, advice, solutions and reassurance that can genuinely make a difference.

Why are you experiencing hair loss?

Hair loss can happen for a lot of different reasons, so understanding some of these causes can be the first step in helping you with the problem.
Genetics
Stress
Hormonal changes, including menopause, pregnancy and thyroid conditions
Poor nutrition, particularly deficiencies in iron, zinc, biotin and vitamin D
Environmental factors
And for many clients, it's often a combination of several factors rather than just one.

The early signs to look out for

As hairdressers, we can often notice the changes in our clients hair before they do. This can look like a widening parting, a more visible scalp, a thinner ponytail or hair feeling finer than usual. As soon as these signs are recognised, the sooner you can begin a treatment plan to help support healthier-looking hair.
It can be as simple sometimes as you being to rough with your hair so it's causing unnecessary hair loss by breakage.

Then on a more serious note it can be the sign of an underlying health problem. This is when the relationship with a regular stylist is invaluable. We get used to our clients hair density, scalp health, we notice straight away when something changes. I think I've mentioned before in blogs about Hair loss that over the years I've sent countless clients off to their doctors who often come back in between their appointments to say thank you as their bloods results were showing deficiencies that needed medical assistance. Sometimes it's something as simple as low iron, low B vitamins, a thyroid balance.

And very rarely which has only happened twice in 42 years of having the Salon,I've diagnosed two cases of brain tumour because the way the hair loss had formed and because I'd seen that in another person some years ago. As I said this is very rare so don't be alarmed but it's just an indication of how a regular hairdresser gets to know what's normal for you.

Hair loss can have a huge impact on your confidence, which is why creating a comfortable safe environment is something we feel is important at Colabella.

We will start with a thorough consultation and discuss any concerns you may have. As i've already mentioned with some hair loss cases if the hair loss appears severe or sudden, we will encourage you to seek advice from a GP or trichologist who can investigate any underlying causes.

Recommend treatments

Alongside professional advice, recommend targeted salon treatments, scalp care and the correct home care routine so you can feel you are taking positive steps towards improving their hair health.

Styling advice

We will offer tips on how to style your hair. Certain styling techniques and products can create the appearance of fuller, thicker hair while you work on improving the hair and scalp's condition.

Scalp health

Healthy hair starts at the scalp and just like skincare, the scalp needs regular cleansing to create the best environment for your hair to grow in. By removing product buildup and impurities, this can ensure your scalp can truly function at its best. Blocked hair follicles is a very common reason behind thinning hair. Dry shampoo and serums are great but we must be sure that at every shampoo the scalp is as squeaky clean as your hair.



Lokio vegan product range…

When it comes to thinning hair, luckily Lokio is here to help. This Pro Clinical range is a must for hair loss & thinning. This botanical formula is also sulphate and paraben free, combining advanced scalp science with proven ingredients that actually give results. Rather than focusing on just one area, Lokio works across three key stages: scalp, roots and strands. With the focus on these three areas, this results in healthier-looking hair that feels stronger, denser and more resilient.