

Grow back your hair while watching TV with this FDA-cleared laser cap — it's 50 percent off

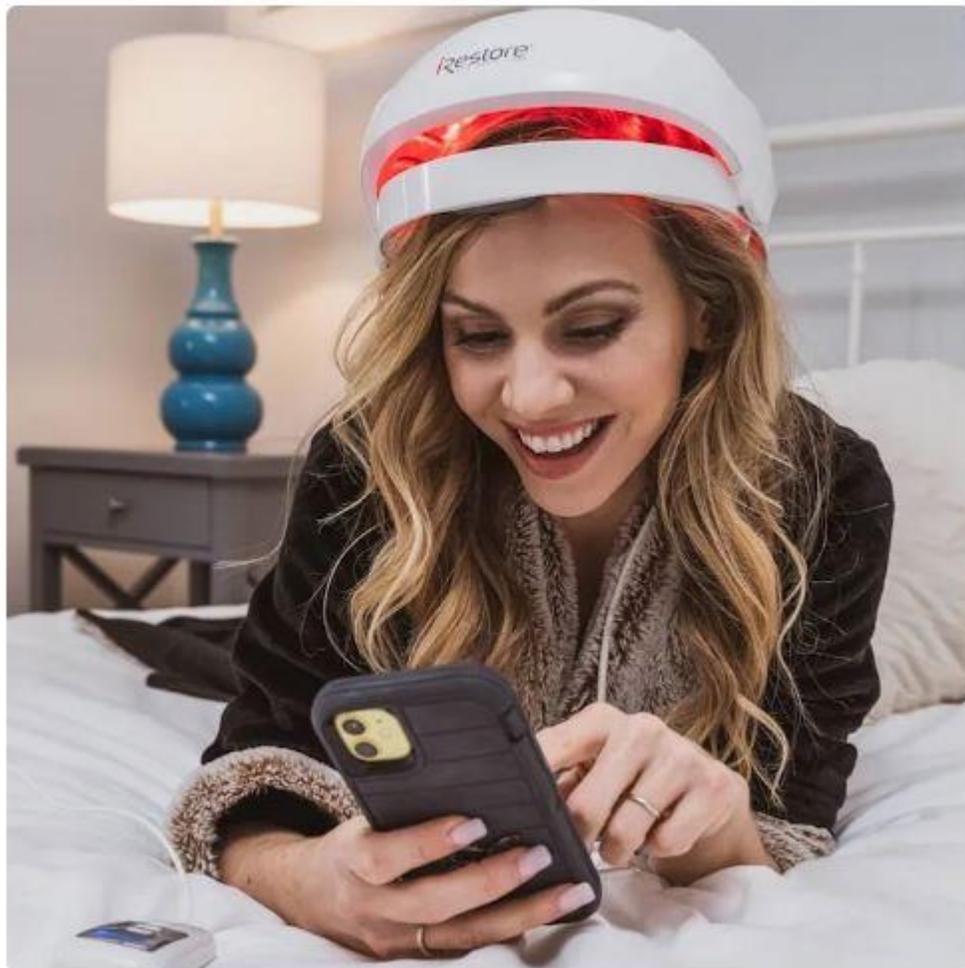


Korin Miller

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Reviewers swear this hair loss treatment has helped regrow their thinning hair. (Photo: Amazon)

When it comes to products that promise to help with hair loss, it's understandable to have a healthy dose of skepticism. After all, hair loss is a common issue and if it was that easy to fix, no one would have thinning hair or be bald.

But there's a device at Amazon that's getting plenty of props from reviewers who swear it's helped restore their hair loss — and dermatologists say it employs some of the same technology they use in their offices for hair restoration. It's called the iRestore Essential Laser Hair Growth System and it's been cleared by the Food and Drug Administration (FDA) to treat hair loss and stimulate hair regrowth. Research has shown that the iRestore Essential Laser Hair Growth System increased hair growth by 43 percent in men and women in a clinical trial, which definitely sounds promising. And, right now, it's 53 percent off at Amazon.

There is some science to support this kind of treatment, board-certified dermatologist Dr. Ife J. Rodney, founding director of Eternal Dermatology + Aesthetics, tells Yahoo Life. "There's a lot of data showing the benefit of using low-level laser light therapy for hair growth — specifically red light," she says. "As part of an overall hair growth regimen, red light therapy can be very useful."

OK, but...why? "Lasers help increase blood flow to the scalp, providing more 'nutrition' to hair follicles," **Dr. Gary Goldenberg**, founder of Goldenberg Dermatology, tells Yahoo Life. Lasers may also help decrease levels of dihydrotestosterone in hair follicles, which are androgens that can shrink your hair follicles and cause hair to thin and fall out, he says.



Just wear the helmet for 25 minutes a day, every other day. (Photo: Amazon)

Goldenberg says he uses red light therapy "routinely" in his office, along with other hair stimulating treatments like topical or oral minoxidil, stem cells injections and vitamin supplements. Rodney says she also uses red light therapy that's FDA cleared in her office that she says "gets a good response" in stimulating hair growth. But she's uncertain if at-home laser helmets can get high enough amounts of energy as medical grade devices that are needed to stimulate the scalp.

"Do I think this is harmful? Definitely not," she says. "If someone with hair loss wants to try something like this at home, it can be a good option."

The way the iRestore Essential Laser Hair Growth System works is simple: You put on the helmet, press a button to turn it on, and sit with it on your head for 25 minutes. Users are encouraged to wear it every other day for best results. iRestore urges customers to have patience with the process, noting that it can take up to six months to see maximum results.

And, again, plenty of Amazon shoppers swear by this helmet. "My hair has had such a positive reaction to this device, I almost cannot believe what I am witnessing," a five-star fan said. "My hair is thicker and is growing in areas — my crown and my receding front hair line — for the first time in over a decade. I don't know what else to say to you, if you are thinking about buying this device, but are hesitant. Just buy it. You will NOT regret it."

"I have been using it for about six weeks now and starting to see the results in my problem areas," a fellow happy customer said. "It's such a boost of confidence! I can't wait for six weeks from now to see even more results."

One woman with thinning hair said that she had "undeniable new hair growth" four months after starting to use the treatment. "My hair is thicker and fuller. I have about one inch of new hair growth all over the top crown of my head," she said. "I'm also no longer losing lots of hair. The hair loss stopped within the first one to two months of using this product. I'm going to continue using and recommending my laser light helmet!"

Again, the iRestore Essential Laser Hair Growth System is currently more than half off. If you've been looking for something to help you combat hair loss, it's definitely worth looking into.