



# Does Hair Gel Cause Hair Loss : The Truth Revealed!







# Introduction



Hair gel contains alcohol and other harmful chemicals, which cause a lot of damage to the hair. Apply it but not excessive. Learn here, does hair gel cause hair loss.

Hair styling is a part of grooming. Well groomed hair makes a man even more beautiful. That is why today's boys and their hairstyles pay a lot of attention.

Hair gel has been in trend for several years to give hair a stylish and attractive look. It keeps your hair in the same style for many hours.

But do you know how harmful this hair gel for your hair? Yes, its regular use can make hair white. Because they contain chemicals that are considered to be the most harmful to hair health. Excessive use of hair gel has many side effects those are discussed below.





# Does Hair Gel Cause Hair Loss



## **Dehydrates Hair.**

Most of the hair gels contain alcohol and other harmful chemicals which makes your hair rough. Its regular use leads to hair breakage. They absorb the moisture of the scalp, making the hair rough and lifeless. It can also lead to itching in the scalp.

## **Hair Loss.**

Did you know that regular use of hair gel can slowly cause your hair loss? This is because the chemical sebum found in hair gel affects production.

Which is responsible for maintaining moisture in the scalp as well as maintaining hair strengthening. Due to lack of sebum production, the hairs becomes stiff and starts falling easily.





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## **Hair Starts To Turn White.**

Not only our scalp, but also hair is badly affected by the use of chemicals present in hair gels. This makes the hair weak and thin. Moreover, excessive use causes hair colour to fade and turn white. If you have white hair, do not apply gel.

## **Two-Faced Hair Problem.**

Hair starts to become two mouths due to dry, damage and rough hair. Hair gels hinder nourishing the scalp, causing hair loss and two faced.(1)





## Bottom Line



So, applying hair get excessively can cause several problems like hair fall, roughness and white hair. It is advisable to apply natural oil on the hair for healthy hair growth and strong hair. However, a healthy lifestyle also correlated with hair growth. So, you must lead a healthy life for prolong and healthy hair.