

# Your Hair and Self-Confidence

*At Salon Nouveau* we realize that there is much more to a person than hair, but let's be honest, how we look can have a major impact on how we feel, and how we feel strongly influences our own self-perception, productivity, and performance. It is also true that looks play a key role in how others see us. There is no denying that hair matters and it can have positive or negative effects on our self-esteem and self-confidence.



So, why does hair matter so much? Historically, hair has been seen as a sign of health, strength, wealth and social status. It is no wonder that we place such high value on hair, so on the flip side of that is the emotional effects that occur when hair starts thinning or turning gray. Thinning hair and balding is generally associated with aging, which is why it can be a rather traumatic experience, and people go to great lengths to disguise the effects. Many of my clients confess that hair loss is a worry for them, and when the signs of thinning hair is present, it becomes stressful.

Hair can give us confidence and make us feel younger, which is why when hair loss begins we may start to question our healthiness and youthfulness. Hair loss will affect around 70% of men and 55% of women in their lifetime, making it a common problem, and putting the majority of us in the same boat. So why does the thought of thinning hair keep us up at night? The truth is that in modern society – whether we like it or not – hair represents youth, vitality, health and confidence.

There is no shame in admitting that we want to have our hair look a certain way and reflect our self-image. Contact us at Salon Nouveau to discuss your hair loss concerns and replacement options.

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