

HAIR



FACTS

Did You



know...

Hair grows at  
the rate of

about 0.3 –

0.5mm per day



People have  
more than  
100,000 hairs  
on their head



Hair keeps your  
head warm and  
provides a  
cushion for your  
skull



50-100 hairs fall  
out of your head  
daily – these are  
replaced by new  
hairs



Hair comes in many  
different colours  
and textures – these  
are determined by  
your genes



Boys' hair  
grows more  
quickly than  
girls' hair





Human hair  
grows faster  
in warm  
weather



Hair grows  
from a follicle  
under the skin



The only "living" part of a hair is found in the follicle as it grows. The hair itself is considered "dead"



On humans, hair can grow in most places, except for places like the palms of the hands, the soles of the feet, the lips and eyelids



Hair is made up mostly of a protein called keratin, the same substance that fingernails are made from



When wet, a  
healthy strand of  
hair can stretch  
30% longer



Hair is regularly  
used as forensic  
evidence as it  
can tell a lot  
about a person



Male and  
female hair  
are identical  
in structure





Black is the  
most common  
hair colour



Red is the rarest  
natural hair  
colour, existing in  
only 1% of the  
population



Blonde hair is  
found in about  
2% of the  
population



Apart from bone marrow, hair is the fastest growing tissue in the body



At any given time,  
90% of the hairs on  
your scalp are  
growing, while the  
other 10% are resting



On average,  
the lifespan of  
a human hair is  
2-7 years



Regular  
haircuts keep  
hair healthy



A single hair  
strand is 0.2 –  
0.4mm thick





Your diet can  
affect the health  
of your hair and  
how it looks



50% of men  
have male  
pattern hair loss  
by the age of 50



The loss of 50%  
of your hair  
means that balding  
has started



Most drugs  
cause hair  
loss



When you are born,  
you have about 1000  
hair follicles per  $\text{cm}^2$   
– this number drops  
as you grow older



Each hair follicle  
grows a completely  
new follicle about  
20 times in a  
lifetime



The word "shampoo"  
comes from the  
Hindi word  
"champna" which  
means "to knead"



It takes about 7  
years to grow your  
hair to your waist, 3  
years to grow to  
your shoulders





The first liquid  
shampoo on the  
market was called  
"Dop" and came out  
in 1952



Hair is stronger  
than a copper  
wire of the  
same diameter



“Alopecia” is  
the medical  
name for hair  
loss



Asian hair is  
almost always  
straight and  
black/dark brown



Africans and  
Europeans are  
more prone to  
balding than  
Asians

