January 2017

"De-stressing may reverse grey hair" – survey

A survey shows that a quarter of South Africans over 35 say they are greying prematurely and believe that reducing stress could help reverse this phenomenon.

The independent research into 1 000 respondents by Insight Survey, on behalf of Alpecin Tuning Shampoo, found that a fifth of men and women between 25 and 34 and a quarter over 35 said they were going grey prematurely.

About a third of respondents (27% of males and 34% of females) said they were worried about going grey with the highest proportion of those concerned located in KwaZulu-Natal (28%). Those least worried (15.8%) were from the Western Cape.

Two thirds of all respondents believe that reducing stress is a remedy for reversing greying hair while half believe that taking supplements is also a solution.

The survey also found:

- About 54% of male and 63% of female respondents would prefer not to go grey and just over half of them would hide grey hair if there was an easy solution.
- Half said grey hair made them feel old and just over a third said greying was less attractive.
- About 12% of male and 52% of female respondents tint or dye their hair.
- About 20% use a shampoo for hair loss.

Dr Adolf Klenk, from the German-based Dr Wolff Group which produces caffeine shampoos to help prevent hair loss* -- including Alpecin Tuning shampoo for men which maintains a dark shade – says with age, cells called melanocytes stop releasing the pigment melanin into the hair, causing hair to turn white. The combination of dark and white hair gives the grey appearance.

(* without a result of a medical condition)

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See images here (http://bit.ly/2b06DA3)

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