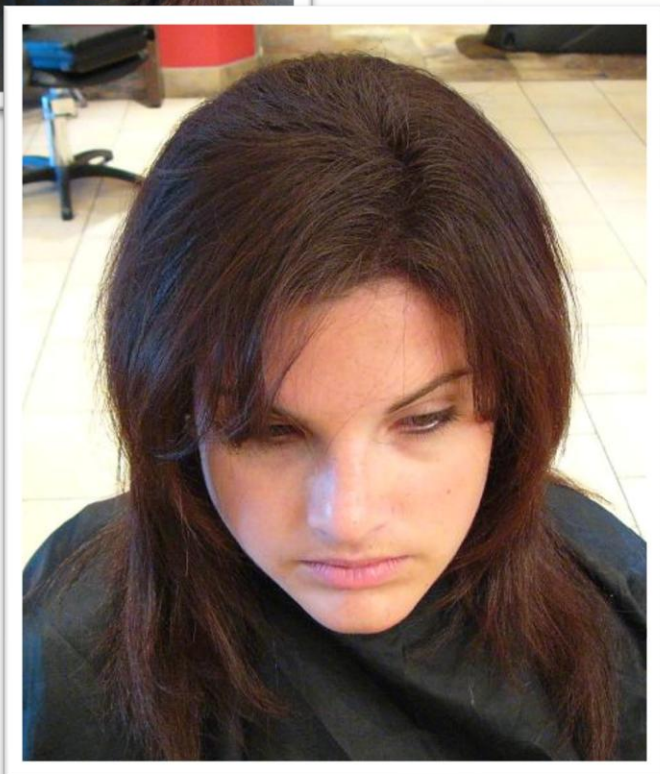
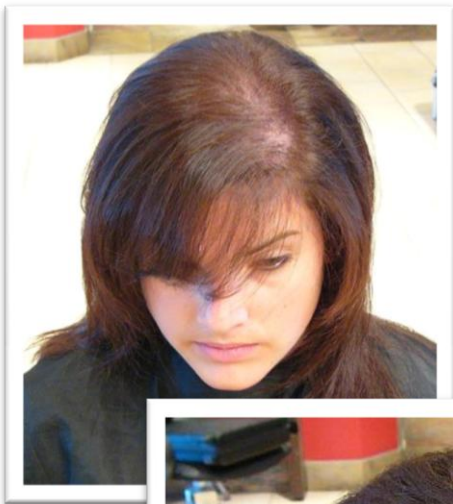


Volluma™
Changing lives



10 Styling Secrets
for Women with
Thinning Hair
Your Must Have Guide



Dale Lorna Denison
Christopher Denison



Look Good, Feel Great!



About this Book

The purpose of this book is to help restore the self confidence of women with thinning hair because, regardless of the cause or stage of hair loss a woman simply needs to look good to feel great, and feeling great leads to a more rewarding life.

Psychologically, the impact of hair loss can be shattering to women whose self esteem is inextricably associated with their hair. This guide provides easy to implement cosmetic solutions and styling tips to make thinning hair look great.

Over 40 million women in North America suffer from hair loss due to heredity and a host of hormonal, dietary, environmental and stress related factors. Those underlying causes are multifaceted often with complex inter-relationships.

To understand the underlying physiological causes of your hair loss, start by seeing your doctor.

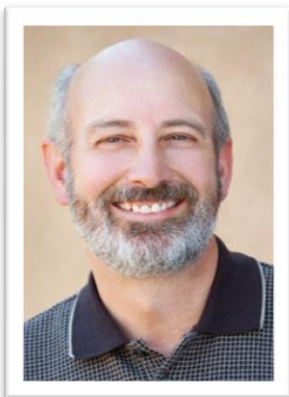
About the Authors



[Dale Lorna Denison](#)

Dale shares the emotional pain that women with hair loss experience. As there is no magic to solving women's hair loss, she has dedicated herself to providing cosmetic solutions and advice to women.

Through her blog, she provides information, remedies and support to the many beautiful women out there suffering from this terrible condition.



[Christopher Denison](#)

Chris started losing his hair as a teenager and knows all too well, the social pain of hair loss. Through research and connections in the hair loss and salon industries, he strives to make a difference in the community of hair loss sufferers, bringing clarity to hair loss issues as a contributor to Dale's blog.



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Introduction

10 Styling Secrets for Women with Thinning Hair - Your *Must Have* Guide

Every woman will face a multitude of body image obstacles throughout her life. No doubt if you are reading this style guide the chances are that you are one of the 25% of the female population who has been challenged with thinning hair. We all know that our hair is our crowning glory, and coping with hair loss is an emotional journey as much as it is a physical one.

Our hair is a receptive protein that stores vital information about us. A scientist can study a single strand and decipher what we eat, where we live, what ethnicity we are, and how we live. To lose our hair is to lose part of ourselves, therefore to replenish it we need to nurture our whole being. From our emotions to the food we eat, the remedy to thinning hair is to take care of the complete package.

The Must Have Guide is a collection of tips and tricks that will enable you to start on the path to a more confident you. Learn the techniques used by professionals in the beauty industry to instantly boost your self esteem and have great looking, fuller hair and a positive self image.

While there hasn't yet been a miracle product to effectively replenish thinning hair, there are many hair tips that are simple to follow but work wonders.



Tip No. 1: Confidence and Image – Rebrand Yourself with Style

Professional Style Tip

Style expert: Jandi Girard, President of Inspire Style image consulting

“It is all about acceptance and working with what you have got, drawing the attention to your assets and minimizing or camouflaging the hot spots:

The three things that make a woman stylish:

1. Body Shape – When a woman knows her body shape and wears styles most flattering to her figure, drawing attention to her assets with the strategic use of color, pattern, accessories or detailing
2. Style – Wearing clothes that reflect her style personality and sporting looks that make her feel most comfortable, whether it is a professional suit or jeans and a flattering T-shirt, her style is uniquely hers
3. Confidence -There is a consensus among fashion industry experts that a woman who is comfortable with her look is confident, and there is nothing more stylish than confidence.”

We’ve all read the reports that beautiful women are more successful in life - they earn more money, are more popular, and tend to lead happier lives. While it can be argued that there is no single definition of beauty (therefore we all have a chance at success!) there is no contest when it comes to confidence. A confident “average” woman with great personal style will outshine an insecure supermodel any day. Focusing on building a positive self image and maximizing your attributes will channel your energy positively, rather than dwelling on the stress and anxiety associated with hair loss.

Great style is all about finding a signature look - one that expresses who you are and how you are when you are at your best. The basis of great personal style is:

- Being comfortable in your own skin - flaws and all
- Emphasizing your features
- Poise
- Positive attitude

Tip No. 2: Does Your Stylist Make the Cut?

Thinning hair is a delicate matter, and finding the right stylist is imperative to your looks and confidence. Many women spend years developing a trusting relationship with their stylists before they experience hair loss, but if your stylist does not regularly work with thinning hair then it may be time to move on to someone that understands the associated physical and emotional issues. The number one reason that women stay with the wrong stylist is loyalty and they are afraid to cause insult by moving on. Your current stylist may be able to meet your needs, but if you feel that it's time to change, use these steps to find the best stylist:

1. **Do your research.** Use the internet, the yellow pages, and local support groups for leads to new stylists. Not all stylists that work with thinning hair are based in small boutiques, be sure to call the top brand name salons and ask if they have any staff that specialize in the area of hair loss.
2. **Test the waters.** Stylists should offer free consultations to discuss your needs and introduce you to their work style and environment. Visit as many stylists as you need to, and choose the one that you feel most comfortable with. Picking the right stylist is like picking a great pair of shoes, you will know when it's the right fit.
3. **Judge the book by its cover.** A salon that is serious about the art of hair will invest a lot in its appearance, including the building and its staff. Salons that offer their own in-house training are most likely to be on top of the latest trends and techniques, and devote more time to education and training than salons that don't have a training program.

Finally, look for a salon that can cater to clients that require more privacy. Many salons have **private rooms** that can be booked for a stress-free experience, and there are even some stylists that will do **home visits**.

Tip No. 3: The Stylist's Evaluation

Now that you have found a great stylist, it is important to know what you should discuss during your initial style evaluation. Instead of feeling anxious and nervous at your initial appointment, go in with a feeling of excitement. You have done your research, and it is now time to take the next step towards fuller looking hair, and increased confidence. The following guidelines should be used by your stylist during your initial evaluation.

- **Hair evaluation:** This step is the most important, yet incredibly overlooked by many stylists. This is where the texture, condition and thinning of your hair should be discussed. Make sure your stylist does not rush through this step.
- **Face Shape and Lifestyle Analysis:** Your stylist should recommend styles that are suitable for your face shape and area of hair loss, and which ones are not. Living with thinning hair is a lifestyle adjustment, so at this stage it is important to discuss the challenges that you face every day with your hair.

For example:

"I love my haircut as is, but I feel like it brings attention to my thinning areas on top. I would like a haircut that conceals it better."

"I work out a lot, and am finding it increasingly difficult to tie it back as it thins. Is there a shorter cut that will work with my face shape so I can go to the gym and not have to worry about tying it back?"

"My hair thinning has increased over the past month, so I need a cut that makes it look fuller all over, but something that will be easy to style at home"

Bring a list of your concerns with you to the appointment so you can discuss each one with your stylist.

- **Hair Loss Analysis:** Your stylist should be well educated on the different types of hair loss and how to work with them. Give them as much information as you can about the hair loss that affects you such as:

Where are your problem areas?

Have you noticed an increase/decrease in thinning?



Has your physician given you an idea of what to expect? Depending on the cause of your hair loss (genetic, hormonal, illness) you will experience different stages of hair loss.

Knowing in advance what you can expect will let your stylist plan a cut that will work with your situation.

- **Style Inspiration and Research:** You and your stylist should now go through magazines and color books to discuss what you like, and what will suit you. During this process your stylist should suggest ways to customize the cut and/or color to flatter your face while also working with your problem areas.
- **Plan of Action:** When you have come to an agreement on the look that you want to achieve your stylist should now give you an idea of what happens next. At this stage you should feel as if you are part of the process and completely comfortable to proceed.

If at any time during the evaluation you feel as if you are being rushed or not valued, then it is acceptable to explain that you are not ready to move forward and will re-book at a later time. Many salons have cancellation policies where they charge a fee for missed appointments, but it is also their responsibility to ensure that their stylists take the time to make each client feel valued and comfortable.



Tip No. 4: Hair from the Inside Out

We love it, we hate it; our hair is our best friend and worst enemy. When we develop challenges with any part of our body (such as hair loss, weight gain and acne to name a few) our tendency is to fix it by using creams, pills, lotions, and a myriad of other products that attack the problem from the outside. We need to realize that our bodies are complex structures that are interconnected, and healing has to start from the inside out.

Hair is a protein composed mainly of keratin and collagen, which is formed by amino acids. It is similar to our skin, and needs nutrients and water to grow.

Thinning hair is sign that there has been a change to the balance in our body systems, and many times with proper diet and holistic practices, these balances can eventually be restored.

Thicker, fuller hair cannot be achieved if your diet is lacking in the basic nutrients needed to produce it. Consider these facts; does your diet measure up?

- Nut intake; Brazil nuts, walnuts, cashews and pine nuts provide essential fatty acids needed for supple hair growth.
- Iron deficiency is a reversible cause of hair loss. Make sure you are eating eggs, legumes, dried fruit, and fish or meat.
- Oily fish provides nutrients for strong, supple hair. Mackerel, salmon and tuna steaks should be on the menu twice a week.
- Women who experience hair loss due to insufficient stomach acid production will benefit from taking Acidophilus after meals.
- Bee pollen is known as the world's most complete nutrition source and has been used in hair loss treatment. It is widely available in health food shops in capsule.
- Seaweed has been hailed as a miracle food source for hair growth, as it contains 13 of the 14 vital nutrients that are needed to produce hair. Seaweed is versatile and delicious, it can be found in soups, salads, and of course in sushi!

Other therapies that can be used to treat hair loss:

- **Meditation and visualization:** While many people laugh off the idea of meditation, studies have shown that relaxation and positive visualization does result in positive results in healing ailments of the body.
- **Exercise:** Any form of exercise that increases the heart rate will get the blood flowing to your head and scalp. Running, swimming, yoga, tai chi - there are high and low impact options available for all ages and levels of fitness. Paired with a healthy diet, exercise is a great way to feel healthier and more confident, while increasing circulation to the body.
- **Massage:** An Indian Head Massage is an amazing experience that everyone should try at least once. In addition to stimulating key muscles and circulation needed for hair growth, head massage relaxes the mind and reduces stress. At home, you can do your own scalp massage (or ask a friend or partner to do it for you). A four minute scalp massage a day will help to stimulate hair growth.



Professional Style Tip

Style expert: Lisa French, Top Hairstylist at Rush Salon, London UK

“The most important tip that I give to my clients who are distressed about thinning hair is to massage the scalp every day. This is a great way to kick start hair growth in thinning areas. This tip works especially well for new moms who have lost their hair after pregnancy.”

Tip No. 5: The Top Haircuts for Thinning Hair

Having a well maintained cut is a great way to minimize the appearance of thinning hair. Along with the style, having it cut every 3 months is imperative to keep hair looking its fullest. The following is a list of haircuts that work well with thinning hair. Be sure to go through each one with your stylist to decide if it will work with your face shape. If it does, your stylist should suggest a way to customize the cut so that it minimizes your problem areas and flatters your face.



The Bob

- A great cut to add thickness to hair
- The bob should not end at the widest part of your face- diamond and square shaped faces should opt for a longer shoulder length bob, ovals can work any length, and round faces should go for longer asymmetrical bob styles
- Have your stylist give the ends texture for a choppy, fashion forward look that will give your hair movement and dimension
- Graduated bobs (as seen on Victoria Beckham) work well for thinning hair as they give extra volume in the back and slimming longer pieces in the front.

The Layered Mid Length Cut

- Works well for women who do not have thin patches on top of the head and are looking to add more movement and dimension to all over thinning hair
- Ask your stylist for a shoulder skimming haircut with lots of layers all over
- Keep the ends blunt but texturized (the stylist will cut 'chunks' into the hair so that the ends are uneven) to allow you to play around with it and add volume through the layers
- Add a long side swept fringe for a cut to suit all face types, or a straight fringe to flatter heart and diamond shape faces





The Cap Cut

- A great cut that can easily hide thin areas on the crown
- The cap cut is a short, layered haircut that is a good option for those who like wash and style hair
- Ask your stylist to give you lots of texture and playful layers that can be worn 'messy' - a well layered cut will allow you to play around with the part and mask thinning areas
- Works well with oval, diamond and round face shapes

Things to Avoid

- If a bob or a cap cut just isn't you, talk with your stylist about what other options will work - remember, if you don't feel 100% confident with a new haircut then it's not worth changing your style
- Haircuts where the stylist relies heavily on thinning shears to give it a sleek look will not work for thinning hair
- If you have curly or wavy hair, the haircut must work with your natural texture - cap cuts and bobs will not work for very curly hair. Don't invest in a cut that can only be worn if you flat iron your hair into place, it must work with the natural state of your hair



Tip No. 6: Coloring to Create Dimension and Thickness

Professional Style Tip

Style expert: Lisa French, Top Hairstylist at Rush Salon, London UK

“Many women with thinning hair feel that they have to get a blunt bob for their hair to look thicker, even if it doesn’t suit them. My advice is to have fun with their hairstyle, and work with layering, diagonal or zigzag parts, and using a messy look to create thicker looking hair while being on trend and fashionable.”

Color is a great tool that women with thinning hair can use to create the appearance of fuller hair. While color has been thought to aggravate hair loss in the past, there are many gentle options today that have no harmful effects on thinning hair. As always, any form of chemical that is used on the scalp does carry a chance of triggering an allergic reaction, so remember to do a patch test if you are coloring at home, or ask your stylist to do one for you.

Home Coloring

If you are comfortable with coloring at home then this is a cost-efficient option that will allow you to enjoy the privacy of your own home salon. Home coloring is not recommended for dramatic changes (going from dark to light and vice versa), or if you have overly processed hair that may not react well to tint. If it’s your first time coloring at home and you already have color in your hair, be prepared for unexpected results - hair dyes are not guaranteed to look like the shade on the box when applied over other colors. If you are tinting your hair for the first time on your natural hair, choose a shade that is no more that 2 levels lighter or darker than your natural color for a flattering shade that suits your skin tone and eye color. Many large brands have color selectors online where a virtual stylist will give you your best color options. If you want to be more daring, visiting a professional would be the best course of action. Finally, choose a brand that is ammonia free and gentle on the hair and scalp.

Salon Coloring

Salon coloring is a good option for women who need help with choosing a color, have very damaged hair, or need a color correction. A consultation should be booked beforehand to discuss your needs with your stylist. Have them show you their color books so that you can see what the color will look like next to your skin. While no color is guaranteed to be exact, if the result is unexpected, having your color done at a salon provides a safety net as they have the resources to correct a color that goes wrong.

Tips for Coloring

- Stay within 2 shades of your natural color for the best result
- Dramatic changes (blond to brown, brown/black to blond) require special products to re-pigment the hair - do not attempt this at home!
- Lighter shades tend to minimize the appearance of thinning areas, while darker colors make the hair appear thicker. Stay with a shade that is close to your scalp color.



Tip No. 7: The Art of Highlighting and Lowlighting

Top stylists agree that adding highlights and lowlights to the hair is the best way to add visual fullness through color. Unlike solid colors, highlights can be done with various shades to give a natural, multi-dimensional appearance to the hair which adds depth and movement.

Highlights and lowlights are usually done in the salon, but there are also many kits available on the market for home use. If you are on a budget or prefer the comforts of home to the salon, then you can do highlights at home in under an hour. It's best to get a friend to help you with the application as they can see the crown of your head and how your hair falls in the back.

If you take the professional route, sit down with your stylist and explain that you would like multi-tonal highlights to give a natural color with added fullness and dimension. Using 2 - 5 shades of a color will produce a beautiful sun kissed look. Foil highlights should be used, not the cap or 'painted on' method.

Whichever method you choose, here are some helpful hints to give you gorgeous looking hair through the use of highlighting and lowlighting:

1. **The Two Shade Rule:** Never go two shades lighter or darker than your natural hair color- the results will look more avante garde than natural and only draw attention to thinning hair. If you already have hair that breaks this rule, see your stylist to get you back within the two shade range.
2. **Thin Is In:** Thin highlights and lowlights that are placed close together give a natural sun kissed look that will add visual thickness to your hair.
3. **Beauty is Skin Deep:** The more you work with your skin tone, the better color results you will have. If you have warm (yellow based) skin, stay away from golden tones and go for deeper red based tones. If you have cool (pink based) skin, highlight with ash and wheat based shades rather than warm tones.

Celebrity Style Secret

Jennifer Aniston has one of the world's most coveted hair colors. Her highlights are done with up to 5 shades of honey blond for a natural sun kissed look and extraordinary shine.

Tip No. 8: Pump Up the Volume

You have the great cut, the fabulous color, and now it's up to you to maintain it at home. In many cases, it's easier said than done. We all know that it's hard to get that salon look at home, especially when it comes to getting body and volume. The following professional style tips will help you get the most from your hair, and create flattering fullness to make you look and feel beautiful.

The Pre Blow Dry

- On towel dried hair, aim a root lifter or volumizing spray directly at the roots and immediately comb in an upwards direction.
- Add a light volumizing mousse to the mid-lengths and ends. The amount will vary depending on the hair type; use sparingly and add more as you need it.
- In the palm of your hand, use a small amount of volumizing spray or thermal protector and mix with a sprinkle of baby powder (or any scented talcum powder). Lightly work this through the hair from roots to ends. This is the step that bulks up the hair, but the key is to use the smallest amount possible so as not to weight the hair down. This may take a few tries to get the correct amount, but once you do you will notice that your hair will feel thicker without being greasy or weighed down. Again, using a very light spray is the key.

The Blow Dry

- Once you have your product in, begin to blow dry your hair using medium to high heat.
- If you have a fringe, dry this section first. Then move onto one side of your head.
- Start at the roots and blow dry in the opposite direction of where the hair naturally falls. Once the root is dry, give it a blast of cool air (most dryers have a cold blast button) and continue onto the lengths and ends with warm air.



After the section is dry, leave it resting on the head (still remaining in the opposite direction) until you are finished the whole side. This allows the roots to dry in that position, so that when you flip the hair into its natural direction the roots have been shaped to stand up rather than lie flat against the scalp.

- Continue with the other side of the head using the same method.
- For the back of the head, dry the crown section straight up, then let it rest on your head so the ends are pointing towards your face. Continue until you reach the nape of the neck.
- Add the finishing touches such as a light styling cream or hairspray.
- If you have naturally curly or wavy hair and don't wish to blow dry it straight, use a diffuser and dry your hair while bent over at the waist.



Of course, there are other ways to add volume to your hair such as setting it with hot rollers or using a curling iron if it suits your hairstyle and image.

Tip No. 9: Products for Thinning Hair

There are a wide variety of products on the market that are advantageous to use for thinning hair. You can ask your stylist for specific brand recommendations, but in general keep in mind the following guidelines:

- Use volumizing shampoo and conditioner. If you choose a leave in conditioner, ensure it is very light and non greasy.
- Shampoos should have a pH of 4.5 - 5.5 so as not to irritate the scalp.
- Use a deep cleansing or clarifying shampoo bi-weekly to get rid of product buildup.
- Volumizing mousse is formulated specifically for fine/thinning hair so that it gives volume without the heaviness.
- Volumizing thermal protectors are great to use to add body, if you blow dry your hair often.
- For hold, opt for a light hairspray or styling cream.
- Avoid waxes and heavy pastes.



Tip No. 10: Hair Additions

In recent years, the popularity of hairpieces, extensions and wigs has risen dramatically. Affordable and easy to use hair additions are now widely available, giving women with thinning hair another option to increase the thickness of their hair, whether it is for everyday wear or for a special occasion. There are different types of hair pieces that can be used for different situations. Read below to find out what hair addition is best for you:

Celebrity Style Secret

Famous songstresses Tina Turner, Beyonce and Kelly Clarkson all wear a variety of hairpieces and wigs on a regular basis.

Extensions

Small bunches of hair (human or synthetic) are bonded to the roots of the natural hair and can be added all over or in select areas. They are natural looking and can be styled and colored just like natural hair (this applies to human hair only, synthetic hair cannot be colored or styled with heat) and can instantly add length as well as volume. The downside is that extensions are costly and need to be re-done every 3-6 months. The bonds can become visible unless there is sufficient natural hair to cover them up (therefore not a good option for those with very thin hair on the crown) and they are also quite heavy on the roots of the natural hair which can result in further hair loss.

Celebrity Style Secret

Are you envious of the A-Listers who flaunt gorgeous, flowing tresses? Virtually all female celebrities have long hair wear extensions to add length and volume. Nicole Ritchie, Britney Spears, Eva Longoria and Kate Beckinsale are just a few of the celebrities that wear extensions to enhance the appearance of their own hair.



Wigs - Full and Partial

Wigs can be made of human or synthetic hair, and come in full or partial pieces. Full wigs can sit over the natural hair, or can be applied more permanently with glue, although the head must have very little to no hair for a wig to adhere to the scalp. Partial wigs can be used for women who have very thin areas that they want covered up. Again, the area must be shaved bald for the piece to be applied with glue. Wigs are very versatile and provide great coverage for those who suffer severe hair loss, however they can also be uncomfortable to wear, especially in hot weather.



Clip in Extensions

Available in retailers and drugstores, clip in extensions are sold in strips (usually about 1" wide) in various natural and fashion colors. These clips are a great way to experiment with the look of extensions without the cost and damage associated of the traditional ones, although there must be sufficient hair on the head to effectively cover up the clips which can be hard to hide.

Celebrity Style Secret

Jessica Simpson teamed up with her stylist Ken Paves to create a line of natural looking clip in extensions after she was inundated with compliments on her own hair. She has been wearing hair additions for most of her life in the public eye.

Volluma Hair Thickening Spray-The Instant Beauty Solution for Thinning Hair

A new development on the market, [Volluma](#) is a cosmetic hair thickening spray that builds up the diameter of hair shafts by attaching natural keratin microfibers to them with a water resistant bond. Combined with any of the professional hair styling secrets revealed to you in this Styling Guide, Volluma will give you life changing results. It works simply and effectively at any stage of hair loss, regardless of the cause, or in combination with any type of internal or topical hair re-growth treatment. It is simply part of any treatment plan to improve the look of your thinning hair. Highly effective, easy to use and very affordable, Volluma is available in 10 water resistant, natural hair colours that stay put making it a great option for those with busy, active lifestyles.

The experience of dealing with hair loss is different for every woman. This Must Have Style Guide is a resource that is packed with helpful professional tips to give you fuller looking hair instantly at home, as well as things to remember at your next visit to the salon. While dealing with hair loss is never an easy issue, the Must Have Style Guide can certainly help to alleviate the daily stress associated with styling and maintaining thinning hair by making you look and feel your best.

For more valuable information on the subject of women's hair loss visit the Volluma blog site at <http://www.volluma.net/women/ask-dale-lorna/>



"Look Good and Feel Great with the Instant Beauty Solution for Thicker, Fuller Hair"



Volluma is a revolutionary, specially formulated, European salon-grade hair product that **instantly adds body and thickness to your hair in just seconds**. It's perfect for the woman who wants to wear a thicker fuller hair style whenever she desires!

- Helps you look and feel more beautiful
- Boosts your self-confidence
- Allows you to lead an active lifestyle
- Restores hair thickness and fullness



"As the editor for a hair magazine who tested Volluma as a new product, I must say it really works and I love the way it makes me feel!"
~ Taryn W. - Editor Canadian Hairdresser Magazine

"WOW! You have a great product here! It's amazing and I am SURE hairstylists themselves will want it (in their salon)."
~ Suzanne Weinman, Author of "Blow Drying 101 - Secrets from a Hairstylist" - Redondo Beach, California

Feel Like One in a Million

Over a million customers love Volluma in Europe, and now it's available exclusively in North America.

First I have to say "I love Volluma and it is the most wonderful product! I have been wearing a hair system for the past 3 years and it is so uncomfortable. Wind is always my enemy and I never feel free in it. I was so excited when I found Volluma while browsing and I ordered it right away. ~ Shelley M.- Miramichi, NB, Canada

I just wanted to say that I do love this spray!!! When I spoke to you on the phone and you said I'd love it, I thought "well, we'll see", but I do!!! I just used it today for the first time. I can't wait to experiment with hair styles I couldn't wear before!!! I'm so glad it is a large bottle. It will go a long way bc my hair is not super thin!! ~ Christy T. – Garfield, KY, USA



I'm a newbie to Volluma - I've been using Toppik for the past year or so, until my Salon turned me on to Volluma approximately 6 weeks ago. I love the product! Thanks again! ~ Rosa P. Toronto, ON, Canada

I just wanted to let you know how impressed I was with your product. At first, I thought what am I doing..spray painting my hair? But this is a wonderful product! I have just placed my second order. I also always notice people with thin hair and was wondering if perhaps you might let me be a representative for Volluma? ~ Karen M. – Warman, SK, Canada

"I have a small localized thin-hair area on the top of my head which, being a young woman, I am sensitive about. I have tried other solutions but find that Volluma is a quick, easy, and effective product to apply that allows me to wear my hair long - the way I like it!" ~ Sarey R. - Toronto, ON, Canada

"I used to play squash on a regular basis but because of my thinning hair I became very self-conscious. Volluma has helped me feel more confident and has enabled me to resume my active lifestyle. Volluma stays in place when I perspire, and because of the water-resistant qualities, I can shower at the gym and not have to worry about re-applying in front of others." ~ Jane A. - Vancouver, BC, Canada



*"I'm 23 years old and I LOVE Volluma! I must say, I was skeptical at first, but I was willing to try anything to cover my "thin spots." The first time I tried it, I really couldn't believe that it worked...a few sprays and *poof*...insta hair! It feels great and I can keep it in for a few days without worrying about it flaking off or looking dull. I'm so excited because now I can wear all those trendy styles that I used to stay away from. I can't tell you how much it has boosted my confidence!! Volluma works!!" ~ Lindsey P. - Toronto, ON, Canada*

**Get Your FREE Gift when you
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Wynner Group Inc. Customer Service phone: 1-888-4-VOLLUMA (1-888-486-5586)

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