

HOW DOES HAIR GROW?



**Hair growth
occurs in cycles
consisting of
three phases**

#HairOnPurpose

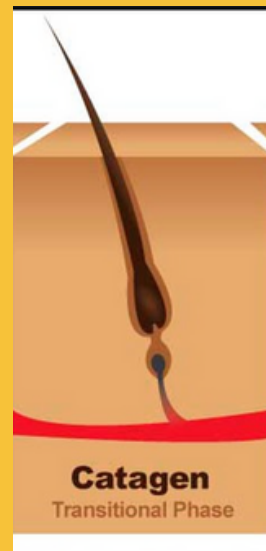
Anagen (growth phase):

Anagen is the active growth phase of hair follicles during which the root of the hair is dividing rapidly, adding to the hair shaft. During this phase the hair grows about 1 cm every 28 days. Scalp hair stays in this active phase of growth for 2–7 years; this period is genetically determined.



Catagen (transitional phase):

The Catagen phase is a short transition stage that occurs at the end of the anagen phase. It signals the end of the active growth of a hair. This phase lasts for about 2–3 weeks while the hair converts to a club hair. ... This process cuts the hair off from its blood supply and from the cells that produce new hair.



Telogen (resting phase):

Telogen is the resting phase and usually accounts for 6% to 8% of all hairs. This phase lasts for about 100 days for hairs on the scalp and longer for hairs on the eyebrow, eyelash, arm, and leg. During this phase, the hair follicle is completely at rest and the club hair is completely formed.

