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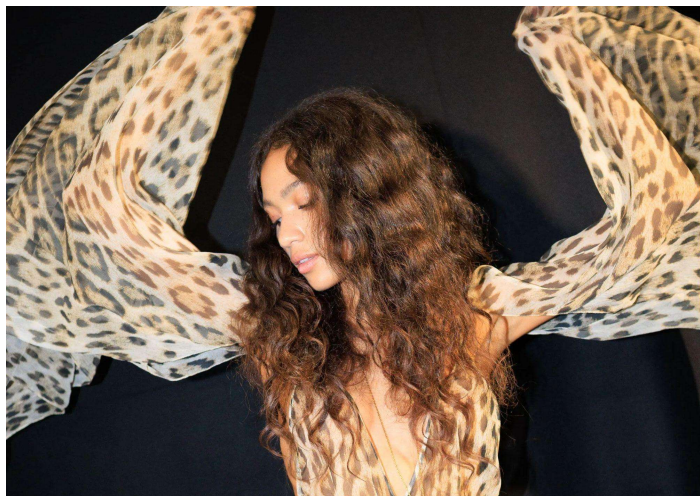
Medij: vogueadria.com

Link: <https://vogueadria.com/best-shampoos-hair-loss-winter-routine/>

Autori: Kristina Mikulić

Teme: L`Oreal

Naslov: 7 shampoos for thinning hair we can't wait to try this winter



Stress and a weakened scalp can lead to thinning hair. Discover the best shampoos for hair loss, their key ingredients and how to use them correctly.

Roberto Cavalli Spring 2027, Acielle/ Style Du Monde

Roberto Cavalli Spring 2027, Acielle/ Style Du Monde

Hair&Nails

Kristina Mikulić Gazdović

October 16, 2026

With colder weather approaching, you're probably thinking about updating your wardrobe. You're bringing out your winter coats, checking the condition of your woollen jumpers and getting your boots ready. But your wardrobe isn't the only part of your daily routine that could benefit from a change. Cold air, environmental pollutants and everyday stress can all have a significant impact on the condition of your hair. When the scalp is under stress, it loses its balance, microcirculation weakens, and hair strands become thinner, more fragile and lose their natural volume. Add low temperatures, which can reduce circulation around the hair roots, and you have conditions that may accelerate hair thinning. Addressing this issue requires several steps, but a shampoo designed for thinning hair is a good place to start.

Shampoos for thinning hair and hair loss are designed to stimulate scalp microcirculation, deeply cleanse accumulated impurities and deliver essential nutrients directly to the hair roots. Using them helps support and strengthen the hair, restore balance to the scalp and make strands more resistant to breakage and environmental damage. To achieve the desired effect, they need to be used correctly, which means leaving the shampoo on your hair for longer than 30 seconds.

Related: Experts reveal the 8 best foods to help reduce hair loss

How to use shampoo for thinning hair correctly

To maximise its effectiveness and activate the ingredients, follow these steps:

Wet your hair thoroughly: Use lukewarm water to open the pores on your scalp and prepare your hair for cleansing.

First application (cleansing): Apply a small amount of shampoo, massage it into your scalp and rinse. The first wash removes accumulated oil, styling product residue and impurities.

Second application (active massage): Apply another amount of shampoo and gently massage your scalp with your fingertips for 1 to 3 minutes. Massage stimulates microcirculation, allows nutrients to penetrate the follicles and enhances the effectiveness of the active ingredients.

Leave it to work: If needed and according to the product instructions, leave the lather on your scalp briefly before rinsing.

Rinse thoroughly: Rinse your hair with lukewarm or slightly cooler water to encourage additional circulation and close the hair cuticle.

Related: 3 haircare habits I picked up at a Korean scalp spa

1/ Kérastase Paris Spécifique Bain Prévention

A luxurious French shampoo designed as both a preventative and active solution for hair loss and thinning. It balances the scalp microbiome, stimulates circulation during massage and restores hair fibres, giving them





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instant density and volume.

Key ingredients: Advanced microcirculation-stimulating complex, vitamin B6, amino acids

Size: 250 ml

2/ Sisley Paris Revitalizing Volumizing Shampoo with Camellia Oil

Gently cleanses the hair while providing the scalp and roots with essential vitamins and minerals for revitalisation and vitality. It increases density and volume, restores hair strands and leaves hair shiny and full of life.

Key ingredients: Camellia oil, vitamin and mineral complex, essential oils

Size: 200 ml

3/ Vichy Dercos Energy+ Stimulating Shampoo

An ideal complement to hair loss treatments. It helps combat hair loss caused by breakage, restores the natural resilience of the scalp and hair, and provides instant, long-lasting volume for up to 24 hours.

Key ingredients: Aminexil and niacinamide

Size: 200 ml and 400 ml.

4/ L'Oréal Paris Elseve Growth Booster Shampoo

A nourishing formula free from sulphate surfactants, designed to reduce hair loss caused by breakage. It strengthens hair fibres from root to tip, improves density and makes strands more resistant to everyday damage.

Key ingredients: Aminexil-R™ complex

Size: 200 ml

5/ Zenology Mandora & Palo Santo Scalp Therapy Shampoo

A luxurious shampoo formulated to balance the scalp, revitalise and nourish the roots. It gently cleanses, strengthens the hair structure and soothes the scalp without drying it out, leaving behind a relaxing aromatic fragrance of citrusy mandora and palo santo wood.

Key ingredients: Hydrolysed wheat proteins, panthenol, amino acids, niacinamide

Size: 500 ml

Zenology Mandora & Palo Santo Scalp Therapy Shampoo

Metropolitan

6/ L'Oréal Professionnel Paris Serioxyl Advanced Purifier & Bodifier Shampoo

Purifies the scalp and creates the appearance of thicker, fuller hair. The formula effectively removes accumulated sebum and impurities that can clog hair follicles, giving hair an immediate volumising effect.

Key ingredients: Magnesium, density-boosting nutrients

Size: 300 ml

7/ Nuggela & Sulé No1 Shampoo

A cult-favourite shampoo formulated with red onion extract and marine glycogen to stimulate hair growth, prevent hair loss and strengthen the roots. With regular use, it regulates sebum production, enhances shine and restores natural volume without leaving behind an onion scent.

Key ingredients: Red onion extract, marine glycogen

Size: 250 ml

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