

COVETEUR

These 10 Hair Growth Products Actually Work

Ama Kwarteng | June 5, 2023



If you're struggling with hair loss, you're not alone. According to the Cleveland Clinic, more than 50 percent of women are noticing a few too many hairs in their shower, on their pillow, or on their brush. There are so many reasons why hair loss occurs—stress, irritating hair products, hormonal changes—but your options aren't limited to in-office treatments. There's a vast amount of options available to help you achieve thicker, longer, and healthier hair, but what separates the real from the fake? Ahead, we asked three experts to weigh in on what ingredients to look for in a hair growth product and share our top picks for the best products on the market.

What is a hair growth product?

Most, if not all, haircare products claim to promote healthy, strong hair. "The claim that a product is for hair growth is broad and can mean many things," says medical and aesthetic dermatologist Kiran Mian, DO, FAAD. "The product can help hair grow in length, or thickness. Sometimes these products help with hair strength, decreasing breakage." So what's the difference between actual hair growth products and crafty marketing? Usually, a hair growth product is "a topical solution that's applied to the scalp to stimulate hair growth," says board-certified dermatologist Divya Shokeen, MD. It also typically "decreases inflammation and promotes growth by stimulating the follicles," creating the perfect environment for your hair to thrive, "adds board-certified facial plastic and reconstructive surgeon [Kimberly Lee, MD](#).

What ingredients should you look for in a hair growth product?

“Hair growth products can be pharmaceutical in nature, herbal, ayurvedic, or biotechnology,” says Dr. Mian, and they are filled with active ingredients that stimulate the scalp and promote hair growth like “peptides, saw palmetto, ashwagandha, biotin, collagen, and biocurcurmin,” adds Dr. Lee. Other ingredients to look out for? Keratin and caffeine. All our experts also agree that FDA-approved minoxidil is one the best, tried-and-true ingredients to help combat hair loss. “Minoxidil is probably the most well-known ingredient particularly since it is available in over-the-counter products,” says Dr. Lee. Some ingredients like ketoconazole and finasteride help “block the production of DHT, a hormone that can contribute to hair loss,” explains Dr. Shokeen. But when it comes down to deciding which hair growth product is a fit for you, it’s important to chat with a dermatologist to figure out what’s the best option based on your specific needs and hair type, says Dr. Shokeen. Also, hair loss could be a sign of something more, so an evaluation with a doctor can help you to understand which route to take on your hair growth journey, says Dr. Mian.

Best Hair Growth Products



VEGAMOUR

GRO Hair Serum for Thinning Hair
Best Hair Growth Serum

\$64

Vegamour’s hair serum is powered by a combination of actives including turmeric, n. benthamiana, and red clover—three ingredients that work to support longer, fuller hair. Bonus: The formula won’t leave behind oily residue



NUTRAFOL

Women Hair Growth Supplement
Best Hair Growth Supplement

\$88

When it comes to supplements, Nutrafol is one of the few supplements that has research to back up its claims. Inside the formula, you’ll find saw palmetto, ashwagandha, and marine collagen peptides to help strengthen thinning hair, slow shedding and breakage, and promote hair growth.



VIRTUE

Flourish Shampoo for Healthy Hair Growth
Best Hair Growth Shampoo

\$44

Cleansing your hair regularly, and keeping your scalp build-up free, is a must to create just the right environment for your hair to grow. Fortified with keratin, red algae extract, and peptides, this shampoo works to clear away dead cells and dandruff, balance the scalp's microbiome, and thicken hair strands.



DPHUE

ACV Exfoliating Scalp Detox
Best Scalp Detox for Hair Growth

\$35

Exfoliating your scalp is just as necessary as exfoliating your face or body. It works to remove residue and dead skin cells that can clog hair follicles and prevent new growth. This gentle scalp exfoliator uses a blend of apple cider vinegar, salicylic acid, and fruit enzymes for a healthy and balanced scalp while menthol helps stimulate circulation to promote scalp health and hair growth.



MIELLE

Rosemary Mint Oil
Best Hair Growth Oil

\$11

Natural ingredients like rosemary and mint work together with biotin to condition hair follicles, smooth split ends, soothe dry scalp, leaving you with stronger, healthier hair. Pro-tip: Apply it directly to your scalp, before styling, then use your fingers to give yourself a scalp massage to help stimulate blood flow.



REVITALASH

Thickening Shampoo
Best Thickening Shampoo for Hair Growth

\$38

Flax protein, willow bark, ginseng, and jojoba seed oil work in tandem in this shampoo to strengthen thinning, damaged hair while replenishing lost moisture and enhancing hair density and elasticity.



BRIOGEO

Don't Despair Repair Rice Water Protein + Moisture Strengthening Treatment
Best Conditioning Treatment for Hair Growth

\$44

This protein treatment infuses hair with rice water, protein, vitamin B5, and biotin to nourish and protect strands. This blend of ingredients strengthens weakened bonds while also leaving your hair feeling super soft.



RANAVAT

Mighty Majesty Fortifying Hair Serum
Best Hair Serum for a Sensitive Scalp

\$70

This hair serum's formula contains jasmine, amla, and sunflower oil to stimulate growth, boost hair density, strengthen the hair follicle, and calm an irritated scalp.



ROGAINE

Women's Rogaine 5% Minoxidil Foam
Best Minoxidil Treatment for Hair Growth

\$35

This leave-on treatment is formulated with five percent minoxidil, an ingredient that is scientifically proven to boost hair regrowth while slowing down hair loss. The unscented foam formula is easy to apply, regardless of your hair type.



FABLE & MANE

SahaScalp Hydrating Cooling Scalp Mud Mask
Best Scalp Mask for Hair Growth

\$34

This mask relies on a blend of neem, sea silt, and apricot kernel oil to balance your scalp, deliver hydration, and reduce irritation to create the ideal conditions for hair growth.

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