

What Causes Hair Fall? Causes, Prevention & Hair Care Tips

What Causes Hair Fall?

Common Causes & Hair Care Tips

- Hereditary Hair Loss
- Stress & Major Life Changes
- Nutritional Deficiencies
- Hormonal & Health Changes
- Hair Damage & Poor Hair Care

Healthy Hair, Happy You

Simple care. Stronger hair. Natural you.

- Stronger Hair
- Nourished Scalp
- Shiny & Soft Hair
- Reduced Hair Fall

Craggy Hair Care Products:

- HAIR SPA CREAM
- GROWTH HAIR OIL
- HAIR SERUM
- HAIR SERUM & HAIR OIL COMBO

Hair fall is a common concern for both men and women. Finding a few strands on your pillow, comb, or in the shower is usually normal. In fact, the American Academy of Dermatology notes that losing around **50–100 hairs a day can be part of the normal hair-growth cycle**. However, noticeable thinning, excessive shedding, bald patches, or a receding hairline may indicate that something needs attention.

The important thing to remember is that **hair fall does not have one single cause**. Genetics, stress, illness, nutritional deficiencies, hormonal changes, hairstyles, and hair-care practices can all contribute to excessive hair shedding or hair loss.

In this guide, we'll explain the common causes of hair fall and share practical hair-care tips to help you maintain healthier-looking hair and scalp.

What Is Hair Fall?

Hair naturally goes through a growth, resting, and shedding cycle. Losing some hair every day is therefore normal.

Hair fall becomes more concerning when you notice:

- More hair than usual on your pillow or clothes
- Excessive shedding while washing or brushing
- A visibly widening hair part
- Thinning around the scalp
- Bald or noticeably thinner patches
- Hair breaking easily
- Sudden or rapid changes in hair density

Different patterns of hair loss can have different causes, so identifying the underlying reason is important before choosing a treatment or hair-care routine.

5 Common Causes of Hair Fall

1. Hereditary Hair Loss

Genetics is one of the most common causes of hair loss. It can gradually lead to thinning hair, a receding hairline, or a wider hair part.

2. Stress and Major Life Changes

Physical or emotional stress, illness, surgery, or major lifestyle changes can trigger increased hair shedding. This may become noticeable a few months after the event.

3. Nutritional Deficiencies

Not getting enough **iron, protein, zinc, or other essential nutrients** may contribute to hair loss. A balanced diet is important for healthy hair growth.

4. Hormonal and Health Changes

Hormonal changes, thyroid problems, and certain medical conditions can affect the hair-growth cycle and cause increased shedding.

5. Hair Damage and Poor Hair-Care Practices

Frequent **heat styling, chemical treatments, tight hairstyles, and rough brushing** can weaken hair and increase breakage, making it appear thinner.

How to Reduce Hair Fall With Better Hair Care

While cosmetic hair-care products cannot address every medical cause of hair loss, a good routine can help keep your hair and scalp cared for and reduce avoidable damage.

1. Choose Products Based on Your Hair and Scalp Needs

There is no single hair-care routine that works for everyone. Consider your hair texture, scalp condition, dryness, oiliness, frizz, breakage, and styling habits when selecting products.

A routine for dry, damaged hair may look different from one designed for an oily scalp.

Choose products according to your hair type and concerns, such as dryness, frizz, breakage, or scalp care. Craggy Cosmetic offers several options that can be added to your hair-care routine:

1. Growth Hair Oil – For Strong, Shiny & Healthy-Looking Hair 🌿✨



Craggy Growth Hair Oil is a nourishing blend of botanical oils designed to support a healthy scalp and improve the overall look and feel of your hair. Its formula includes **Almond Oil, Jojoba Oil, and Lemon Oil** to nourish, moisturize, and condition the scalp and hair.

Key Benefits Include:

- Helps strengthen hair and reduce breakage
- Moisturizes the scalp and helps prevent dryness
- Adds natural-looking shine and softness
- Helps keep the scalp feeling fresh
- Supports stronger, healthier-looking hair

How to use: Apply a small amount to the scalp and hair, gently massage for **5–10 minutes**, and leave for at least 1 hour or overnight. Wash with a mild shampoo.

👉 [Explore Craggy Growth Hair Oil](#)

For best results, use it as part of a consistent hair-care routine. Cosmetic hair oils should not be considered a treatment for medical causes of hair loss.

2. Hair Serum – For Smooth, Frizz-Free & Shiny Hair ✨🌿



Craggy Hair Serum is a lightweight, non-greasy formula designed to smooth dry, frizzy, and damaged-looking hair while adding a healthy shine. Enriched with **Avocado Oil** and **Vitamin E**, it helps nourish, moisturize, and improve the overall manageability of your hair.

Key benefits include:

- Helps smooth dry, frizzy, and damaged-looking hair
- Adds a healthy shine and silky finish
- Helps keep hair soft and moisturized
- Controls frizz and improves manageability
- Makes hair easier to style
- Lightweight formula suitable for everyday use and all hair types

Key Ingredients:

🥑 **Avocado Oil** – Helps nourish and moisturize dry hair while improving softness.

💛 **Vitamin E** – Helps protect hair from environmental damage and supports healthy-looking shine.

👉 [Explore Craggy Hair Serum](#)

3. Hair Serum & Hair Oil – Complete Hair Care Combo 🌿✨



The **Craggy Hair Serum & HairGrowth Oil Combo** brings together two essential steps for a complete hair-care routine. The **Hair Growth Oil** nourishes and moisturizes the scalp and hair, while the **Hair Serum** helps smooth the hair, control frizz, and add a healthy-looking shine.

This combination is suitable for **dry, damaged, frizzy, or weak-looking hair** and can help improve softness, manageability, and overall hair appearance. It is suitable for both men and women and can be incorporated into a regular hair-care routine.

Key ingredients include:

- 🥜 **Almond Oil** – Nourishes the scalp and helps condition hair.
- ❤️ **Black Seed Oil** – Supports healthy-looking hair and scalp.
- 🫒 **Olive Oil** – Helps moisturize dry hair and improve softness.
- 🌿 **Castor Oil** – Helps condition hair and reduce the appearance of breakage.
- 🌻 **Jojoba Oil** – Helps maintain scalp and hair moisture.
- 🍋 **Vitamin E** – Helps protect hair from environmental damage and supports shine.

Key Benefits Include:

- Supports healthier-looking hair and stronger-feeling strands

- Helps nourish and moisturize the scalp and hair
- Helps reduce the appearance of frizz and dryness
- Adds smoothness, softness, and shine
- Helps improve hair manageability and styling
- Suitable for both men and women

How to use:

Hair Growth Oil: Apply to the scalp and hair, massage gently for 5–10 minutes, leave for at least 1 hour or overnight, and wash with a mild shampoo. Use 2–3 times a week.

Hair Serum: Apply a few drops to the lengths and ends of damp or dry hair. Do not rinse. Use daily as needed for smoother, shinier, and more manageable hair.

👉 [Explore Craggy Hair Serum & Hair Oil Combo](#)

4. Hair Spa Cream – For Deep Nourishment & Silky, Manageable Hair 🌿✨

Craggy Hair Spa Cream (500g) is a nourishing hair-care treatment designed for dry, damaged, and frizzy hair. Its blend of **natural oils and botanical ingredients** helps moisturize, condition, and improve the overall softness and manageability of your hair.

Key Ingredients Include:

- 🍑 **Apricot Kernel Oil** – Helps nourish and soften hair while improving its texture and shine.
- 🌿 **Basil Oil** – Helps condition the hair and support a healthy-looking scalp.
- 🫒 **Olive Oil** – Helps moisturize hair, reduce the appearance of frizz, and improve softness.
- 💧 **D-Panthenol (Pro-Vitamin B5)** – Helps improve smoothness, elasticity, and shine.
- 🌱 **Aloe Vera Juice** – Helps hydrate and soothe dry hair and scalp.
- 🥑 **Avocado Oil** – Rich in fatty acids and nutrients that help condition and protect dry hair.

Key Benefits Include:

- Deeply moisturizes and conditions dry, damaged-looking hair
- Helps reduce frizz and the appearance of split ends
- Leaves hair softer, smoother, and easier to manage
- Provides a convenient at-home hair-spa experience
- Suitable for regular deep-conditioning routines

How to use: Apply generously to clean, damp hair after shampooing. Massage gently from root to tip, leave for **10–15 minutes**, and rinse thoroughly with water.

 [Explore Craggy Hair Spa Cream](#)

Explore the [Craggy Cosmetic Hair Care Collection](#) to choose products based on your hair-care needs.

2. Keep Your Hair and Scalp Clean

Wash your hair according to how quickly your scalp becomes oily or dirty. Use a shampoo appropriate for your scalp and hair type, and avoid unnecessarily aggressive washing

3. Don't Skip Conditioner

Conditioner helps improve manageability and can reduce friction and breakage. The American Academy of Dermatology recommends using a moisturizing conditioner after shampooing, particularly when hair is fragile or thinning.

4. Avoid Tight Hairstyles

Give your scalp a break from tight ponytails, buns, braids, and other styles that constantly pull on the roots.

Changing hairstyles regularly and keeping them looser can help reduce unnecessary tension.

5. Support Your Hair With a Balanced Diet

Healthy hair starts with overall health. Make sure your diet provides adequate protein and essential nutrients.

If you think your hair fall may be related to a nutrient deficiency, speak with a healthcare professional before starting supplements. Taking excessive amounts of certain nutrients can actually worsen hair loss.

When Should You See a Dermatologist for Hair Fall?

Not every case of hair shedding requires medical treatment, but persistent or sudden hair loss deserves attention.

Consider speaking with a dermatologist if you experience:

- Sudden or rapid hair loss
- Bald patches
- A rapidly receding hairline
- Significant scalp irritation or inflammation
- Hair falling out in noticeable clumps
- Persistent thinning without an obvious reason
- Hair loss accompanied by other unexplained symptoms

Hair loss can have many different causes, and identifying the cause is an important first step toward choosing an appropriate treatment.

Frequently Asked Questions About Hair Fall

Is it normal to lose hair every day?

Yes. Some daily shedding is normal because hair naturally goes through growth and shedding cycles. The American Academy of Dermatology states that losing approximately 50–100 hairs per day can be normal.

Does stress cause hair fall?

Significant physical or emotional stress can trigger increased hair shedding in some people. The shedding may become noticeable several months after the stressful event.

Can tight hairstyles cause hair loss?

Yes. Repeated tension from tight hairstyles can contribute to traction alopecia and may cause permanent hair loss if the follicles become damaged.

Does heat styling cause hair fall?

Frequent high-heat styling can damage and weaken the hair, increasing breakage. Reducing heat exposure and using lower temperatures can help minimize damage.

What is the best hair-care routine for hair fall?

A good routine should focus on gentle cleansing, conditioning, minimizing heat and chemical damage, avoiding tight hairstyles, gentle brushing, and maintaining a balanced diet. However, the right approach depends on the underlying cause of hair loss.

Can hair oil stop hair loss?

Hair oils can be useful for conditioning the hair and scalp, but hair loss has many possible causes. An oil or cosmetic product should not be considered a universal treatment for medical hair-loss conditions. If hair loss is persistent or significant, consult a dermatologist.

Final Thoughts

Hair fall can happen for many reasons, from normal shedding and everyday hair damage to genetics, nutritional deficiencies, stress, hormonal changes, and medical conditions. The first step is to understand **why your hair is falling out** and choose a hair-care routine based on your specific needs.

Gentle hair care, regular conditioning, reduced heat styling, avoiding tight hairstyles, and maintaining good nutrition can support healthier-looking hair. Choosing the [best hair care products](#) for your hair type can also help you maintain a consistent routine.

For quality **hair care products**, explore **Top Hair Care by Craggy Cosmetic**, featuring hair oils, serums, shampoos, conditioners, masks, and other products designed for everyday hair care.