

The Truth Behind Rise of Hair Growth Serums

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As hair fall continues to be one of the most common beauty concerns globally, **hair growth serums** have emerged as one of the fastest-growing categories in the haircare industry. With dermatologists and trichologists recommending targeted treatments over home remedies, consumers are increasingly shifting towards ingredient-focused serums that promise stronger, fuller and healthier hair.

Experts say hair growth serums are effective because they use **high-potency active ingredients** that penetrate the scalp, stimulate hair follicles and promote a healthier growth cycle.

Key Benefits of Hair Growth Serums

1. Stimulates Dormant Hair Follicles

Ingredients like peptides, caffeine, Redensyl, Procapil and Rosemary extract energise weak follicles and encourage new hair growth.

2. Improves Blood Circulation

Regular application boosts scalp microcirculation, ensuring follicles receive more oxygen and nutrients — crucial for thicker growth.

3. Reduces Hair Fall

Most serums strengthen the hair root, thereby reducing breakage and fall caused by weak follicles or seasonal shedding.

4. Strengthens Hair Shaft

Some serums contain biotin, keratin and amino acids that nourish the existing hair fibre, preventing brittleness.

5. Lightweight and Non-Greasy

Unlike oils, serums are water-based and quick-absorbing, making them suitable even for oily scalps and daily use.

Dermatologist-Approved Product Suggestions

Here are some high-performing hair growth serums used and recommended by experts:

1. Minimalist Hair Growth Actives 18% Serum

Contains Redensyl, Procapil, Baicapil and AnaGain. Great for boosting density and reducing fall.

2. The Ordinary Multi-Peptide Serum for Hair Density

A globally popular formula with peptides, caffeine and botanical extracts to promote thicker, fuller hair.

3. Mamaearth Onion Scalp Serum

Enriched with onion extract, niacinamide and pea sprout extract — ideal for breakage-prone, damaged hair.

4. Derma Co 5% Caffeine Hair Serum

Works well for androgenic hair loss, improving circulation and stimulating roots.

5. Pilgrim Redensyl & Anagain Advanced Hair Growth Serum

Targets thinning hair with clinically proven actives.

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