

BROWS, LASHES, NASAL HAIR?



Living with Alopecia Areata can often mean adjusting to living without brows or lashes, as well as other hair like ear and nose hair.

Aside from makeup, there are some other important tips you can use to help .

1 EYEDROPS

Eyelashes protect our eyes from grit and dust. Lubricating eyedrops help clear the eyes and prevent damage to the eye surface.



2 SUNGLASSES

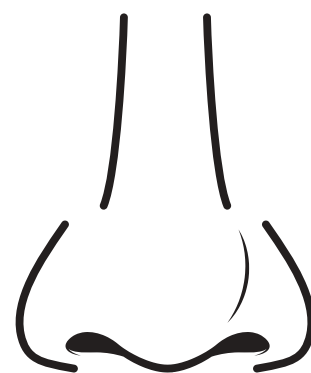
Eyelashes also shade our eyes to protect from bright glare. Sunglasses can reduce glare - and also give extra protection against dust and grit.



3 NASAL SPRAY

Nose hair keeps dust out of our airways and keep our nasal passages moist. Without it, our nose may get more irritated and sneezy, or more dry and prone to nosebleeds.

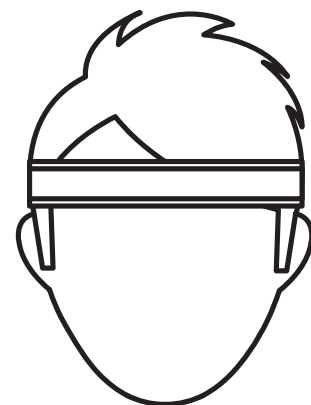
Saline (salt water) nasal sprays can be used to rinse and clear the nose. Oil-based sprays can prevent our airways from becoming dry.



4 SWEATBAND OR WIGLINER

Eyebrows help prevent sweat from dripping into our eyes. A sweatband can also do this job.

Using a gym towel or a wrist sweatband can also be a good option to stop sweat dripping into the eyes. Many types of wigs can fit liners underneath which wick away sweat.



5 PETROLEUM JELLY

Petroleum jelly has a lot of helpful uses. A small amount in the nostrils can help keep the nose moist when the air is very dry, and can prevent dripping when you have a cold or allergies.

A thin layer across the brow bone when exercising will create a barrier that stops sweat dripping into the eyes.

