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The Best Treatments to Regrow a Receding Hairline, According to Experts

If you're hoping to thicken up a receding hairline, there are plenty of effective (and fast!) treatments available. We asked dermatologists to break down all the best short- and long-term options available.

Before You Begin

According to Neda Mehr, M.D., board-certified dermatologist in Newport Beach, California, it's important to look into the potential underlying causes for your receding hairline as you're developing a regimen to address the issue. "There are genetic forms of hair loss (also known as androgenetic alopecia or female-patterned hair loss) and internal causes of hair loss," she says.

Such causes can include anemia, thyroid disorders, low vitamin D levels, hormone imbalances, crash dieting, and more. In her practice, she starts her patients experiencing hair loss off with blood work to rule out any of these conditions.

"Finding an underlying cause for the hair loss and correcting the problem does not usually bring the hair back on its own, but does help us correct a 'hole in the ship' until we get proper scalp care, vitamins, foods, topicals, and treatments into place," she says.

Long-Term Aids

1. Specialty Shampoos

Cost: Varies by brand

We're talking hair, so it stands to reason that the first place to start when you're developing a receding hairline friendly-routine is with your shampoo and conditioner. Dr. Mehr suggests washing two to four times per week with a shampoo specifically designated for hair growth, followed by a scalp treatment shampoo.

She recommends products from the Olaplex Thinning Hair Kit, which includes shampoo, conditioner, hair oil, moisture masks, and more, along with the Caviar Alterna Clinical Desensifying and groMD ranges of hair growth-oriented products.

3. Plant-Based Supplements

Cost: Varies by brand

"There is also some limited data that ginseng and procyanidins can help," she adds. Dr. Mehr recommends hair vitamins like Nutrafol and Hairtamin, which contain ingredients that can promote healthy hair, such as vitamins D, A, C, E, saw palmetto, collagen, anti-inflammatory turmeric, and ashwagandha root. Nutrafol contains saw palmetto, vitamins A, D, and C, ashwagandha root, and saw palmetto. You'll find vitamins A, B, C, and D in the Hairtamin supplements, as well as turmeric.

4. Scalp Botox

Cost: Around $1,000, varies by doctor

Botox has a shocking amount of uses beyond smoothing out wrinkles, and those of us dealing with receding hairlines may want to consider looking into it. Dr. Mehr recommends scalp Botox for patients who have genetic hair loss. "The injections help relax the muscles in the scalp to allow more blood flow, which helps with hair growth," she says.

A scalp treatment will require around 100 to 150 units of neurotoxin, which translates to a syringe and a half's worth of product. According to Dr. Mehr, scalp Botox should be injected every six months.

5. PRP

Cost: $500 to $1,200 per treatment

PRP, which is short for platelet-rich plasma, is a treatment for hair loss that involves stimulating growth through injections of one's own blood plasma. For those who aren't familiar, the blood is first extracted and then processed to separate red blood cells from plasma. The plasma contains white blood cells and platelets, which are rich in what are known as growth factors. These growth factors signal skin cells to function (more on that here.) As Dr. Mehr puts it, PRP "floods the follicles with nutrition."

Dr. Fusco and Dr. Rogers recommend PRP for everyone, though they do note it can be expensive and take several treatments to start seeing results. In her practice, Dr. Mehr recommends from three to six initial treatments, followed by maintenance treatments every four to six months, which makes this a major commitment ironically similar to getting one's hair colored at a salon.

That said, it's an option that's appealing to those who want to steer clear of antibiotics, so if you've got the funds available, it's definitely worth considering and speaking with your doctor about.