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Beauty / Hair Care

# 15 shampoos to restore volume and luster to thinning hair, recommended by dermatologists

By [Jillian Tracy](#), CNN Underscored

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Sophie Shaw/CNN Underscored

## Quick picks

- **Editor-favorite shampoo:** [Dr. Groot Hair Thickening Shampoo](#)

- **For sensitive scalps:** [Oribe Serene Scalp Anti-Dandruff Shampoo](#)
- **A clean and affordable formula:** [Andalou Naturals Argan Stem Cell Age-Defying Shampoo](#)

Hair loss can be frustrating at any age, so when your strands start to look more sparse or your hair begins to lose its overall thickness, it's normal to seek out [hair care products](#) that can help slow the process and retain the luster of your locks. While a single shampoo won't magically fix your hair woes, board-certified dermatologist [Dr. Nava Greenfield](#) said it's still important for those with thinning hair to use products that create a [balanced scalp](#) environment, helping to support growth without further compromising the health of the hair.

To find the best shampoos for thinning hair, we consulted board-certified dermatologists for their recommendations and insights on what ingredients to look for and what to avoid. We also tapped our own editors to share the products they rely on to keep hair looking full, dense and healthy all year round.

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## Best shampoos for thinning hair

Editor Favorite

[Dr. Groot Hair Thickening Shampoo](#)



Amazon

“This viral thickening shampoo — made with biotin and [rosemary oil](#) — shows that Korean hair care is just as great as [K-beauty skin care](#),” CNN Underscored fashion and beauty editor [Sophie Shaw](#) said. “It makes my scalp feel clean and fresh without stripping it or making it feel dry, and it even helps with volumizing my typically straight, weighed-down hair.” Shaw added that she’s been using this shampoo for a couple months in conjunction with [Dr. Groot’s Hair Thickening Serum](#) and has noticed some growth, especially around her hairline.

**\$33 at Amazon**

**\$33 at LG Beauty**



#### RELATED ARTICLE

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## [Oribe Serene Scalp Anti-Dandruff Shampoo](#)





Amazon

Board-certified dermatologist [Dr. Tracy Evans](#) said that hair loss can be caused in part by excess dry skin on the scalp or more serious conditions like [seborrheic dermatitis](#). She recommends using a calming shampoo, like this Oribe Serene Scalp pick, that can help keep rashes and irritations on the scalp at bay. Formulated with salicylic acid to gently exfoliate the scalp, this [anti-dandruff shampoo](#) also features pea sprout, sugarcane, and orange and lemon fruit extracts to help restore moisture and elasticity to hair strands.

From \$52 at Amazon

### [Andalou Naturals Argan Stem Cell Age-Defying Shampoo](#)



Andalou Naturals

This Andalou shampoo is specifically formulated for thinning hair and contains essential nutrients for growth, including biotin, rosemary extract, rice protein and argan sprout stem cells. Board-certified dermatologist [Dr. Morayo Adisa](#) said this is a great option for those with skin sensitivities, as it's also free from sulfates, parabens, synthetic colors and artificial fragrances.

**\$11 at Vitacost**

**\$10 From \$8 at Amazon**

### [Grown Alchemist Hydra-Restore Shampoo](#)



Grown Alchemist

For thinning hair, Greenfield said to opt for hydrating, natural shampoos that are free from any drying or irritating ingredients. “Grown Alchemist makes [this] fantastically moisture-rich, lightweight and gentle shampoo with natural oils,” she said. “[It] will leave hair clean, refreshed and without any heavy residue.”

**\$35 at  
Amazon**

**\$35 at  
Dermstore**

**\$35 at  
Nordstrom**

**\$35 at Grown  
Alchemist**

## Nutrafol Root Purifier Shampoo



Nutrafol

If you find that your scalp often looks oily, this Nutrafol purifying shampoo will help balance oil without overstripping or leaving hair feeling dry. [Dr. Ellen Marmur](#), a board-certified dermatologist and the founder of [MMSkincare](#) and Marmur Medical, likes that this cleanser focuses on keeping the overall scalp microbiome in balance, as maintaining a healthy scalp is crucial when you notice hair thinning. This shampoo is also safe for color-treated hair and gentle enough to use daily as part of your normal washing routine.

**\$44 at Walmart**

**\$44 at Sephora**

**\$44 at Ulta**

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**Editor Favorite**

## Under Your Skin Density Shampoo





Credo Beauty

CNN Underscored updates writer [Ellen McAlpine](#) is a fan of Under Your Skin's entire density-focused line, but she said it all starts with the brand's shampoo, which uses turmeric-derived Capilia Longa extract to help stimulate growth. "It has the lightest scent and has made a noticeable difference for my fine, thin hair," McAlpine said. "I've had the pleasure of meeting with the founders and hearing the thoughts behind the powerful but gentle formulation, and [I] have seen the results work for myself."

**\$16 From \$13 at Credo Beauty**

**\$42 at Under Your Skin**

## [Olaplex No. 4 Bond Maintenance Shampoo](#)



This highly concentrated formula that Marmur recommends is made to mend broken bonds in hair that has been damaged by heat or chemicals, resulting in strands that are stronger and less prone to snapping. CNN Underscored's associate programming editor Kevin Martinez is also a fan, noting that the rich formula helped revive his hair after bleaching. "I wouldn't recommend it as an every-wash shampoo, especially if you have wavy or curly hair like me, since it can be a bit drying," he said. "I'd suggest using it every other wash or after heavy styling with heat tools or products."

From \$16 at  
Amazon

From \$16 at  
Sephora

From \$16  
at Ulta

From \$16 at  
Olaplex

### Crown Affair The Volumizing Shampoo



Sephora

For thin, fine hair that lacks volume, Evans likes this Crown Affair shampoo, which utilizes rice proteins to help hair look thicker and fuller. Crown Affair's shampoo is also made with the brand's own antioxidant oil blend and coconut-based cleansers to leave strands feeling clean and hydrated without weighing them down.

From \$20 at  
Sephora

From \$20 at Crown  
Affair

From \$20 at  
Goop



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Forget fancy products and tools. This \$59 towel does more for my hair than anything else

## [Nioxin Pro Clinical Scalp and Hair Thickening Shampoo System 2](#)



Amazon

This nondrying shampoo from Nioxin is a good choice if you're noticing more frequent hair shedding, as well as thinning, according to Adisa. Made with caffeine and wild mint oil to stimulate the scalp, the formula also has peppermint oil to help control sebum and niacinamide to help restore moisture. This shampoo is also the first step in [Nioxin's System 2 hair care kit](#), which is a line specifically formulated for those with untreated, progressively thinning hair.

**\$22 at  
Target**

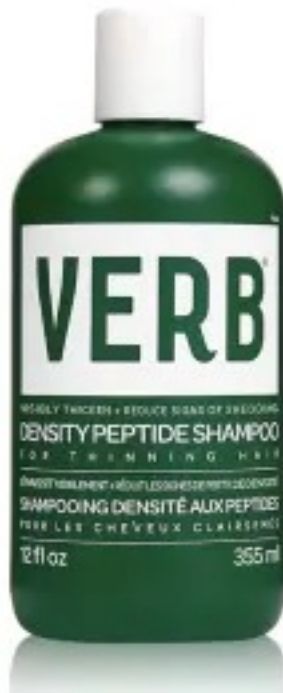
**From \$26 at  
Amazon**

**From \$26  
at Ulta**

**~~\$35~~ From \$32 at  
Walmart**

**Editor Favorite**

## [Verb Density Peptide Shampoo](#)



Verb

Shaw also likes this Verb Shampoo, which is formulated with peptides to help boost hair growth as well as niacinamide and ginseng root extract to promote thicker strands. “My hair always looks healthy and lush after using this, and over time, it’s supposed to help minimize shedding and increase hair density,” Shaw said. “I’m also a fan of the refreshing herbal scent.”

~~\$23~~ **\$17 at Amazon**

**\$22 at Sephora**

**\$22 at Verb**

### [Aveda Rosemary Mint Purifying Shampoo](#)





Amazon

For hair that's lacking a lustrous shine, Greenfield recommends this purifying Aveda shampoo. It's formulated with rosemary, peppermint and spearmint oils to help invigorate the scalp, but it also uses white vinegar to cleanse and improve hair-shaft shine.

From \$11 at  
Amazon

From \$11 at  
Aveda

From \$11 at  
Nordstrom

### Isdin Lambdapil Hair Density Shampoo



Dermstore

Adisa also recommends this Isdin shampoo, which is formulated with strengthening ingredients like zinc, biotin and other B vitamins to help nourish strands and encourage growth. This shampoo was also an expert-recommended pick in our [best products for hair growth story](#), as it contains serenoa serrulate fruit extract, a botanical that promotes hair growth by helping decrease [dihydrotestosterone \(DHT\) levels](#), which can shrink hair follicles and shorten the cycle of growth.

~~\$51~~ \$38 at Amazon

\$50 at Dermstore

\$50 at Isdin

## Molton Brown Thickening Shampoo



Amazon

The ginger root extract in this Molton Brown shampoo will help create the appearance of thicker and more voluminous hair, according to Greenfield. Ginger also has anti-inflammatory properties, which will invigorate the hair and scalp, and not irritate them.

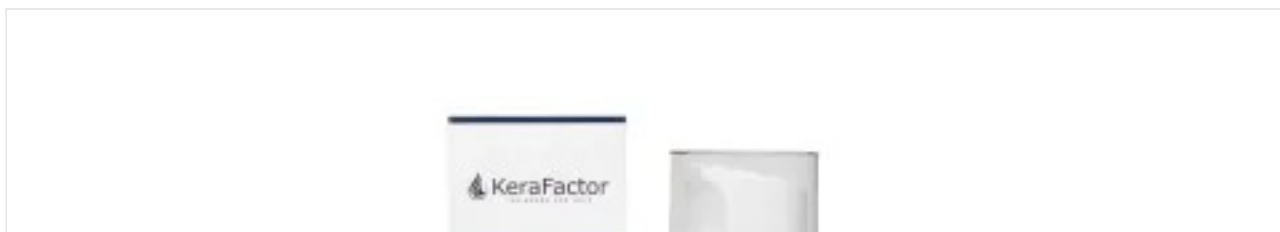
**\$32 at Amazon**

**\$32 at Molton Brown**

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## KeraFactor Scalp Stimulating Shampoo and Conditioner





KeraFactor

Kerafactor was once only available at dermatology offices, but now anyone can get its hair growth products. This 2-in-1 shampoo and conditioner is formulated with lab-engineered peptides that mimic the hair growth signals our body naturally sends out. Marmur said this makes it ideal for those whose hair thinning is caused by weak follicles, since the growth factors encourage the production of thick, healthy strands. You only need to use a pea-sized amount, and if you have a good amount of hair, the brand recommends using a regular shampoo first and applying the scalp-stimulating wash after as a hair treatment.

**\$49 at KeraFactor**

### **BondiBoost HG Shampoo for Thinning Hair With Rosemary**



Marmur also likes the plant-based formula in this BondiBoost shampoo, which she said is made with ingredients including rosemary and peppermint to stimulate the scalp and deliver volume. You'll also find saw palmetto in BondiBoost's formula, which Adisa said is a naturally occurring plant-based DHT-blocker, meaning it helps to slow down the progression of hair loss.

From \$15  
at Ulta

\$34 From \$24  
at Target

From \$27 at  
Sephora

\$34 at  
Nordstrom

## How to choose the best shampoo for thinning hair

While there are plenty of great shampoos out there that can help thinning hair look thicker and fuller, it's important to choose one that works well with your scalp needs and hair type, and that can easily fit into your current hair care routine. When it comes to narrowing down the array of shampoo options, there are a few things our experts said you should consider before buying.

### Look for strengthening ingredients

"The reality is that if your hair is thinning due to hormonal or genetic reasons, there is no ingredient in shampoo that will stimulate all regrowth of lost hair," Greenfield said. Stronger medications like topical [minoxidil](#) — which is the main ingredient in Rogaine — or [oral finasteride tablets](#) can help regrow hair, but keeping the hair and scalp clean and healthy through regular washing is also critical for creating more dense-looking strands.

When shopping for a daily-use shampoo, you can look for ingredients like [rosemary oil](#), rosehip oil and keratin, which Greenfield said all have some evidence to support that they aid in hair growth. "Keratin adds physical volume to each strand, resulting in an appearance of fuller hair," she said. "Rosemary and rosehip oil reduce inflammation and may stimulate growth."

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Marmur added that bond-building ingredients and proteins such as keratin or biotin, can help repair and reinforce damaged strands, which in addition to making hair appear fuller,

can also fortify strands so they break less easily. Ingredients like caffeine, [niacinamide](#), peptides, amino acids and growth factors can also help support the health of the scalp and hair follicles. “These types of ingredients help strengthen existing hair, minimize shedding from breakage and create a scalp environment that encourages thicker, more resilient strands,” Marmur said.

## Assess your current scalp condition

There isn’t just one cause of hair thinning, which is why Evans said it’s best to have a scalp exam done by a board-certified dermatologist. “Diseases such as psoriasis, seborrheic dermatitis and forms of alopecia need to be treated with prescription medications,” Evans said. [Hair loss](#) can also be attributed to hormonal changes, stress and other underlying health conditions or vitamin deficiencies. Excessive use of chemical hair treatments or overuse of harsh heat styling tools can also cause damage to the follicles, leaving strands weaker and more prone to thinning. Narrowing down the main causes of hair loss can help you select treatment options and at-home products that are better suited for your specific scalp type and concerns.

## FAQs

The following FAQs have been answered by dermatologists Dr. Tracy Evans, Dr. Nava Greenfield and Dr. Ellen Marmur.

[Expand all](#)

**How long does it take for shampoo for thinning hair to work?** ✓

**Is purple shampoo bad for thinning hair?** ✓

**Will certain shampoos cause hair loss?** ✓

## Meet our experts

For this article, we consulted the following dermatologists to gain their professional insights.

- [Dr. Morayo Adisa](#), board-certified dermatologist and medical director of Dermatology Physicians Chicago, Kenilworth

- [Dr. Tracy Evans](#), board-certified dermatologist and medical director of [Pacific Skin and Cosmetic Dermatology](#) in California
- [Dr. Nava Greenfield](#), board-certified dermatologist based in New York City
- [Dr. Ellen Marmur](#), board-certified dermatologist and founder of [MMSkincare](#) and Marmur Medical

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**Jillian Tracy**

Associate Editor



[Jillian Tracy](#) is an associate editor at CNN Underscored who covers topics that span the lifestyle vertical such as fashion, health, sustainability, beauty and outdoors. You can find her trying to catch up on her Goodreads goal, planning her next travel adventure or rewatching "RuPaul's Drag Race."

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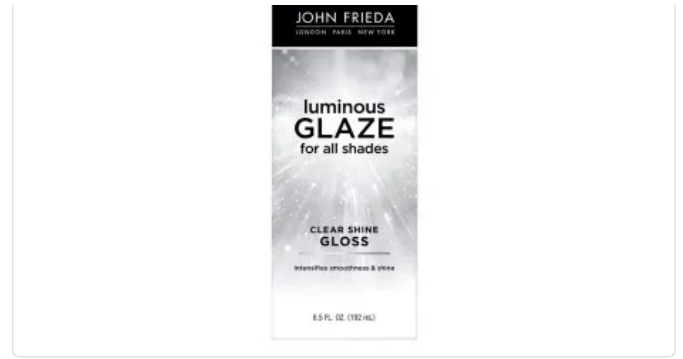






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