

Minoxidil Hair Growth FAQ

What is Minoxidil?

Minoxidil hair growth serum reduces hair loss and promotes hair growth. It was originally developed to treat hypertension (high blood pressure) and prescribed an oral drug under the name Loniten.

Patients who took the drug orally found that – as a side effect – it promoted hair growth on the body. Research has also shown that applying Minoxidil to the scalp as a cream or liquid still grows hair for most people who use it.

How does Minoxidil work?

Minoxidil is known for treating hair loss in both men and women. It works by stimulating blood circulation in the hair follicles to grow fuller and thicker hair.

In addition, the hair growth serum can also work on beards because of the stimulating effect on the hair follicles. Hair follicles are responsible for all types of hair growth, including beards. When one has a thinning or beard with irregular growth, many dormant hair follicles eventually leave spaces between the active hair follicles.

From what age can I use Minoxidil?

We recommend people under the age of 18 not use Minoxidil.

Possible side effects of Minoxidil

The first few applications can leave your skin itchy or irritated and possibly a little red. It is common and usually disappears after a few days or a few weeks once your body adjusts to the Minoxidil. View the full list of possible side effects [here](#).

How often should I apply Minoxidil?

Twice a day is recommended; about twelve hours apart, once in the morning and once in the evening.

Since the human body can only metabolize a certain amount of minoxidil hair growth serum in 24 hours, more than twice a day, although twice a day is recommended, it is not required.

Some people are more sensitive to the minoxidil hair growth serum and can only use one daily application. Others use one application per day because of their work schedules. While results are expected sooner with twice daily application, many people have reported stable results with just one daily application. Many men and women have completed their minoxidil journey with one daily application.

Summary: Twice a day is recommended with 8-12 hour breaks. The risk of side effects increases when exceeding the recommended dose.

How should you use Minoxidil?

Before use, wash the skin with pH-neutral soap and make sure your hair and skin are completely dry before applying the minoxidil hair growth serum.

1ml per application is recommended.

Liquid: You can measure 1 ml on the supplied pipette. Always read the enclosed instructions before use.

Foam: For most brands of foam, it is half a cap. Foligain and Again are exceptions, which is a single pump.

Step 1: Clean your skin with a PH neutral soap.

Using a PH neutral soap is important to prevent or reduce irritation when applying Minoxidil.

Most minoxidil products, including Kirkland, Rogaine, Regain and Again, contain substances such as propylene glycol and alcohol. These irritants are usually the cause of the possible side effects.

The skin maintains an optimal pH, reducing any irritation caused by the minoxidil hair growth serum. View the PH neutral soap from Minoxidilkopen.nl [here](#).

Step 2: Apply the Recommended Amount

Apply the product's recommended amount (1 ml, or see package insert) to the skin.

Minoxidil products usually come with a dropper with the recommended amount marked on a pipette. Measure the Minoxidil with the pipette and apply it to the skin.

There is also a foam variant of Minoxidil. It gives the best results when applied by hand.

Dispense into the foam cap (approximately half a cap per dose) to apply foam. Scoop with your fingers and apply directly to the skin.

Step 3: Allow the skin to absorb the applied Minoxidil.

It may take a while for the skin to absorb a good amount of Minoxidil. Some studies suggest that it can take more than 4 hours for the skin to absorb enough Minoxidil. One thing that came out clearly in the study is that leaving the Minoxidil on longer gives better hair growth results.

An ideal amount of time is somewhere between 1 and 5 hours. Your skin has enough time to absorb at least half of the applied Minoxidil in an hour.

A great hack to get the most out of the product is applying the Minoxidil and letting it soak in overnight.

Step 4: Wash Your Face

Wash the skin after 4 hours to prevent the skin from drying out further than necessary.

When applied at night, wash your face after you get up.

Step 5: Hydrate

You want to moisturize right after washing your face. As mentioned before, Minoxidil contains chemicals such as alcohol that are irritating to the skin. Alcohol can dry out the skin.

After thoroughly washing the skin with a PH neutral soap, use a high-quality moisturizer with a component such as hyaluronic acid to hydrate the skin.

Collagen boosters such as vitamin C serum are also recommended to use with Minoxidil.

The ideal withdrawal time of Minoxidil

Whether foam or liquid, it should be absorbed for at least 4 hours; shorter is allowed but not ideal. Tests have shown that 50% are interested in the first hour and 75% in hour four.

Summary: Four hours is the recommended MINIMUM. Ideally, try to leave it on for 8 to 12 hours. But if you need to rinse it off to moisturize your skin, try to keep it on for at least 4 hours.

How long does it take for Minoxidil to work?

A clinical study has shown that some people can see results as early as eight weeks. The researchers point out that it can take up to 16 weeks to see results. Remember that results will vary from person to person, so be patient.

By way of interpretation, if you see results for eight weeks, you belong to the fast gainers. Anything longer than 16 weeks with no results may indicate that you are a "slow gainer", but people may still see improvement after this point.

Most minoxidil users see the greatest improvements between months 2-3. Patience is the key. Continuous treatment of the skin with Minoxidil constantly brings new growth.

Some report that growth seems to stall for a few weeks to a month and then erupt with new hair growth. It will take at least 90 to 112 days to know if the hair growth serum will work for you.

Summary: Give it 2-3 months before worrying about not seeing anything.

A hidden secret to double your minoxidil beard growth

A study shows that using a derma roller or beard roller can improve the results of minoxidil hair growth serum. Microneedling is an effective method to enhance the absorption of Minoxidil through the skin.

Microneedling, which is done using a derma roller or beard roller, creates tiny holes on the skin's surface that aid in the absorption of Minoxidil. huh

Note: Do not apply Minoxidil for at least 24 hours after using a derma or beard roller.

Micro needling improves your chances of excellent beard growth in a shorter amount of time before applying Minoxidil.
