

Your Hairline, Reimagined

— *Safe. Personal. Life-changing.* —



Welcome

Hi, I'm Sonja.

A few years ago, I was exactly where you might be today - researching, comparing clinics and wondering whether hairline lowering was the right decision for me.

Before booking a consultation, these were the questions I had myself:

Am I a suitable candidate?

How long does recovery take?

What if I regret my decision?

“My goal is to help you make an informed decision and give you a realistic understanding of the procedure, recovery and results”

Sonja van den Berg
Founder BeautyGainz



My story

For as long as I can remember, I felt insecure about the size of my forehead. I wasn't bullied because of it, but it was always on my mind. Always adjusting my hair to hide it and I felt extra conscious whenever the wind blew my hair back or I went swimming.

When I discovered that hairline lowering was possible through a hair transplant, I immediately started researching. Eventually, I found a clinic I trusted and decided to take the leap.

What surprised me wasn't the procedure itself, but the emotional journey that followed. The healing, waiting and uncertainty can feel overwhelming when you don't know what to expect.

What I missed most was hearing from other women who had been through the same experience. Someone who could simply say:

***"This is normal."
"Be patient. You've got this."***

Then one day, you start to notice the difference.

For me, a lower hairline made a huge difference in my confidence and how I felt about myself.

That is exactly why I created BeautyGainz: to help other women feel informed, supported and understood throughout their journey.

And if you've been carrying the same insecurity for years, I hope this guide reminds you that you're not alone.

**BEFORE
PROCEDURE**



**AFTER
PROCEDURE**

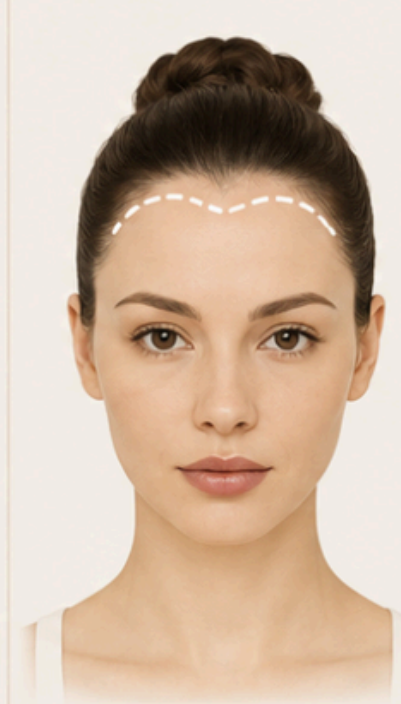


What is a Hairline Lowering?

Hairline lowering is achieved through a hair transplant, carefully designed around your unique facial features.

A successful result is never about lowering the hairline as much as possible — it's about getting the shape, softness and position right. A few millimetres make the difference between "obviously done" and "quietly beautiful."

HAIRLINE DESIGN EXAMPLES

Too High Forehead appears too prominent.	Too Straight Can look harsh and unnatural.	Too Low Unnatural and may not suit facial proportions.	Natural & Feminine Soft, rounded hairline that complements your face.
			
✗ Forehead looks larger ✗ Less facial balance ✗ Can look unnatural	✗ Lacks natural softness ✗ Does not follow natural curve	✗ Forehead looks too short ✗ Can look unbalanced	✓ Soft and natural shape ✓ Balanced proportions ✓ Feminine and youthful appearance



The ideal hairline is unique to you and should be designed in harmony with your facial features.

Why women consider it?

Most women don't consider hairline lowering overnight. It's usually the result of years of small moments that slowly affect confidence.

Am I suitable?

You may be a suitable candidate if:

- ✓ You have a naturally high forehead.
 - ✓ You avoid ponytails or slick-back hairstyles
 - ✓ You often adjust your hair to frame your face
 - ✓ You have a healthy donor area with sufficient hair density
 - ✓ You would like a softer and more balanced appearance
-

Ticked most of these boxes?

Get a free personal hairline assessment — reviewed by our clinic's doctor. No obligation.

Start my free assessment

Prefer a quick question first?

 Message us on WhatsApp

Based outside the Netherlands? No problem — we guide women from all over the world through every step, from your first message to your flight home.

Why women book their hair trip through us

We're not a clinic — we're your guide through the entire process.

BeautyGainz works with one trusted clinic: the same clinic I had my own procedure at. We don't send you to whichever clinic pays the highest commission — we only work with the team we'd trust with our own hairline.

When you book through us, you get:

- ✓ A hairline design reviewed by the clinic's doctor before you travel
- ✓ Flights, hotel, and airport transfers arranged for you
- ✓ Someone who speaks your language throughout — before, during, and after
- ✓ Aftercare support that doesn't end when you fly home
- ✓ One point of contact for the entire journey, from first question to final result

Our Partner Clinic

Founded in 2003, our partner clinic has over two decades of experience in hair restoration, using the FUE (Follicular Unit Extraction) technique — the most advanced hair transplant method available today.

Procedures are carried out in the Netherlands under the medical supervision of Dr. S. Saleem, Medical Director (BIG-registered), supported by a dedicated team of hair technicians and coordinators.

No rotating doctors. No uncertainty about who performs your procedure. Just one team, chosen because it's the one I'd trust with my own hairline — because I did.



Why the Netherlands

A hairline lowering is worth traveling for — as long as you travel to the right place.

Whether you're based in the US, the UK, the Middle East or anywhere else, the Netherlands offers something most destinations can't: EU medical standards, full transparency, and a team that stays reachable long after your flight home.

We work with one clinic — the same one I was treated at myself. No call centers, no language barriers, no guessing which doctor you'll actually get.

✓ EU medical standards, full accountability

✓ One clinic, one team, from consultation to final result

✓ Personal guidance in your own language throughout

✓ I can personally be with you during your trip, if you'd like — from the moment you land to your aftercare check-in

This isn't medical tourism. It's a personal journey, guided by someone who's been exactly where you are.

Helping women worldwide with female hairline lowering since 2023



How it works and what to expect

Hairline lowering is performed using FUE (Follicular Unit Extraction) under local anesthesia. Healthy follicles are moved from the donor area to your new hairline — the procedure takes about 6-7 hours.

Week 1: Healing and mild swelling. Sleep upright with a neck pillow.

Weeks 2-8: The transplanted hairs shed — this is called shock loss, and it's completely normal, not a sign of failure.

Month 3+: New growth begins.

Month 12-18: Final, full result.



***“I thought something
was wrong when the
transplanted hairs
started shedding.***

***Later I understood this
was completely
normal” —***

***Michelle S.,
BeautyGainz client***

Most common questions



Will people notice?

Most women are surprised by how little attention others actually pay to their hairline. During the first days there may be some redness, scabs, or swelling, but many women choose to wear their hair down, a headband, scarf, or fringe during recovery. Most people notice far less than expected.



How long does recovery take?

The first 10 days are the most important part of recovery. Scabs usually disappear within 7–14 days. Most women feel comfortable returning to work and daily activities within a few days to a few weeks, depending on their lifestyle.



When will I see results?

The transplanted hairs usually shed during the first month. New growth often starts around month 3–4, with visible improvements from month 6 onwards. Final results are typically seen between 12 and 18 months.



What if I regret it?

This is one of the most common concerns. That is why the design process is so important. We focus on creating a soft, feminine hairline that complements your features and still feels like you. Most women tell us they wish they had done it sooner.

Hairline Results

These results show how a personalized hairline design can create a better facial harmony while maintaining a natural appearance.

Before & After



Before & After



Before & After



Before & After



Results from BeautyGainz clients, 2023–2025

Pricing

Choose Your Journey

Every package includes your procedure, personalized hairline design, local anesthesia, and aftercare support from our Dutch partner clinic.

Ambassador

€3,750

Our reduced rate for women willing to share parts of their journey with us — a few photos or videos along the way to inspire other women considering the same step. You stay in control of what you share.

Limited spots per month

MOST CHOSEN

Premium

€4,250

The complete experience, fully private. No content sharing required.

- ✓ Full procedure and hairline design
- ✓ Local anesthesia
- ✓ Aftercare support
- ✓ Complete privacy — nothing shared

VIP

€4,750

Everything in Premium, plus:

- ✓ Priority scheduling
- ✓ 3 nights hotel stay
- ✓ Private transfers (airport / hotel / clinic)
- ✓ Premium recovery kit

Prices listed in EUR. For clients paying in other currencies, we're happy to share the current exchange rate during your intake.

Ready to see what's possible?

Fill in our free intake form and receive your personal hairline assessment — no obligation to book.

WHAT HAPPENS NEXT?



Your photos will be reviewed by the clinic's doctor.



We discuss your goals and desired hairline design.



You'll receive a personalized recommendation.



No obligation to book.

[Start my free assessment](#)



Response time: within 2 business days

Get in touch



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