

# ***The Female Hairline Lowering Guide***

*everything you need to know  
before making a decision*



# *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?***

***What will my hairline look like?***

***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?*

For many women, a high forehead is not just a physical feature - it can affect confidence, hairstyles and the way they see themselves in photos.

Hairline lowering is mostly commonly achieved through a hair transplant procedure, carefully designed around each woman's unique facial features.

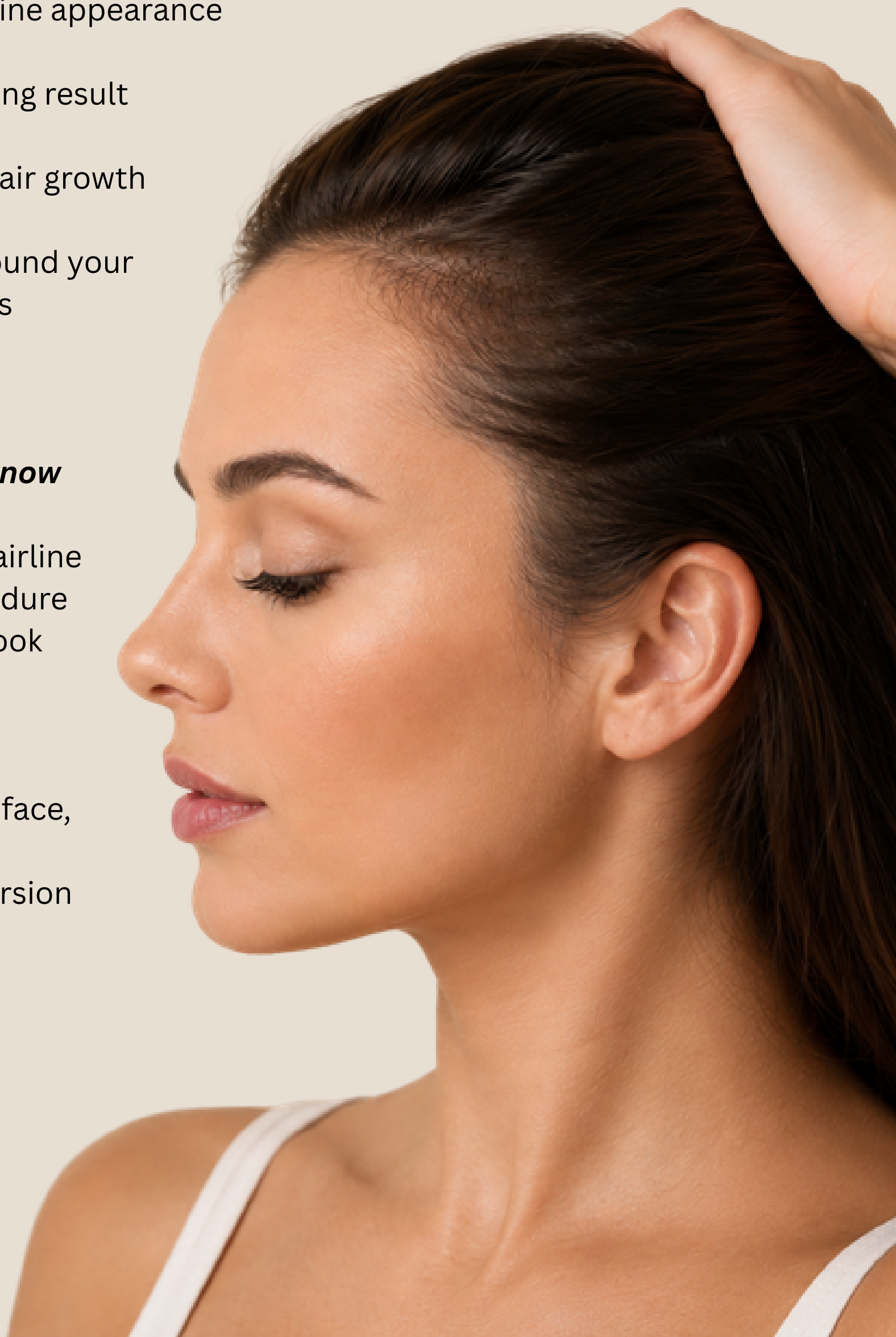
## ***Benefits***

- ✓ More balanced facial proportions
- ✓ Softer, feminine appearance
- ✓ Natural-looking result
- ✓ Permanent hair growth
- ✓ Designed around your unique features

## ***Important to know***

A successful hairline lowering procedure should never look obvious.

The goal is not a different face, but a more harmonious version of your own.



# Why women consider Hairline Lowering?

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

*If some of these sound familiar, you are not alone.*



Avoiding ponytails or slick-back hairstyles



Feeling self-conscious in photos



Constantly adjusting hair because of the wind



Feeling uncomfortable while swimming



Wanting better facial harmony and balance

## 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



# Why Hairline design matters

A successful hairline lowering procedure is not just about lowering the hairline.

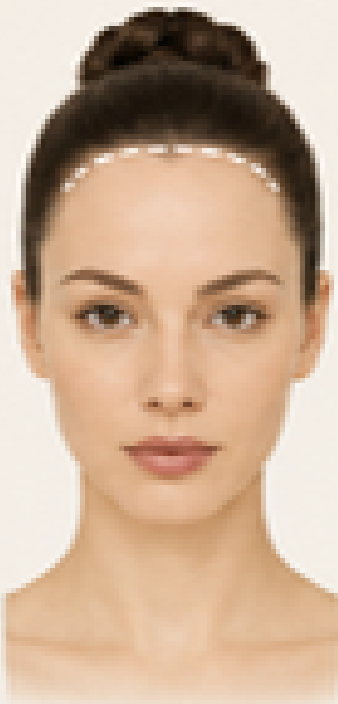
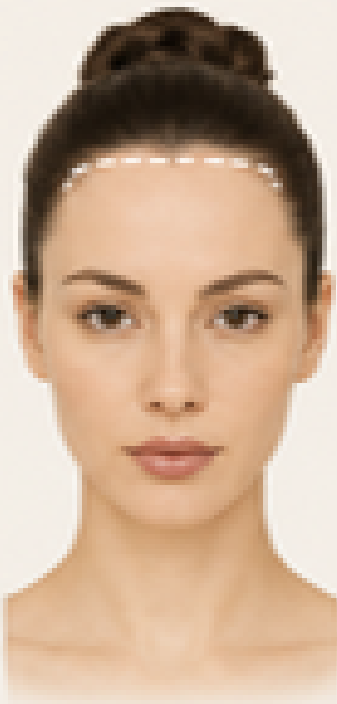
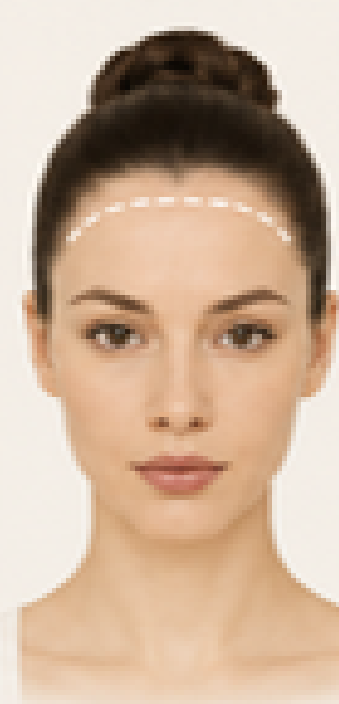
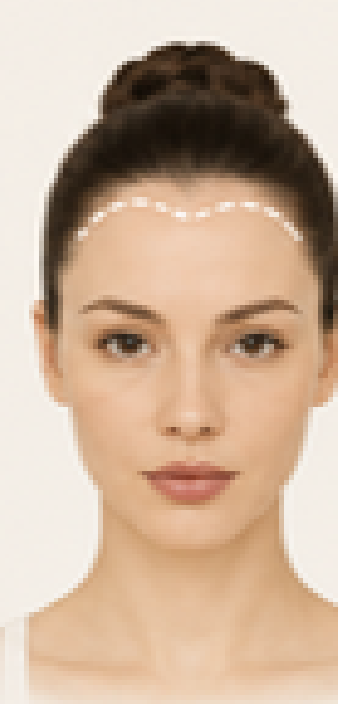
The shape, softness and position of the hairline can dramatically influence facial harmony.

Every face is different. The ideal hairline depends on factors such as facial proportions, forehead height, temple shape and overall facial balance.

A few millimetres can make a significant difference.

***This is why planning and design are just as important as the procedure itself.***

### HAIRLINE DESIGN EXAMPLES

|                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                      |
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| <p><b>Too High</b><br/>Forehead appears too prominent.</p>  <ul style="list-style-type: none"><li>✗ Forehead looks larger</li><li>✗ Less facial balance</li><li>✗ Can look unnatural</li></ul> | <p><b>Too Straight</b><br/>Can look harsh and unnatural.</p>  <ul style="list-style-type: none"><li>✗ Lacks natural softness</li><li>✗ Does not follow natural curve</li></ul> | <p><b>Too Low</b><br/>Unnatural and may not suit facial proportions.</p>  <ul style="list-style-type: none"><li>✗ Forehead looks too short</li><li>✗ Can look unbalanced</li></ul> | <p><b>Natural &amp; Feminine</b><br/>Soft, rounded hairline that complements your face.</p>  <ul style="list-style-type: none"><li>✓ Soft and natural shape</li><li>✓ Balanced proportions</li><li>✓ Feminine and youthful appearance</li></ul> |
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*The ideal hairline is unique to you and should be designed in harmony with your facial features.*

# How does the procedure work?

Hairline lowering is typically performed using a hair transplant technique called FUE (Follicular Unit Extraction).

During the procedure, healthy hair follicles are carefully extracted from the donor area at the back of the scalp and transplanted to the new hairline.

The procedure is performed under local anesthesia, meaning you are awake but the treatment area is numbed.

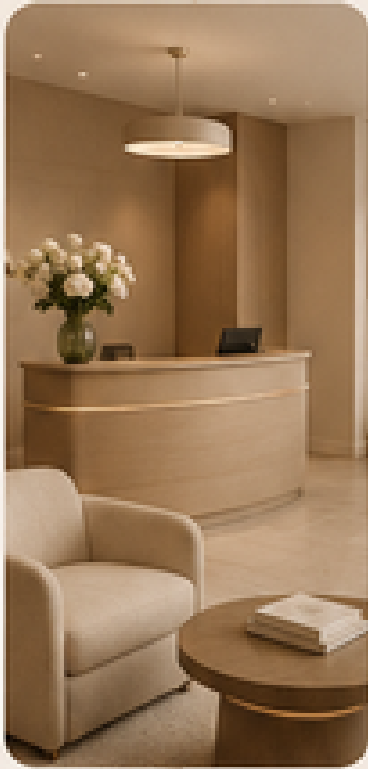
Most women are surprised to learn that the procedure is generally more comfortable than they expected.

Depending on the number of grafts needed, the procedure can take about 6-7 hours.

Your comfort, safety and natural results are our top priorities. Here's what you can expect on the day of your procedure.



Arrival at the clinic



You will be welcomed by our team and checked in. We'll go over the plan for the day and answer any last questions.



Hairline design



We design your new hairline based on your facial proportions and preferences. You'll approve the design before we begin.



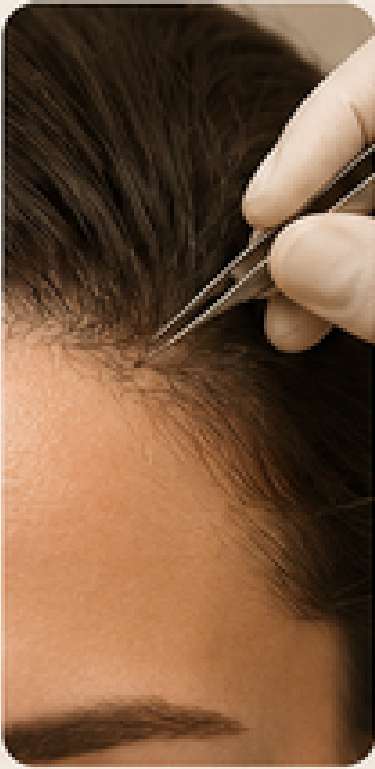
Local anesthesia



Local anesthesia is administered to the donor area and hairline so you stay relaxed and comfortable throughout.



Graft extraction & placement



Healthy hair follicles are carefully extracted and placed into the new hairline with precision and artistry.



Aftercare instructions



Before you leave, we'll give you personalized aftercare instructions and be here for any questions.

# *What most women worry about after surgery*

Most women experience moments of doubt during recovery. This does not mean you made the wrong decision.

***Here are a few of the most common worries:***

- Swelling is temporary
- Shedding is normal
- Growth takes patience
- Doubt is common
- Results take time



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

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

## *Recovery time*



# Recovery period

Once you return home after your procedure, you may notice that the excitement and adrenaline begin to wear off. It is completely normal to feel tired, emotional, or slightly overwhelmed during the first few days.  
At least, that is exactly how I felt.

Your body has just undergone a procedure and now needs time to heal. Rest, hydration, and following your aftercare instructions are the most important things you can do during this period.

## The First Week

During the first week, you will need to sleep in an upright position using a neck pillow. This helps protect the newly placed grafts and prevents unnecessary pressure on the transplanted area.  
Some swelling, redness, and scabbing are completely normal and part of the healing process.

## The First 10 Days

The first 10 days are the most important stage of recovery.  
During this period, the grafts are settling into their new location and becoming secure. Avoid touching, scratching, or rubbing the transplanted area.

Once the grafts are secure, the transplanted hairs will gradually start to shed. This is known as shock loss and is a completely normal part of the process.

## Trust the Process

New growth typically starts to appear from month 3 onwards, with noticeable improvements developing between months 6 and 12.



# How I hid my hairline during recovery



## 1 WEEK AFTER MY PROCEDURE

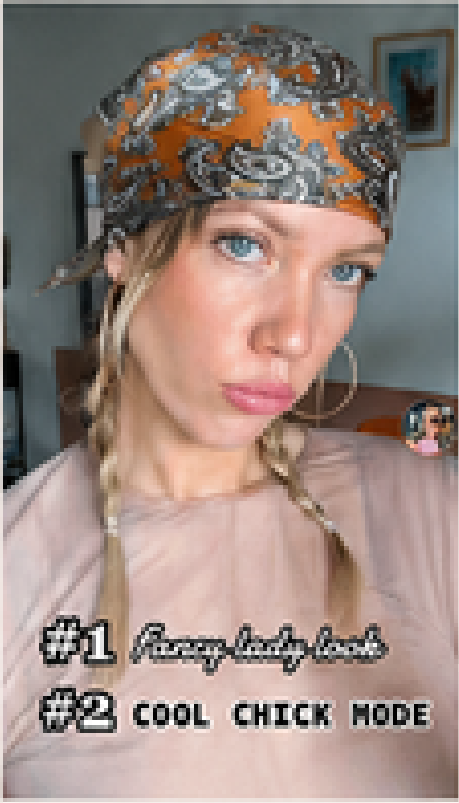
I went back to work with the tiger headband.

No one noticed anything...

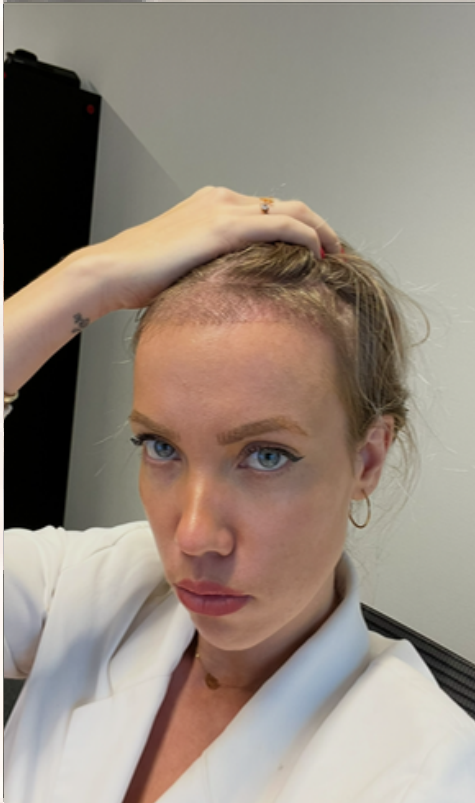
The rest of the pictures were all taken in the first 4 months.  
You can really see the growth kicking in around **month 3/4**.



Back at work.  
Tiger headband.  
No one noticed.



Still covering.  
Bandana days.  
Felt confident.



Growth is happening.  
Feeling good.



The growth kicks in.  
Loving the results.

## WHAT SURPRISED ME MOST?

I bought scarves, headbands and bandanas because I thought I would need to hide my hairline for months. In reality, after about 3 weeks I stopped covering it. The transplanted hairs had shed, my own hair covered the area, and apart from some mild redness there was very little to see.

**Nobody noticed. Nobody asked.**  
If I hadn't told people I had a hair transplant, they would never have known.

# *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.



## *Is the procedure painful?*

The local anaesthetic can cause some temporary discomfort, but the procedure itself is generally well tolerated. Most women describe the recovery as more uncomfortable than painful.



## *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.



## *Will the result look natural?*

A natural-looking result is one of the most important goals of female hairline lowering. The hairline design is tailored to your facial proportions, hair characteristics, and desired outcome.



## *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.



## REMEMBER

The goal is not to look like someone else.  
The goal is to feel more like *yourself*.

# *Import terms you need to know*



## Grafts

A graft is a small group of hair follicles transplanted during your procedure. Most female hairline lowering procedures require between **1,500 and 3,000 grafts**, depending on the desired design and density.



## Shock Loss

Temporary shedding of existing hairs around the transplanted area. This can happen within the **first few weeks** after surgery and is usually part of the normal healing process.



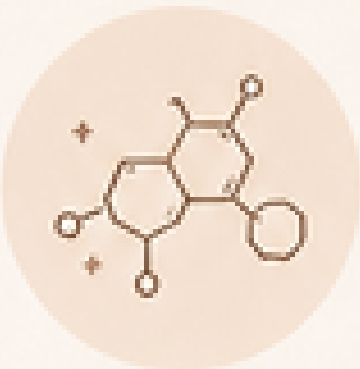
## Donor Area

The area at the back and sides of the scalp where the hair follicles are harvested. These hairs are **genetically stronger** and are chosen because they are more resistant to hair loss.



## Shedding Phase

Around **2–8 weeks** after the procedure, many transplanted hairs will fall out. This is completely normal. The follicles remain in place and will begin producing new hairs in the months that follow.

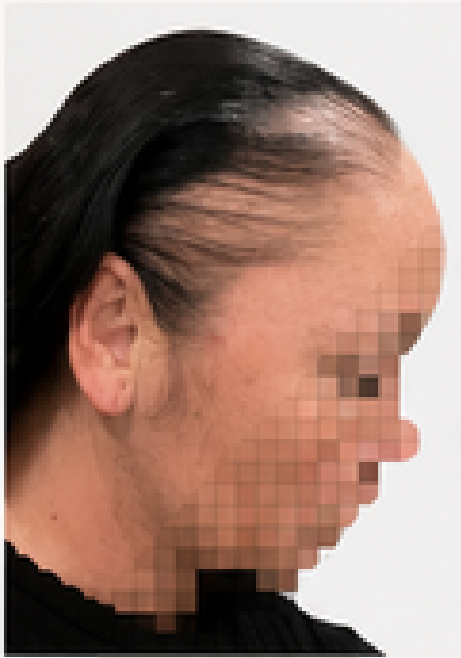


## DHT Hormone

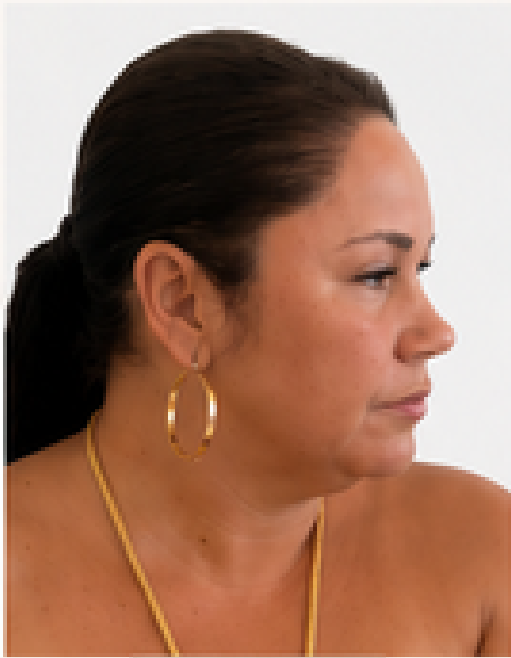
DHT (Dihydrotestosterone) is a hormone linked to certain types of hair loss. The transplanted hairs used during a hair transplant are generally **more resistant to DHT**, helping them maintain long-term growth.

# *Hairline Results*

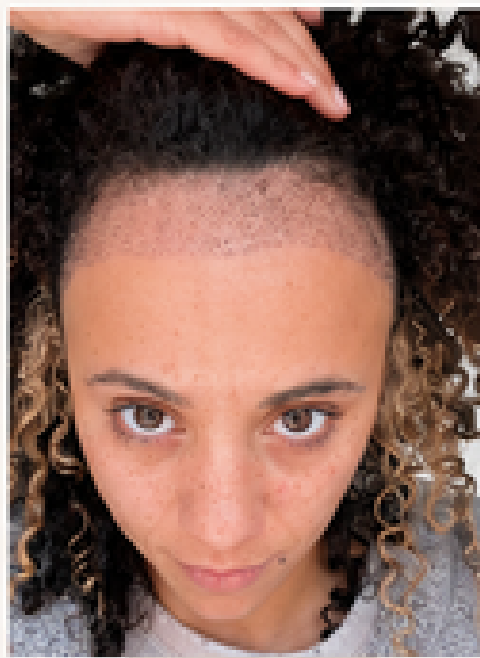
These results show how a personalized hairline design can create a better facial harmony while maintaining a natural appearance.



VOOR



NA



VOOR



NA



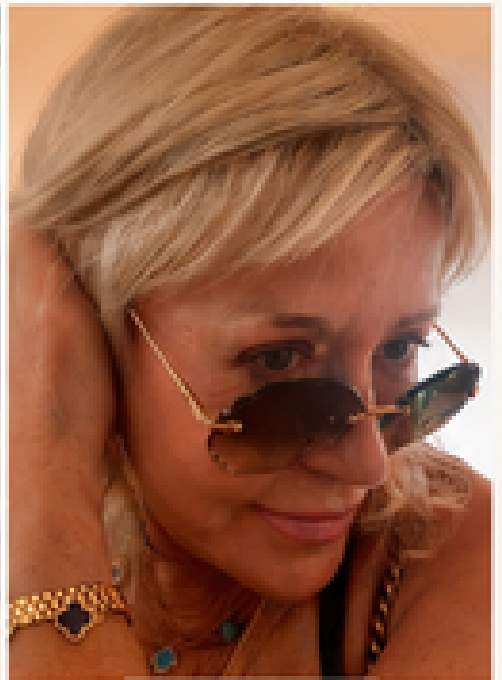
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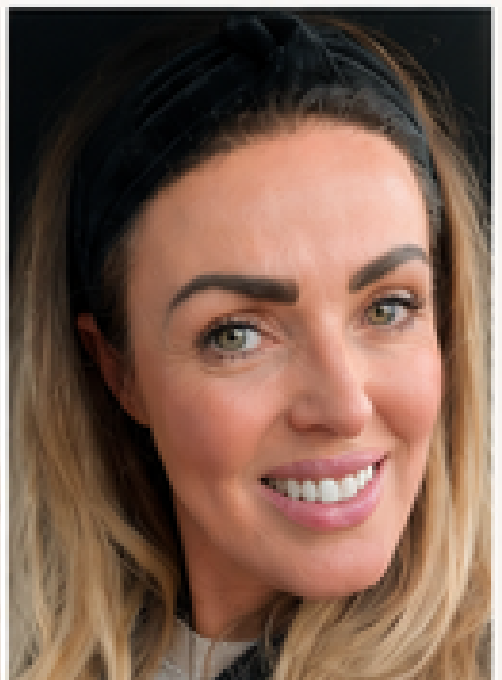
VOOR



NA



VOOR



NA

*Natural results.  
Personalized designs.  
Long-lasting confidence.*

# Free Hairline Assessment

Curious about the possibilities? Fill in our **intake form** and receive your personal Hairline Assessment



## 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.



### TURKEY

€2,600



Procedure



Hotel



Transfers



Medication



Aftercare support



Follow-up



### NETHERLANDS

€4,000



Procedure



Medication



Aftercare support



Follow-up

**Helping women with female hairline lowering since 2023**

*If you're considering hairline lowering and would like personalised advice, I'm happy to help.*

## Get in touch



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