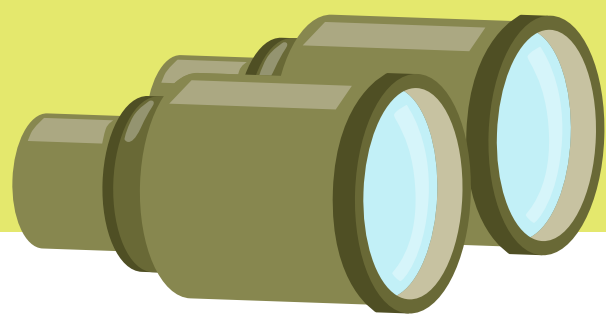


# NOSE HAIR SAFARI

Grab a machete. We're headed into some dense foliage. Sunlight barely penetrates these tangled thickets. But if we keep our eyes open, and take careful notes, we may gather increased respect for the hidden world in the middle of your face: **The nose hair jungle.**



## NOSE HAIR IS:

### THICK

The inner surface of your nose has **as many hair follicles as your head.**

### STICKY

Nose hairs have a **thin coating of mucus.**

### MENACING

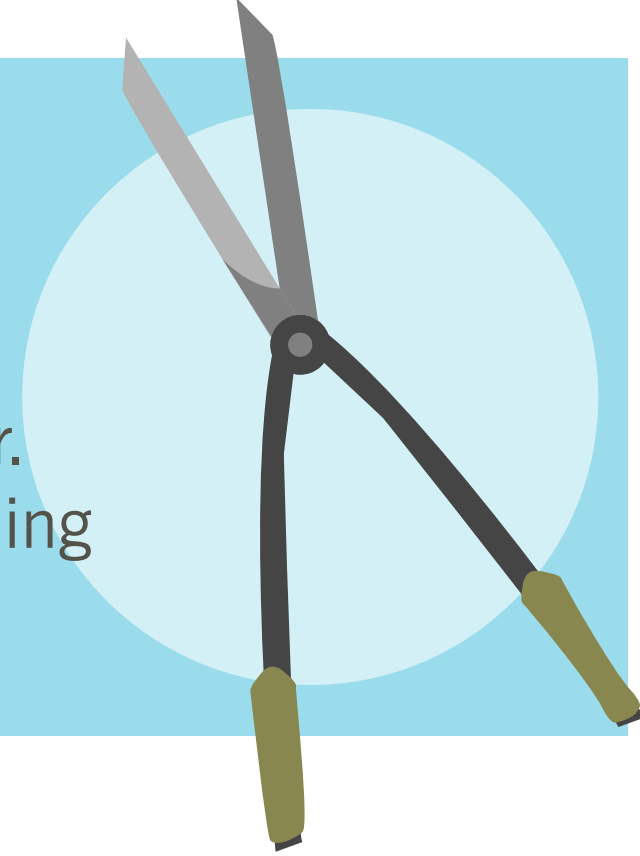
Nose hairs are a menace to **dust, pollen and other particles** that could make their way into your lungs and cause trouble.

### DISTRACTING

When you're talking to someone with a single nose hair sticking out, **it can be hard not to stare.**

## PLUCK IT? OR TRIM IT?

**Trim it.** Use a cosmetic scissors with rounded points. Or a mechanical trimmer. Most drug stores carry a variety of grooming devices designed to trim nose hair.



The average person grows **6½ feet** of nose hair from each follicle over a lifetime.

**Older people don't have any more nose (or ear) hair than younger people.** But as we age, the hairs get longer and coarser.

An NBA basketball player once missed two weeks of games on account of an **inflamed, ingrown nose hair.**

U.S. patent number 20080283072 A1 is for "artificial nose hair" to help filter air and potentially deliver medication. Inventor Gengsheng Sun says, **"Most people don't have enough nose hair."**

**Dust and other particles** captured on your nose hairs make their way to the mucous blanket (the inner wall of your nasal passages) and get swallowed. Some are sneezed away.

**Thick nose hair may be good for you.** One small international study suggested that the density of nasal hairs may play a role in decreasing the risk of asthma, although this has as yet to be validated.



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Sources:

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