

As you get older, you might notice that your hair becomes darker. This process is mainly due to **melanin**, which is the natural pigment that gives color to your hair, skin, and eyes.

When we are younger, our bodies produce a lot of melanin, which gives us our bright hair colors, like blonde or red. However, as we age, our hair follicles, the tiny pockets in your skin where hair grows, start to produce less melanin. Sometimes, they even stop producing it altogether. As a result, your hair may darken from its original color.

For example, if you have naturally light hair, you might notice it becoming a darker shade of brown as you grow older because there's less melanin in your new hair as compared to when you were younger.

Many factors can affect how your hair changes over time, including your **genetics**, which is like the instruction manual your body follows, and your overall health. So, the next time you see changes in your hair color, remember that it's just a part of growing up!