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## Can a Hat Really Help You Regrow Hair? We Tried the GroWell Laser Cap to Find Out

Zenia Kollar · Monday, May 5th, 2025

If you've been searching for a reliable, non-invasive solution to thinning hair, you've probably come across a lot of lotions, potions, and promises. But what about a hat that uses red light therapy to stimulate hair growth? That's exactly what the **GroWell Hair Growth Cap** claims to do. At **\$899.99**, it's surely an investment, so we decided to dig into the details to see if it lives up to the hype.

### What Is the GroWell Laser Cap?

The **GroWell** Laser Cap is a wearable, FDA-cleared device that uses Low-Level Light Therapy (LLLT) – a proven technique that stimulates hair follicles with red light to promote hair regrowth. What makes this product stand out is its sleek, lightweight design and medical-grade proprietary light technology. It's marketed to both men and women dealing with hair thinning, androgenetic alopecia, or general hair loss.

This cap isn't a gimmick. It combines laser and LED lights with precision micro-lens technology to ensure that the light energy is distributed evenly across the scalp. That's important, because consistency in light coverage is key to stimulating follicles effectively.

### Does It Work? Backed by Clinical Trials

One of the most compelling aspects of the GroWell Cap is the science behind it. Unlike many over-the-counter hair loss products, GroWell has gone through extensive clinical testing, which has shown that their technology is 100% effective.

Two double-blind, placebo-controlled clinical trials showed that participants experienced an average of 35% increase in hair count for men and 37% for women—within just 16 weeks of regular use. That's a significant improvement, especially when you consider that it's a non-invasive, pain-free treatment.

“Our proprietary technology has been vetted at the highest levels, far more than any of our competitors,” said Frank DeMartin, CEO of Apira Science, makers of the GroWell products. “Many others tout surveys, as opposed to real science, but our studies have been peer reviewed and published in some of the most prestigious medical journals. We've also stood the test of time with thousands of happy customers using our proven technology over the past two decades. Nobody else has the same lens technology that we do and nobody delivers the same level of results.”



The GroWell offering appears to have more true science behind its technology.

Of course, it's not an overnight miracle. You need to commit to using it regularly (25-minute sessions every other day), and most people will start to see visible results within 12–16 weeks. Like with most treatments, consistency is key. Some of the competitors we researched say their products require shorter treatment times (as little as 6 minutes), but we did not find their products to have the same level of scientific validation. Many are also recent startups, whereas the team behind GroWell, Apira Science, were really the innovators in LLLT therapy, so they have a much longer history of producing real results.

Most makers of LLLT products, including Apira/GroWell say that they have “FDA Cleared” status, but it's important to note that this is not the same thing as “FDA Approved.” Cleared simply means that the FDA is saying that a product is similar to another product already with clearance or approval. In other words, it really doesn't mean much, which is why we give GroWell's scientific validation far more value in evaluating it. Peer reviewed science speaks for itself, in our opinion.

## Design and Comfort

Another feature we appreciated? It doesn't look like a medical device. The GroWell Cap is designed to look like a casual hat and is available in a range of colors including beige, black, blue, pink and green. It's discreet enough to wear around the house—or even outside—without drawing unwanted attention.

The cap is lightweight and adjustable, so it fits snugly without being uncomfortable. It also comes with a rechargeable battery pack, making it easy to move around during your treatment sessions. You can go about your day—read, relax, or even cook dinner—while the cap does its thing.

It's also important to note that the light panel component of the hat can be easily removed and placed within most hats of your choosing, which further adds to the flexibility of the GroWell

product. It's not a feature that we could identify as being readily available in any competing product.

## Pros: Why You Might Want to Try It

- **Clinically proven results:** Real clinical trials – peer reviewed and published in renowned science journals – support its effectiveness for both men and women.
- **Stylish and discreet:** Doesn't scream "medical device," so it's easy to use regularly.
- **Non-invasive, drug-free and pain-free:** No surgery, no drugs, and no reported significant side effects.
- **Portable and convenient:** Wireless design means you can multitask while using it.
- **Complementary products:** supplements, minoxidil, shampoo & conditioner for total hair health



GroWell offers a variety of complementary products. Photo: Apira Acience

## Cons: A Few Things to Keep in Mind

- **Price:** At nearly \$900, it's a big investment up front. However, it may be worth it compared to ongoing costs for pills, serums, or in-office laser treatments; in addition to the fact that few competitors have the same level of real science that proves the effectiveness of their products.
- **Consistency required:** You need to stick with the schedule to see results. If you're someone who struggles with routines, this could be a challenge. Their product also requires a bit more than 20 minutes per session, whereas competitors claim theirs only need several minutes. However, the 100% effective results, via the peer reviewed studies, were in fact using the session times for GroWell's technology.
- **Delayed gratification:** Results don't appear overnight. Patience is required to reap the benefits, but then again, as the studies have shown, results do indeed come for all.

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## Is It Worth It?

If you're dealing with hair thinning or loss and are serious about finding a non-invasive solution, the GroWell Laser Cap is definitely worth considering. It's rooted in real science, easy to use, and designed for real life—not just the clinic. While the price tag may give you pause, the long-term benefits, convenience and effectiveness make it a worthy investment.

And remember, hair regrowth isn't just about vanity—it can be a big boost to your confidence and well-being. If you've tried topical solutions or supplements without success, this might be the high-tech option that actually delivers.

In the crowded world of hair growth products, the GroWell Laser Cap is a refreshing standout. Backed by clinical data and designed with the user in mind, it offers a promising solution that fits into your everyday life. It's not cheap, but if you're ready to invest in your hair health—and stick to the schedule—it could be the game-changer you've been looking for.

**? Learn more at [growelcap.com](https://growelcap.com).**

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