Scalp Care Guide

Healthy hair starts with a healthy scalp.

DID YOU KNOW?
Many people focus entirely on their hair but pay very little attention to their scalp. Symptoms such as itching, flaking, excess oil, dryness or irritation can sometimes indicate that the scalp needs closer attention.

Three Simple Ways to Support Scalp Health

Cleanse Appropriately. Keeping the scalp clean helps remove excess oil, sweat, environmental pollutants and product build-up. The ideal washing routine varies between individuals.

Be Gentle. Aggressive scratching, excessive heat and harsh treatments may contribute to scalp discomfort. A gentle, consistent approach is often best.

Pay Attention to Changes. Persistent itching, flaking, redness, soreness or increased shedding should not be ignored. Monitoring changes early can help you make informed decisions.

The Bigger Picture

Scalp health can be influenced by skincare habits, hormones, stress, medications, climate, medical conditions and genetics. Looking at symptoms in isolation may miss important clues.

Is Your Scalp Trying to Tell You Something?
A healthy scalp should generally feel comfortable and function without persistent irritation. If you are experiencing itching, flaking, excessive oiliness, dryness, sensitivity or unexplained shedding, understanding the underlying cause is often more important than trying another shampoo.

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Because healthy hair begins with understanding the environment where it grows.

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