

# Combating Dandruff



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Snowflakes aren't always cute or fun

Supplies: Alcohol or Astringent, Wash Cloth, Rose Water, Jojoba or Argan Oil

Prep Time: 10 -15mins (if that)

Website: [www.skyhhsalon.net](http://www.skyhhsalon.net)



## Instructions

1. Take a wash cloth, fully saturate it with hot hot water, as hot you can stand without burning yourself
2. Wring it completely out.
3. Spray your scalp with Alcohol or Astringent then use that really hot towel to scrub your parts. Rinsing the cloth as needed.
4. Afterwards spray your scalp with Rose Water and/or Jojoba or Argan Oil (if you have seborrheic dermatitis then just use rose water no oil)

# What is Dandruff?

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## What are the symptoms of dandruff, you ask?

Dandruff usually is white, dry or oily flakes. It's also accompanied by itching of the scalp. Change of season worsens symptoms. Especially fall and winter months due to the fact that there is less humidity in the air and heating your home in winter dries in home air which leads to dry scalp and skin.

Sometimes the size of flakes can vary from as small as the top of a dressmaker's pin  
To medium size like the top of a push pin  
Or Large like buttons

## So now you are thinking, what causes dandruff?

There are several causes such as dry skin, not shampooing your hair often, irritated oily skin, psoriasis, yeast like fungus, eczema & adverse reactions to products.

# The Cause

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*Let's break each of these causes down.*

### *Dry Skin*

Just that simple, dry skin is caused from lack of moisture. During winter months the cold air combined with heated homes pulls moisture out of your body. You will notice increased itching and dry patches on skin. Your scalp will produce the smaller dry dandruff flakes.

### *Not Shampooing Often*

Usually this will occur in people with locs and people of color, as they don't shampoo the hair on a regular basis. Ideally you are supposed to cleanse the hair once a week to keep hair fresh and to remove build up. Over product usage can cause build up and dandruff.

### *Irritated Oily Skin*

This is also medically known as seborrhea dermatitis. This type of dandruff is usually plagued with red oily skin that is topped with scales that are white or yellow in color. These flakes tend to be much larger than dry skin dandruff.

### *Psoriasis / Eczema*

These flakes are large, thick and kind of grayish in color. Usually people who have psoriasis/eczema on the body will have it in the scalp.

### *Yeast Like Fungus*

Also medically known as *Malassezia*. This fungus can stay on the scalp of a healthy person and not cause any issues. The over abundance of oils either secreted from the scalp or applied to the hair from a product that you use on a regular basis will create an ideal growth area for the fungus to get out of hand. It will cause more skin cells to grow. The excess skin combines with the oil on your scalp creating clumps of dandruff similar to seborrhea dermatitis.

### *Adverse reactions to products*

Some people have sensitivity to products. One ingredient in particular paraphenylene diamine (PPD) will irritate skin causing scaly, itchy, red scalp. Sometimes people may cleanse the hair too often causing drying of the skin on your head as well as using too many/ too much product which can irritate the scalp.

Now that we have identified and explained the causes in detail let's discuss how to treat dandruff. As we all know dandruff is pesky and annoying as it itches and leaves flakes on your clothes, so you become OCD with dusting flakes off of you. Arghhhh that tedious task.

## Combatting Dandruff

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There are several shampoos that are geared towards reducing the appearance of dandruff and relieve the itchiness. These shampoos are made for the skin aka your scalp. DO NOT apply on all of your hair, because it will dry your hair and make it brittle.

The key ingredients in these shampoos are as follows:

*Selenium Sulfide* – found in Dandrex, Selsun Blue

*Zinc Pyrithione* – found in Nioxin Scalp Recovery, Selsun, Head & Shoulders

*Salicylic Acid* – found in Neutrogena T-Sal

*Coal Tar* – found in Denorex, Neutrogena T-Gel,

*Ketoconazol* – found in Nizoral, Dandrene & Extina



## Natural Remedies

Many of my naturalistas and locstars will prefer the natural route to combatting dandruff and itchy scalp. So here's the tea:

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Tea Tree Oil	<ul style="list-style-type: none"><li>● Add 4-5 drops of oil to about 4oz of distilled water. Spray directly on scalp.</li><li>● Pre cleanse scalp with witch hazel (for those that are not able to shampoo the hair weekly) placed on a steaming hot towel</li><li>● Apply diluted tea tree oil (dilute with carrier oil or water) directly to scalp.</li><li>● DO NOT APPLY TO HAIR OR LOCS!!! IT IS STRICTLY FOR THE SKIN AS IT IS DRYING TO THE HAIR</li></ul>
Black Soap	<ul style="list-style-type: none"><li>● This soap is absorbent of oils and kills bacteria.</li><li>● It also is soothing to irritated skin from psoriasis and eczema.</li><li>● It is rich in Vitamins A and E.</li><li>● It is a natural exfoliate and removes free radicals.</li></ul>
Apple Cidar Vinegar	<ul style="list-style-type: none"><li>● Fully saturate scalp with Apple Cider Vinegar</li><li>● Let sit for 15-20mins then shampoo out with clarifying shampoo (clear or transparent in color)</li><li>● Follow up with a moisturizing shampoo (creamy opaque in color)</li><li>● This helps to regulate the pH balance of the scalp while adding shine.</li></ul>
Rosemary Oil	<ul style="list-style-type: none"><li>● This oil has anti-fungal properties that kill yeast while soothing itchy scalp</li><li>● Dilute by adding several drops to distilled water and spray directly to scalp.</li><li>● Can be combined with the tea tree oil to create a phenomenal scalp treatment for dandruff.</li></ul>
Activated Charcoal	<ul style="list-style-type: none"><li>● This black powdery substance helps to remove toxins from the skin</li><li>● Make a mask by adding water until its thick like oatmeal, Then apply directly to scalp</li><li>● Massage in for about 5-10mins</li><li>● Then shampoo out with a clarifying shampoo, rinse and shampoo again with a moisturizing shampoo, rinse and follow up with the same brand conditioner of your choice.</li></ul>

## The Loc Down

I personally prefer the natural remedies for treatment of dandruff as many of the oils and products have multiple uses other than scalp conditions. So you get more bang for your buck with the purchase of those items. Just make sure you are buying 100% pure products. Many of them can be purchased at an herbal, health food, or African Import Store. Pure essential oils will only come in dark amber glass bottles. (If the bottle is plastic then its not 100% pure, it has been diluted already) I use the natural remedies for my clients and they have said that over time the dandruff has subsided and or been completely eliminated as well as their hair has also become super shiny and soft. Be sure to subscribe to my email list to gain more helpful tips like this. Also join my club to get exclusive tips, tricks and hacks for n navigating natural hair, that comes with special offers and live webinars to help answer your questions. It is my pleasure to give you the tools and advice you need to realize that it's really easy to S.imply K.eep Y.our H.air H.ealthy

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*Contact us for*  
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