

| This could be the secret to silky, shiny hair

Lifeless hair can be so frustrating



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We all know that shampooing and conditioning regularly is important when it comes to hair care. But this alone won't do if you're suffering from dandruff, irritation or any other scalp issue.

This is where exfoliating your scalp comes in.

Dr. Joshua Zeichner, director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City spoke to prevention.com and told them “Dirt, oil, dead cells, and debris from hair care products buildup on the scalp and may lead to irritation and inflammation, periodically using a gentle exfoliating product can remove this buildup.”

The skin on your scalp is not that unlike the skin on your face - it has glands that produce an oil called sebum. But they can get clogged, which can lead to dandruff, dry hair and inflammation. These issues can lead to breakage and fragility.

Using products like hairspray and mousse constantly can clog up these glands on your scalp and leave your hair limp and lifeless.

If you have any skin issues like eczema, psoriasis or dandruff, exfoliating won't solve those issues so it's best to see a doctor.

Here are a couple of ways to exfoliate your scalp:

Use anti-dandruff shampoo

When you use these products, lather them up and leave them sit in your hair for around five minutes, **Dr. Gary Goldenberg** recommends.

If dandruff isn't an issue, look for shampoos with a physical exfoliator like sea salt.

Use a scalp scrub

Using a scalp scrub before your usual shampoo and conditioner routine can help, but there's a risk of this damaging the hair itself. Run the ingredients by a doctor or dermatologist.

If you're dealing with a more persistent skin issue on your scalp, you should see a dermatologist