



Natural Remedies for Dandruff

Before you consider treating dandruff, you must first understand what it is, so that you can be sure you are suffering from dandruff and not a more serious condition. Dandruff is small pieces of dead skin found in a person's hair. Dandruff can be mild and hardly noticeable, but in some cases can be itchy and the scalp can be red and inflamed. Dandruff can be a chronic condition or related to certain variables such as extreme temperatures and weather changes. If your dandruff is severe, the best option is to be seen by your dermatologist. If, however, it is mild there are several natural remedies that are thought to help improve dandruff.

1. Apple Cider Vinegar

Possibly one of the best natural remedies for dandruff, rinsing your scalp with a half water half apple cider vinegar mixture can help decrease flakiness. Apple Cider Vinegar will remove dead skin cells and unclog pores. It also has strong anti-fungal properties, which can help fight off any dandruff caused by fungus on the scalp. Rinse your scalp with the mixture and leave it overnight. Wash your hair the next day with a gentle shampoo.

2. Chamomile Tea

Chamomile is very soothing and safe for sensitive skin. It can help with redness and irritation. Brew three sachets of chamomile tea and be sure to allow ample time for the tea to cool. Once the tea has cooled to about room temperature, apply the liquid to the scalp and massage. Allow this to sit for several hours and then rinse thoroughly.

3. Baking Soda

Baking soda is not just for baking. Mix one teaspoon of baking soda with one cup of water and a few drops of tea tree oil and rosemary. Use this mixture with a gentle shampoo. This will help stimulate your hair to produce natural oils to calm the scalp. This may also help your hair to be silky and soft.

4. Coconut and Honey

Create a hair mask by combining coconut oil, grapeseed oil, yogurt and honey. Add equal parts oils and honey, and a bit more yogurt in order to make the mixture thick enough to stay on your scalp. Apply the mask to your scalp and work it in by massage. Leave the mask sit for 20 to 40 minutes, then wash your hair with a gentle shampoo.

5. Shampoos and Conditioners

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There are many over-the-counter shampoos and conditioners available that are helpful in treating dandruff. Many of the shampoos and conditioners can be purchased at your local drugstore or grocery store. Products such as Head & Shoulders, The Body Shop Ginger Anti-Dandruff Shampoo, Jason Tea Tree Scalp Normalizing Shampoo, Aveda Scalp Benefits Balancing Shampoo and many more. Also, be careful when using hair products such as gels and dyes that can create an oily film on the scalp, because this can create the perfect environment for fungus to grow.

If you are suffering from dandruff that will not go away, do not hesitate to call and schedule an appointment today. Dandruff can be a chronic and irritating condition, but you do not have to live with it. Allowing Dr. Moore to examine your scalp will allow him to determine the best course of treatment for your dandruff. Many times a prescription shampoo will be utilized to improve your dandruff. If you would like to schedule an appointment or have any questions or concerns give us a call today at 574-522-0265.

Source:

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