

DANDRUFF CARE GUIDE

Prevent Dandruff • Reduce Flakes • Keep Your Scalp Healthy

1. Keep Your Scalp Clean

- Wash your hair regularly.
- Keep the scalp clean and dry.
- Wash after heavy sweating.
- Avoid scratching your scalp.

2. Simple Home Remedies

- Aloe Vera: Apply pure aloe vera gel to the scalp for 15–20 minutes, then wash. Use 1–2 times a week.
- Gentle Scalp Massage: Massage gently with your fingertips for 3–5 minutes. Avoid using your nails.

3. Use Anti-Dandruff Shampoo

- For existing dandruff, choose a shampoo containing ingredients such as ketoconazole, zinc pyrithione, selenium sulfide, or salicylic acid.
- Always follow the product instructions.

4. Avoid ✕

- Lemon directly on the scalp
- Baking soda
- Harsh scrubs
- Very hot water
- Excessive hair products
- Heavy overnight oiling if your scalp is oily

5. Healthy Scalp Habits

- Eat a balanced diet
- Drink enough water
- Get enough sleep
- Manage stress
- Keep combs and pillowcases clean

6. When to See a Dermatologist

- Dandruff continues for more than a month.
- Itching or redness is severe.
- You have sores or swelling.
- You notice unusual hair loss.

Remember: Clean scalp + gentle care + the right anti-dandruff shampoo = Better dandruff control.

Note: Home remedies may help soothe the scalp, but persistent dandruff may need medical treatment.