

SCALP HEALTH & HAIR DENSITY GUIDE

A practical home-care routine for a healthier scalp and stronger-looking hair

Important note: Home care can support scalp health and reduce hair-shaft damage, but it cannot guarantee new hair growth. Persistent or significant hair loss should be assessed by a dermatologist.

1. What Healthy Hair Starts With

A healthy scalp should be reasonably clean, comfortable and free from persistent itching, painful inflammation, heavy scaling or sores. Hair density depends on follicle health, genetics, nutrition, hormones, age and the cause of hair loss.

2. Simple Weekly Routine

Frequency	Routine	How to do it	Purpose
Daily	Gentle scalp care	Avoid scratching; use loose hairstyles; minimize high heat.	Reduce irritation and breakage
2–3× / week	Scalp massage	Use fingertips, not nails, for about 5 minutes.	Relaxation and gentle scalp stimulation
2–3× / week	Wash scalp	Use a gentle shampoo and rinse thoroughly; wash more often if very oily/sweaty.	Remove oil, sweat and buildup
1–2× / week	Optional oiling	Apply a small amount of coconut oil to hair/scalp if tolerated. Leave 30–60 min, then wash.	Reduce dryness and hair-shaft damage

3. Home Remedies: What Is Reasonable?

Remedy	Use	Caution
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Coconut oil	Optional pre-shampoo treatment for dry hair/scalp.	Stop if it causes itching, pimples or irritation.
Aloe vera	May feel soothing on some scalps.	Patch-test first; avoid on broken or irritated skin.
Diluted rosemary oil	Evidence is limited but it may be considered as an optional topical approach.	Never use essential oil undiluted; patch-test and stop if irritated.
Onion juice	Evidence is limited and the smell/irritation can be problematic.	Not necessary; stop if burning or redness occurs.
Lemon juice / garlic / ginger directly on scalp	Not recommended.	Can irritate or burn the scalp.

4. Nutrition for Hair Strength

Aim for a balanced diet rather than relying on supplements. Include:

- **Protein:** eggs, fish, chicken, milk/curd, paneer, dal, beans and soy.
- **Iron-rich foods:** lentils, beans, leafy greens, meat and fortified foods.
- **Healthy fats:** nuts, seeds and fish.
- **Fruits and vegetables:** a variety of colors throughout the week.
- **Enough overall calories and fluids**—restrictive dieting can contribute to shedding.

Do not start high-dose iron, biotin or other supplements just for hair without medical advice. Excessive supplementation can be harmful, and deficiencies should ideally be confirmed.

5. Hair-Density Protection

- Avoid tight ponytails, braids or styles that continuously pull the roots.
 - Limit frequent straightening, high-heat blow-drying and harsh chemical treatments.
 - Detangle gently, especially when hair is wet.
 - Do not scratch or aggressively scrub the scalp.
 - Keep combs, pillowcases and hair tools clean.
 - Treat persistent dandruff or scalp inflammation rather than ignoring it.
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6. 30-Day Routine

Week	Scalp care	Wash	Nutrition focus	Track
Week 1	5-min gentle massage 2–3×	2–3× or as needed	Protein at each main meal	Baseline photos
Week 2	Continue massage; optional oiling 1×	As needed	Add vegetables + iron-rich foods	Shedding/itch notes
Week 3	Continue routine	As needed	Maintain balanced meals	Compare scalp comfort
Week 4	Continue routine	As needed	Maintain consistency	Take new photos; compare

7. Hair-Fall & Density Tracking Sheet

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8. When to See a Dermatologist

- Sudden or rapidly increasing hair loss.
- Clearly visible bald patches.
- A widening part, receding hairline or progressive crown thinning.
- Persistent itching, redness, pain, heavy dandruff or sores.
- Hair loss accompanied by other unexplained symptoms.
- Hair fall that continues despite consistent basic care.

9. Key Takeaway

Consistency matters more than using many remedies. Keep the scalp clean, avoid irritation and traction, eat a balanced protein-rich diet, minimize hair damage, and track changes with monthly photos. If density is progressively decreasing, identify the underlying cause early rather than relying only on home remedies.
