

## HAIR DYE AND DANDRUFF – WHAT’S THE LINK?

Hair dye’s effect on the hair and scalp has been fairly well documented. You’ll even find multiple colour protecting shampoos for your hair. But is there a link between hair dye and dandruff?



The effect of salon and box hair dyes on your hair is not always limited to a lovely colour.

These chemical dyes could cause problems that leave your hair weak, dry and brittle. In extreme cases hair dyes can cause hair loss due to breakage, leading you to wonder - how to take care of coloured hair.

The effect of dyes on your scalp can be equally frustrating. Hair colour treatment can cause the scalp to itch and flake - but is this dandruff? First of all, it helps to understand what dandruff actually is.

### **WHAT IS DANDRUFF?**

While there are many conditions that cause dandruff-like symptoms, what we typically call dandruff is caused by one thing: *Malassezia globosa*.

Malassezia globosa is a microbe that lives on the scalp. It survives off the natural oils present on your scalp, and for most it is pretty harmless. Unfortunately, some people are sensitive to it, and in those cases the body responds.

Bad hair care can cause a buildup of oil, leading to an explosion of the microbe. This leads to itchy, red skin that eventually creates those white flakes floating down onto your shoulders. The buildup could be caused by a variety of issues, such as age, hormonal imbalances, certain illnesses, or most likely - bad hair hygiene. And you are left literally scratching your head for a dandruff remedy.

## **THE LINK BETWEEN HAIR DYE AND DANDRUFF**

The simple truth is that hair dyes themselves don't create dandruff. However, if you're already prone to dandruff, hair dye or hair colour treatment could contribute to a flare-up.

So, what's actually happening on the scalp?

First, the chemicals in hair dye can remove the protective lipids/oils from your scalp, leaving it exposed and vulnerable to damage from irritants like Malassezia globosa. This makes it more likely that you will develop dandruff.

Second, the strong chemicals can be irritating by themselves, especially if your scalp is already weakened due to dandruff.

You may experience symptoms of contact dermatitis:

- Stinging
- Scalp itching due to skin irritation
- Swollen patches
- Red skin

Finally, certain chemicals in hair colour, like Paraphenylenediamine (PPDA), are known sensitizers, which means that people could develop an allergic reaction after repeated exposure. This can also lead to dandruff-like symptoms. If you have an allergy to PPDA, you should avoid all oxidation-type hair dyes (these kits usually have 2 bottles that you mix together).

## **WHAT TO DO ABOUT SCALP IRRITATION**

Luckily, there are some fairly simple steps that you can take to help avoid scalp irritation related to hair dye:

- Start with a healthy scalp. If you're prone to dandruff, regularly use a dandruff shampoo starting about 2 weeks before using hair dye.
- Always follow manufacturer's usage instructions on the hair dye.
- Avoid washing your hair 1-2 days before colouring, as the natural oils help protect your scalp.

Before and after colouring, a nourishing scalp shampoo will help strengthen weakened hair, while moisturising and protecting the scalp from irritation. It is a vital step on how to get rid of dandruff, and thankfully there are various hair colour protection shampoos at your disposal. You could employ the Active Protect Shampoo + Conditioner to soften your hair and fight itchiness, or you could use the Lemon Fresh Anti-Dandruff Shampoo as a dandruff remedy. The Smooth and Silky Anti-Dandruff Shampoo is another colour protecting shampoo. If your scalp is particularly sensitive, a gentle shampoo will always help take the sting out of your day-to-day hair routine.

## **HOW TO TAKE CARE OF COLOURED HAIR**

### **1. Hydrate:**

An after-effect of colouring your hair is loss of moisture. So, it is important to regularly hydrate your hair by using oils like Argan oil. This protects the hair from drying out.

## **2. Select the right shampoo:**

Because of the sensitive nature of your hair colour treatment, it is necessary to find a gentle hair colour protection shampoo that does not damage your scalp. You can use Head & Shoulders Active Protect Shampoo + Conditioner, which also helps in providing hair nourishment and deep cleansing of scalp.

## **3. Reduce heat treatment:**

Hair colour causes a weakness to set in, and using straighteners and curling irons at high temperatures can be destructive. They dry out your coloured hair of any remaining moisture.

## **4. Over-washing your hair:**

You might think that coloured hair care means to wash it regularly. But washing it too often removes all the natural oils from your roots, leaving your hair dull and lifeless.

## **5. Conditioners:**

It might feel like you're putting too many products into your hair, but a nourishing conditioner can introduce moisture back into your hair. Select conditioners with ingredients like Vitamin E, Argan Oil or Aloe vera for a natural touch.

## **6. Protect your scalp from Nature:**

UV rays from intense sunlight, mixed with pollution and dust, can kill your coloured hair. Covering your hair from these elements can prolong the life of your strands, and is also a consistent dandruff remedy.

## **7. Swimming pools and workouts:**

Find ways to tie your hair into protective buns while you're in the gym. And if you're entering a chlorinated pool, oil your hair and tuck it deep into your cap.

## **8. Use Hair Masks**

Hair mask can drastically improve the health of your hair. You can buy it at a store or even make it at home with natural ingredients. This can also be the answer to your question of how to cure from dandruff.

Coloured hair care can often feel like a big responsibility and a big headache. And to find a link between hair dye and dandruff is even more terrifying. You might scan the internet for the right hair colour treatment shampoo, and still be left wondering on how to get rid of dandruff. But there are solutions at every corner. The only way to determine what works for you, is by trying the best products available and letting your beautiful hair shine.

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