

HOW OFTEN TO WASH YOUR HAIR – YOU REALLY CAN WASH IT EVERY DAY

Washing your hair every day will not damage your hair. It goes against all the theories behind “anti-shampoo” regimens, but it’s true. Find out why with our guide on how often to wash your hair.

How does shampooing work?

Factors to decide how often one should shampoo

Who all can wash hair everyday?

How many times a week to wash hair?

You might wonder if you can wash your hair every day. Or maybe you feel like you don’t want to wash it at all. We all have multiple questions, but what is the right way to wash your hair?

How Does Shampooing Work?

Your scalp contains sebaceous glands, which secrete sebum or oil through the numerous pores on your head. This is vital for the health of your scalp and hair because of its moisturising ability. But if left as it is, this oil can attract dirt and dust which can lead to itchiness and even dandruff. Here enter shampoos.

Shampoos can be considered as detergents for your head. Just like your clothes, you need to keep your scalp and hair clean. They work as emulsifiers that trap the excess oil and dirt found on your scalp and hair. They lift all this waste from your head and sweep it away while rinsing. Some amount of oil and dirt is natural, as it is secreted to help protect your hair. But it is important to understand how often to wash hair, so that you can prevent any damage to your scalp.

Factors To Decide How Often One Should Shampoo

1. Oil

One of the main hair washing tips is that you need to shampoo according to the amount of oil that your scalp produces. If your scalp has no oil, why would you apply something to control oil. And how oily your skin will become depends on various factors. Age is a major contributor as younger individuals tend to have oilier scalps. Hormones, lifestyle, and even the weather can determine how oily your hair can get and in turn how often should you wash your hair.

2. Lifestyle

If you’re sitting at home in front of the computer in an AC room, chances are that your hair is not going to be too oily. Your lifestyle is a major factor in answering how often to wash hair. If you’re doing activities that make you sweat every day, then you need to wash accordingly. Sweat can be a major factor in trapping oil and dirt on your scalp, which can aggravate dandruff as well.

3. Hair type

This is key to understanding how many times a week should you wash your hair, as your hair type determines how oily it can get. If you have thin straight hair, the oil flows freely and can coat your entire strand. One of the hair washing tips in this case is that you need to wash more often. If you have thick, wavy hair, your hair can feel dry and does not require that much washing. So it all depends on your hair type.

4. Exposure to dust or dirt

When you were a child and you played in the dirt, you would shampoo your hair. Although adults don't play in the dirt, we're exposed to it constantly. Dust, dirt and even pollution, can get trapped in our hair and on our scalps. The amount of exposure should be an indicator as to how often to wash hair and keep it clean.

5. Products

We use a whole bunch of products on our hair to style it, to maintain, and just to make ourselves feel a certain way. These products contains chemicals that can become irritants for some people. Finding a right balance between shampooing your hair and the amount of products you use, is important in maintaining a healthy head of hair.

Can You Wash Your Hair Everyday? Who All Should Do And Who All Should Refrain From Doing It Daily?

This is the key question isn't it - How often should you wash your hair? It is tricky, because there is no single answer to this question. Some experts believe that people with excessively oily scalps should shampoo every day, but for a limited time period. Not everyone needs to wash their hair every day though. If you sweat excessively and are constantly outdoors, you might consider washing every day, or 5 times a week.

But there is no consensus that this is an ideal amount of time. In general, everyone agrees that people should wash their hair at least 2-3 times a week. This can prevent oil build up and remove the dirt on your scalp. If left on your scalp, the oil and dirt can lead to clogged hair follicles, itchiness and even dandruff. In addition, if you have extremely thick and curly hair, you might even want to wash it just once a week.

How To Determine How Many Times A Week To Wash Your Hair?

Only you can determine how often to wash hair. It all depends on what kind of texture you want from your hair. You can also go a few days without shampooing, that little oil and dirt isn't going to kill you. You can also try dry shampoos to help you when you hit the gym or exercise. Or try washing your hair with conditioners instead, which can add moisture to your head and prevent the need for constant washing.

But nobody would know your hair better than you. Try different methods and see what works. Maybe you have thicker hair and feel like shampooing less makes sense. Maybe you have straight hair and feel it gets oily too fast, so you need to shampoo more often. One thing is for sure though, you do need to use a shampoo like Head & Shoulders Lemon Fresh Shampoo that cleans up excess oil from your hair and scalp and adds fresh, vibrant fragrance as well. The 'no shampoo' movement has been proven to not work. There might be a few breakout examples, but for the majority of people their hair becomes knotted, dirty, oily, their scalp develops dandruff and eventually leads to hair loss.

Your scalp will always produce oil to help keep your hair moisturised and protected. Shampoos were created to help that ecosystem and to complement it. Finding the right product for your head is as important as how often to use it. And only you can find that right balance.

3 Times A Week And You Can Treat Dandruff!

Our studies have shown that people with moderate to severe dandruff can be flake-free by using Head & Shoulders anti-dandruff shampoo exclusively, 3 times a week.

References:

How Often Should You Wash Your Hair. Healthline. <https://www.healthline.com/health/beauty-skin-care/how-often-should-you-wash-your-hair>

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