

ANTI-DANDRUFF CONDITIONERS FOR SUMMER SCALP CARE

Indian summers are something that you can't escape in any part of the country. You might think that you're prepared for it with clothes and plans, but the one place most often overlooked is scalp care.



The heat of the summer can cause your scalp and hair to dry out, leaving a brittle mess. This is an ideal playground for microorganisms, which can take root on your scalp and lead to various issues. Weak scalp care, pollution, dust and sweat, can develop into an itchy scalp and an excessive oil buildup can even cause dandruff.

Why Is It Important To Use A Hair Conditioner In Summer?

One basic form of defence for your drying hair is to use hair conditioner. We generally associate hair conditioner with getting rid of some hair knots, not with scalp care. But it is a vital ingredient in your fight against the summer. Hair conditioners can smooth out frizzy hair, which are heat traps for your head. This allows the natural eco-system of your hair to return to normal.

The Different Types Of Scalp Problems That Can Occur In Summer

Before we understand the use of conditioners, we must understand the problems that can be caused in the summer.

- Excessive oil - The sticky temperatures, along with your hair trapping heat, can lead to an excessive oil buildup on your scalp and hair.

- Inflamed hair follicles – The oil buildup with your sweat can cause bacterial inflammations at your hair roots.
- Dry scalp – The most obvious problem is a dry scalp due to the heat, which can lead to a severe itchy scalp.
- Dandruff – Nobody wants this, but the oil on your scalp is food for the dandruff causing fungus Malassezia. A common reason to search for home remedies for dandruff in summer.

The Solution To The Problems

Luckily there are various solutions to your summer concerns.

- Cover your head: You might think that your hair is protection enough, but what protects your hair? Wear a cap or a scarf to avoid cooking your scalp and hair.
- Good hair hygiene – Scalp care starts with a good regimen of scalp shampoos and conditioners. You can't let the sweat and oil stay on your head.
- Don't overwash your hair – It's important to wash, but not too much. Washing your hair too often can strip your scalp of its natural oils, leading to a dry scalp.
- Food and Hydration – Eat foods which cool your system and increase scalp health. Reduce your sugar intake while increasing your omega 3. And hydrate constantly.
- Conditioners – As mentioned above, conditioners are a great resource to help bring moisture back to your hair and scalp.
- Avoid hot showers – Some people like to have hot showers in the heat, but it's best to avoid them. It's torture for your scalp and can cause further issues.
- Stop using Hair tools – Keep your blow dryer, straightener and curling iron in the cupboard. Don't add to the heat that your scalp is already experiencing.
- Essential oils – Massaging oils like Argan oil can increase the vitality of your scalp and boosts blood circulation as well.

Why Use Anti Dandruff Conditioners?

If your scalp dries out due to the heat, it sends a signal to your body to produce more oil. And with poor scalp care, this oil can buildup and give rise to Dandruff. You might think those flakes are just dry skin, but it's actually dandruff in summer.

To take care of this issue you need to search for the right shampoo for dandruff, such as Head and Shoulders which has the right anti-dandruff technology. You might have 100% relief from dandruff, but in the heat your hair might become dry or frizzy due to overwashing. This is a common problem during the summers. And that is why you must supplement your shampoo for dandruff with the right anti dandruff conditioner. This will help remove the chipping and dryness from your hair, while coating it with a protective layer.

It also adds a layer of moisturiser to your scalp, preventing it from drying out. This dandruff conditioner also helps your scalp shampoo better protect your head, in the gap before your next shower.

The Right Way To Condition Your Hair Using Anti Dandruff Conditioners

We think we know how to use dandruff conditioners to help with our itchy scalp in summer, but often we make fundamental mistakes. Here is the method that we recommend:

- Start with an anti-dandruff shampoo to clean your hair of any dirt and oil.
- Squeeze out the moisture from your hair as much as possible.
- Use the right amount of conditioner as required by the length of your hair.

- Spread it over your hands and start applying it from the middle of your hair right down to the tips.
- Apply less to your scalp and the newer hair near your roots. Apply more to the older hair, which is your middle and the ends. They are more likely to dry out first.
- Leave the conditioner for 30 seconds or longer.
- Rinse it thoroughly, as leaving it in can cause build up.
- Use a wide tooth comb to untangle any remaining concerns. This should be easy as the conditioner starts to do its work.

You must select your conditioner carefully to suit your hair type. You might want to explore the Head and Shoulder Cool Menthol shampoo + conditioner that provides scalp care while moisturising your hair. This 2 in 1 combination is an easy solution for your dandruff and dry hair, leaving you fresh and revitalised. Even the Head and Shoulders Supreme Scalp Soothing Conditioner with Argan oil and Aloe vera works perfectly for an itchy scalp in summer, bringing nourishment to your scalp. Along with bringing life back to your hair, these can answer your questions on how to get rid of dandruff. These conditioners can finally bring back the joys of summer and help us let our hair loose.

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