

GLAMOUR

Wait, *How Many Scalp Products Do I Need?*

"Everyone, no matter their gender or age, can benefit from taking care of their scalp," says Dr. Ariel Ostad, a NYC-based dermatologist. Your scalp is more prone to dryness than your hair, and a build-up of styling products and increased pollution can lead to irritation and flakiness. Hadley King, M.D., a dermatologist at Skinney Medspa in New York City, adds that excess dryness is something to keep your eye on, as it can eventually lead to hair loss.

While scalp care is definitely something you should be thinking about, most experts will agree you don't need a full arsenal of products, and less is actually more because too many products can lead to irritation. "We are conditioned to think we need more products than we do, often leading to over washing, which actually irritates our skin by disrupting its natural barrier," says Ostad.

A clarifying shampoo is something everyone can use once or twice a week to help get rid of build-up, and actually clean your scalp, not just your hair. If you need a deeper clean, King suggests scrubs for deeper exfoliation, but Ostad warns that they can be irritating, so ease in. He also recommends using a moisturizing oil weekly or a mask monthly to really hydrate and strengthen your skin barrier and protect your hair follicles. More targeted serums and treatments are best for those who are trying to prevent hair loss.

The one thing everyone should be using every day? Sunscreen. Just like your face, you should be using SPF daily in order to protect your delicate scalp skin. "I encourage my patients to wear hats whenever possible in the sun, since they protect our scalp as well as our face," says Ostad.

