

Cleanse and Stimulate your scalp with the right Shampoo!

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By Mike Yeager

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Shampoo contributes to good hair care. In our quest for the perfect makeup, the vital importance of good hair care is mostly ignored. Your hair is usually the first thing people notice about you and gives you away in many ways. Is it dull, dry and damaged, or is it shiny, vibrant and healthy? Well-groomed hair contributes to that perfect look and the confidence in your personality. There are so many shampoos, conditioners and other hair care products available today. One needs to find out which one is best for ones hair.

Don't take shampoos for granted.

Don't take shampoos for granted. Unfortunately, it is difficult to tell a good shampoo from a bad one, especially when cost, fragrance and foaming are the main purchasing criteria. In fact, good foaming virtually means too much shampoo was used, or rather, wasted. Ideally, the head should have just enough lather to help your fingers massage the shampoo into the scalp and lubricate the hair. This allows sebum and other oils to destroy foam quickly. Today, different shampoos are available for dry hair, permed hair, color treated hair, limp hair, and of course, normal hair. Then there are shampoos which are not typically found in store bought products. For these contain quality ingredients that contribute to the cost of the product. For example, salon shampoo classically contains higher quality protein based conditioners or moisturizing conditioners, thus enabling the conditioner to penetrate deeper into the hair shaft and lock in moisture.

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No More Bad Hair Days : Tips For Clearing Stubborn Dandruff

By News Canada

(NC)—Dandruff – that dry, itchy, white flaking of the scalp – affects up to 70% of the population in various degrees of severity. It results from skin cells reproducing too rapidly, producing visible flakes. Dandruff is worse in dry climates and when the hair is not washed often. Mild dandruff can be kept under control with shampoos containing zinc pyrithione such as Dan Gard. What happens when these do not work?

This means you may have stubborn, more severe dandruff. And if you have yellowish crusting (scales) either on the scalp, face, chest or back, you may have seborrheic dermatitis. In this case, the crusty scales are often oily, accompanied by a red, itchy scalp. Seborrheic dermatitis tends to flare up with stress and with the cold, dry winter months.

An effective option for these stubborn cases is shampoos containing tar which have a triple action – they dissolve the scales, are antiseptic (fight bacteria), and soothe itching and redness. Dr. Robert Solomon, a Dermatologist in Toronto at St. Michael's Hospital states: " Tar shampoos are generally safe and effective against severe dandruff or seborrheic dermatitis. A tar shampoo like Polytar AF is highly effective since it is the only combination of tar with salicylic acid, as well as an antifungal and soothing menthol; unlike other tar shampoos, it actually has a nice scent".

Here are some general tips to follow: Shampoo at least 3 times a week with a non-medicated shampoo or an anti-dandruff shampoo (depending on severity), massaging scalp gently Three times a week, do the following: use an anti-dandruff shampoo first to clean your scalp, then rinse well. Follow with a trusted medicated shampoo like Polytar; Make sure you leave it in contact with your scalp for at least 5 minutes before rinsing If your scalp condition does not improve within 2 weeks of this regimen, see your physician or pharmacist.

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