

In this weather, nothing sets you off more than the sudden discovery of those flaky yellow specks chilling on your shoulder. Embarrassing, frustrating and the most annoyingly common problem that most men struggle with-Dandruff! Although dandruff is not visible to the naked eye, it becomes so when the scalp is irritated due to fungus and other factors that accelerate the formation

TIPS

Dandruff remedies for the hunk!

Here are 5 quick tips for men on how to get rid of dandruff:

MEN'S ANTI-DANDRUFF SHAMPOO

Use shampoo that contains salicylic acid and Vitamin E, which breaks up build up of dandruff, washing it away effortlessly and soothes the skin to reduce irritation respectively, making your scalp feel fresh.

REDUCE THE USE OF MEN'S HAIR PRODUCT

Less is more when it comes to men's hair products, because a lot of the styling products like gel and pomade do not only irritate but also increase the likelihood of dandruff if they contain alcohol as well. Practice restraint during application and always opt for a styling product that does not have alcohol as it tends to dry out the scalp.

WASH HAIR REGULARLY

Washing hair on a daily basis especially since the climate that we live in is an absolute must. Regular washes reduce the

chances of build-up and thus, keep dandruff in a check from making guest appearances on your shoulder. Daily hair washes also keep the hair lustrous and improves the overall health of the scalp.

CONSUME MORE GOOD FATS

Increase intakes of omega-3 that include fatty fish like salmon and tuna, which supposedly helps battle against dandruff. If you are not a fishy person, you can always opt for Omega-3 supplements for men instead.

TIME TO RELAX

Stress is bad in general as it can also supposedly contribute dandruff as well. As much as it is avoidable on a regular basis, even for men, it is crucial to take breaks to alleviate stress such as getting an extra few hours of sleep, working out or a short vacation.

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Photo: LS Archive/Sazzad Ibne Sayed

Location: Amari Dhaka



ZERO
DANDRUFF
NON-STOP*

CLEAR MEN