

Scalp detox

for better hair growth

Hair is something that needs to be taken care of dutifully, and optimum hair care should not be limited to the hair strands only, but should include the scalp as well.



plants require fertile soil to grow, our hair also needs a healthy scalp for its nourishment. To attain this, just shampooing is often not enough," Farzana further explained.

Our body has an amazing mechanism that signals us when something is off. Likewise, when you can feel noticeable build-up and debris along with itching and flaking on the scalp, it may be time for a detox. Hair feeling waxy or oily is another telling sign that a detox is needed.

Hair detox can be done once a month or more or less often as required. This will depend on a variety of other lifestyle factors such as how often you wash your hair, how oily your scalp is, your exercise routine, and whether or not you cover your hair. Environmental factors should also be taken into consideration such as the level of

While we are all familiar with the common methods to nurture hair that include oiling, shampooing, conditioning, applying packs, and various hair treatments, what is scalp detox? Does one really need it?

Scalp detox is essentially the method of deep cleansing the scalp to get rid of built-up debris and rebalance the pH of the skin. Over time, despite our regular cleansing routine, product, dirt, sweat, and oil can clog our hair follicles creating an unfavourable environment for the hair. Thus, a scalp detox is needed occasionally.

"The skin of our head is simply an extension of the skin on our face. And just like we would exfoliate or scrub our face from time to



pollution in your area and its climate.

However, be careful about overdoing it especially for those who have dry or damaged hair strands or if you have sensitive or broken skin on the scalp. The method used for detoxing the scalp is another aspect that will dictate its frequency. There are several products and home remedies that can be applied for a proper and effective scalp detox. Apple cider vinegar, scrubbing products, aloe vera, and sugar are all viable options. However, one must be wary about using such products because everyone's skin is different. Thus, it is advisable to do a skin patch test first.

"Some other options for detoxing the scalp include clarifying shampoo, friction massage, and soft scrub. Detoxification will keep the hair clean and healthy while eliminating dead skin cells and unclogging hair follicles," added Farzana Shakil.

Detoxing the scalp forms a favourable environment for hair to receive all the nourishment it requires, creating optimal conditions to thrive. If done correctly, adding this to your beauty regimen will let you dazzle all with those luscious locks.

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time, our scalp requires the same care," explained Farzana Shakil, Beauty Expert and Image Consultant.

Scalp detox is not very popular in our region but with time as advances are made and research unravels new techniques of personal care, detoxing the scalp seems to make its way to the list of necessities. Furthermore, the hot and humid climate of our country prompts problems such as itchiness, stickiness, and dandruff that calls for a refresh.

"Detoxing the scalp promotes blood stimulation, which in turn improves the scalp health. Just like

