

# Scalp Care Guide

Your scalp is skin and just like the rest of your body, it thrives with the right balance of care, support, and a little bit of patience. This guide is here to help you understand what might be happening and offer simple, supportive ways to bring things back into balance.



## DRY SCALP

Often feels tight, sensitive, or rough with small dry flakes. This usually points to dehydration or a compromised scalp barrier.

Supportive practices:

- Switch to a gentle, hydrating shampoo
- Avoid very hot water when washing
- Incorporate a lightweight scalp serum or oil
- Support hydration through water intake and healthy fats
- Keep routines simple and calming

Product types that can help:

- Hydrating, low-tox shampoo
- Lightweight scalp oil or serum
- Moisture-focused conditioner
- Leave-in hydration mist

## ITCHY SCALP

Tingling, irritation, or sensitivity. Often linked to inflammation, dryness, or product sensitivity.

Supportive practices:

- Use calming, low-irritation formulas
- Reduce harsh actives temporarily
- Incorporate gentle scalp massage
- Support nervous system and stress reduction
- Keep routines minimal and soothing

Product types that can help:

- Soothing shampoo (oat, aloe, or calming ingredients)
- Calming scalp serum
- Fragrance-free or low-tox styling products
- Barrier-support conditioner



## FLAKEY SCALP

Visible flakes that may fall onto the shoulders. Often linked to buildup, irritation, or imbalance.

Supportive practices:

- Introduce gentle scalp exfoliation
- Clarify occasionally to remove buildup
- Avoid heavy product layering at the roots
- Brush or massage scalp gently before washing
- Focus on calming the skin barrier

Product types that can help:

- Gentle scalp exfoliant
- Balancing or clarifying shampoo
- Calming scalp tonic
- Lightweight conditioner

## OILY SCALP

Roots become greasy quickly or feel heavy soon after washing. Often related to over-cleansing, hormones, or buildup.

Supportive practices:

- Use a balancing (not stripping) shampoo
- Avoid aggressive scrubbing
- Incorporate occasional scalp exfoliation
- Condition mid-lengths to ends only
- Gradually extend time between washes if suitable

Product types that can help:

- Balancing shampoo
- Lightweight conditioner
- Scalp exfoliant or detox treatment
- Root-refresh spray (sparingly)

Scalps can shift with seasons, stress, hormones, and lifestyle – so what you need now might be different in a few months. If you ever feel unsure, personalised guidance can help you create a routine that feels simple, supportive, and realistic.