



So Organic helpful fact sheets:

Hair

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Dandruff:

Dandruff is a very common scalp ailment that causes excessive flaking and itching of the skin.

The chronic condition, more common in men than women, is rarely serious but can be annoying and cause self-esteem issues.

Dry or irritated skin as well as sensitivity to specific hair products or dyes may contribute to dandruff.

One of the key problems associated with hair is seborrheic dermatitis, one of the symptoms of which is dandruff.

Try to use a gentle, antibacterial shampoo and avoid overusing heavy styling products with silicones, including sprays, gels and mousses. Use natural plant based products which help rebalance the scalp rather than coat it.

A nutritious diet rich in zinc, B vitamins and healthy fats may also help prevent dandruff. As will small, controlled amounts of sunlight. Just be careful with the amount of exposure and avoid getting sunburn.

Known as "cradle cap" in infants, seborrheic dermatitis can also affect other parts of the body.

Treat with a gentle balm to ease the scalp but let skin breathe between applications.

Hair Loss:

Although it is normal to shed 50 to 100 hairs each day, some people experience excessive hair loss.

Not counting androgenetic alopecia (also referred to as male or female-pattern baldness) hair loss can be attributed to extreme stress, illness, hormonal problems, after childbirth, medications or infections.

As with all signs of stress in the body remove the chemical overload by using a gentle natural hair product for thinning hair, over washing can exacerbate the problem.

A leave-in treatment with ingredients to boost circulation such as rosemary or neem can be massaged in left over night and washed out the next morning.