

The right choice of anti-dandruff hair shampoo



What is so special about anti-dandruff shampoos, dry shampoos and sulphate-free shampoos?

How to choose the best shampoo for different hair types? The answer to this question is not easy enough, given the large selection of different shampoos in supermarkets or specialty stores. Quite a few people choose shampoos based on the advice of hairdressers or hair stylists, but few can boast extensive knowledge of the differences between shampoos.

Thus, Eubos decided to acquaint readers with the three most popular types of ammunition, their characteristics and differences. We hope this article will help you choose the best shampoo in the future!

Anti-dandruff shampoos

Dandruff hair often sets the mood for many people, especially dark hair owners. Dandruff is caused by certain skin irritations, itching or rashes. It is a common skin reaction to several stimuli, usually related to food, various medications, stress, skin diseases, or chemicals in hair products (such as hair dye). Scaling of the skin can also be the result of skin infections, bacteria or fungus.

However, dermatologists distinguish oily and dehydrated scalp as the most common cause of dandruff. Thus, anti-dandruff shampoos are usually adapted to reduce the oiliness and dryness of the skin at the same time, thus maintaining optimal skin condition and reducing dandruff.

Dandruff can be combated in a variety of ways - avoiding sweet or spicy foods or trying to reduce stress levels. Also, be aware that your skin is not flaking due to the use of certain hair dyes. However, hair shampoos specifically used for this purpose are most often used to combat dandruff.

Anti-dandruff shampoos are usually enriched with certain ingredients. For example, certain chemicals (such as ketoconazole) kill skin infections, bacteria, or fungi. Also, anti-dandruff shampoos often contain glycerin, a chemical that intensely moisturizes the skin. Anti-dandruff shampoos also contain a variety of sulfates that perfectly wash away dandruff that has already formed and degrease the skin, reducing dandruff in the future.

Dry shampoo

Dry shampoos are a fairly new product in the field of beauty. It is a great tool for reducing hair oiliness and takes less time than washing your hair with liquid shampoo. The alcohol and starch in dry shampoo absorb grease from the hair. These shampoos are also enriched with fragrances that leave a pleasant aroma on the washed hair.

Our scalp is constantly covered with a natural layer of fat that protects the skin from external factors. Every person's skin produces different amounts of these fats, so the frequency of head washes is a very individual choice. However, for those who suffer from high levels of oily hair, a dry shampoo is a really good choice that saves a lot of time.

Dermatologists also welcome the effects of a quality dry shampoo. However, both hair experts and dermatologists emphasize that too frequent use of a dry shampoo can be harmful - it should not completely replace a liquid shampoo. This is because dry shampoos do not maintain an optimal and healthy condition of the scalp, as do liquid shampoos. Excessive use of dry shampoo dries the scalp, irritates it and may even cause dandruff.

Sulphate-free shampoo

Recently, there is a growing belief that sulfates, often found in shampoos, have negative health effects. However, dermatologists cannot fully agree with this view.

Most shampoos contain sulfates for specific reasons. In particular, sulphates facilitate the mixing of the shampoo with the water in the shower, thus facilitating the use of the shampoo. Sulphates also help the shampoo to foam, thus activating hair washing. These sulfate features allow you to use less shampoo than you would need without sulfates (and using less shampoo ultimately saves money).

Thus, sulfates contribute to the formation of shampoo foam, facilitate the removal of dirt and grease from the hair, and reduce the amount of shampoo used. It is for these reasons that people suffering from dandruff or high levels of oily hair notice the positive effects of sulfates on hair washing.

So why do some people choose to use sulfate-free shampoos?

Although sulfates have a positive effect on the effects of shampoos, their excessive use can be harmful. Dermatologists note that high levels of sulfates can irritate the eyes or scalp. Sulfates can also slightly dry out the skin and hair. Typically, many people who use shampoos with sulfates do not notice these side effects (or compensate for them by using hair conditioners). However, there are several groups of people who may be more sensitive to the effects of sulfates.

Dermatologists recommend choosing sulfate-free shampoos for those who suffer from dry or easily irritated skin and suffer from skin allergies to sulfates in a variety of products (including dishwashing detergents or hand soaps). Sulfates can also adversely affect dry hair owners (usually naturally curly hair is drier than straight) or those who frequently use hair dyes that dry out the scalp and hair.

So, when choosing shampoos in the future, consider what type of shampoo is best for your hair. We suggest you don't blindly trust trendy hair care trends like sulfate-free shampoos. Take better account of the condition of your hair and skin, skin allergies and other hair care products used, and choose a shampoo according to your individual needs.

Based on online sources

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