



Everything you need to know about caring for your scalp, and all the benefits you can get from doing so

Courtney Leiva | January 14, 2020 5:07 pm



As we give our skin some extra TLC during the winter, it's important to remember that our scalp could also use that same kind of special attention, especially since everyone knows that healthy hair always starts with a healthy scalp.

Marina Perkovic, the resident scalp treatment expert at Eliut Salon, points out that just like our face and body, our scalp is made up of skin, meaning it definitely needs the same amount of hydration (plus exfoliation!) your complexion does during the wintertime. And while you may think that a simple clarifying shampoo can help keep your scalp under control, board-certified hair restoration physician Alan Bauman, M.D., suggests that scalp care has definitely advanced for the better, and there are many new treatments available that can improve the health of your follicles.

“Whether it’s a scalp cleanse, micro-needling, low-level laser therapy, or deep exfoliation, scalp treatments can successfully address many common problems, and optimize the overall health of your hair,” he says.

To see if your scalp could use the boost, we’re breaking down everything you need to know about caring for your scalp in the wintertime, and all the benefits you can get from doing so. From DIY scalp massages to scalp micro-needling, below are some helpful pointers to keep in mind, should upgrading your hair regimen be one of your top beauty resolutions this year.

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A 2-In-1 Scalp Scrub and Shampoo



\$42

Briogeo available at [Available at Sephora](#)

SHOP IT

If you are looking for a scalp-friendly shampoo and scrub, Dr. Pierre advises using this 2-in-1 product, which includes charcoal, an ingredient that can help absorb any impurities lingering on your scalp. “Charcoal is great for the scalp because it can help absorb impurities and toxins from your roots,” he explains. “These same impurities can clog both the hair follicles and lead to scalp problems such as dandruff, redness, itching, irritation and even hair loss.” To use this product, be sure to apply it gently to your scalp, massaging it all the way through to your ends. Then, after a few good minutes, be sure to rinse your product out thoroughly.