

I Got My Dry, Flaky Scalp Under Control Thanks to This Product

by SARAH YANG



Earlier this year, I was dealing with a slightly annoying and confusing problem: I had a [super-itchy and flaky scalp](#). It seemed that my scalp was starting to freak out, causing some major dandruff and a whole lot of irritation. It almost felt like the [eczema on my hands](#) had somehow traveled to my head.

When trying to figure out what was going on, I realized one main culprit must have been a new shampoo I was using. So I decided to make the switch back to one of my [trusted bottles](#). But to my dismay, it seemed to not clear the problem entirely. My scalp was not as irritated, but it was still a little flaky. Luckily, at this point, we were all in quarantine, so no one had to be witness to my flakes since I was spending most of my time at home in my apartment alone. (You're welcome.)



After doing some research and consulting some trusted friends and co-workers, I decided I needed to try a [scalp treatment](#) to triage the situation. I never really paid much attention to my scalp before all of this, only focusing on the hair growing out of it, but I came to realize that a healthy scalp equals healthy hair. I learned that if you don't take care of your scalp and give it much-needed attention, it can damage your hair follicles, which could lead to a whole host of other problems like weak strands or even [hair loss](#).

So I picked up [Briogeo's Scalp Revival Shampoo](#) after diligently reading reviews online. It's a sulfate-free scrub that is supposed to exfoliate your scalp, remove any buildup, soothe, and improve balance thanks to ingredients like charcoal, coconut oil, and a complex of peppermint, spearmint, and tea tree oil.



SHOP



Briogeo Scalp Revival Charcoal + Coconut Oil Micro-Exfoliating Shampoo (\$42)

The product itself was so easy to work into my hair and left it feeling clean without drying it out or stripping any natural oils. Since it's a scrub, it did have a grain-like texture, but I didn't mind it at all, and it was nice to know that it was really going to work at the exfoliating part. The minty ingredients made everything feel really refreshed as well.

After a couple of uses, my scalp was pretty much back to normal. I noticed a decrease in the flakiness and itchiness. I finally wasn't scratching my head at all times of the day! Along with using my normal conditioner, my scalp was feeling good, and I felt like my hair was healthier because of it. Now, I've incorporated it into my haircare routine and use it about once every two weeks to keep my scalp free of buildup. It's definitely been a game changer.



Scalp treatments can be so effective for your hair health and aren't just for itches and flakes. There are some formulas for oily scalps, and others can help stimulate hair growth or repair damaged hair. Take a look at some other options below if your scalp is in need of some TLC.



SHOP



Briogeo Scalp Revival Charcoal + Tea Tree Scalp Treatment (\$32)

This is the serum version of the shampoo I used, and I'm looking to add it to my list next. It also contains charcoal as well as peppermint, spearmint, and tea tree oils to reduce inflammation, reduce oily buildup, balance, and hydrate.