

Effective ways of greasy hair

Greasy hair is the bane of large parts of society. Greasy strands, are the cause of self-underestimation, are difficult to care for, can cause the emergence of greasy dandruff and seborrheic dermatitis, and also signal a hormonal malfunction. Is there, therefore, effective ways to combat the hair?

The key to the riddle of greasy hair is to know the cause, followed by implementation of appropriate treatment. Greasy hair is the bane of most teenagers entering puberty. Then there is the proverbial storm of hormones, acne can occur, and I have a problem with excessive hair on - Gzela says Richard, the owner of the clinic Handsome Men. -The phenomenon of greasy hair really only applies to the scalp, it is on its surface is produced by the sebaceous glands, excess sebum, which inevitably moves to the hair, which in turn look. This can have a different background: from improper diet, poor health, and ending with the shortage of nutrients in the body, contaminated environment, inappropriate use of cosmetics and bad care (eg frequent combing of hair brush, hair washing in hot water - is added Richard Gzela.

Let us reject stereotypes . We must refute the myth circulating for generations that the less frequently washed hair is less. The hair should be washed as frequently as forcing us to the situation. If your hair is hard to this procedure should be performed every day, otherwise we risk not only looking, sticky hair, but also the risk of oily dandruff, which is a characteristic sign of the creation of dense layer, called. scales on the scalp. In turn, greasy dandruff untreated can lead to early baldness. Washing your hair, use only lukewarm, even cold water, which does not stimulate the glands to increased production of sebum. Besides, in the case of greasy hair the strong performance of massage the scalp, because any, is also contributing to strong production of sebum. The next step in the case of hair-care problem is the choice of the appropriate shampoo. Greasy hair can be cleaned with mild shampoo designed for daily care and whose composition is composed in such a way as to ensure the scalp to maintain proper pH. After a rinse hair with warm water can be tempting to use mouthwashes with nettle leaves and horsetail, or water with squeezed lemon juice. It is worth mentioning the application of nutrients for subsequent flushing, which requires only the hair but not on the scalp. And what do you do if the problem still occurs? - If you go to a dermatologist and endocrinologist, who certainly will recommend that the necessary studies and implement appropriate treatment, but their problem is more advanced, including the duration of treatment will be extended. If, in addition to the phenomenon of greasy hair is greasy dandruff or even worse, PsA, or itch should be set on a long and arduous process of treatment, despite a degree of success achieved cannot guarantee that no reversion of the problem, since recurrences of such oily dandruff are fairly common - Richard dismisses Gzela.