

The Power of Scalp Health?

Having a healthy scalp is the first step towards thicker and shinier hair. Scalps become unbalanced for various reasons, including stress, environment, products we use, etc. However, changing our hair care routines can heal the scalp pretty quickly. The combination of the right products will do wonders for your hair.

Why does my scalp get dry?

If you have noticed that your scalp is itchy and flaky, chances are your scalp is dry. It means that your scalp is losing too much moisture quickly. While our age can play a huge role, a dry scalp is usually a result of low-quality hair care products and sometimes even the weather. Luckily, you can improve the situation by changing your shampoo or adding masks and oils to your routine, unless you have a skin condition. If that is the case, visit your dermatologist.

Scalp treatment for dry hair

Introducing a scalp massage or exfoliation to your hair care routine will improve the health of your scalp. Not to forget that you will promote hair growth.

- **Scalp massage:** Massaging your scalp relaxes the muscles and improves blood flow in this part of the body. A scalp massage alone can stimulate the production of sebum, which keeps the scalp healthy and moisturized. If you do it often, a scalp massage will remove the flakes and help with itchy skin. Just remember not to press hard because it might have the opposite effect.
- **Scalp exfoliation:** There are two types of scalp exfoliation – physical and chemical. Exfoliation removes dead skin cells from your scalp and allows your follicles to grow freely. You can combine physical exfoliation with a massage. It is important to be careful with chemical exfoliation because a formula could be too harsh for a dry scalp.

Gold Rhassoul Scalp Mask for hair growth

Introducing anti-inflammatory products to your hair care routine can help your scalp heal faster. Gold Rhassoul Scalp Mask is precisely that. It contains jojoba oil which fights inflammation and heals the scalp. Since a dry scalp occurs when your skin loses moisture, ingredients such as tamanu oil, organic baobab oil, and candelilla wax will moisturize the scalp and repair the barrier of the skin.

Natural white clay soaks up excess oil, while Moroccan lava clay removes dirt and impurities. This mask also contains refined acids that will gently exfoliate the scalp. Finally, argan oil is packed with antioxidants and also has moisturizing properties.

Precious Argan Oil and scalp hydration

Precious Argan Oil is an absolute superstar when it comes to hair care. The ingredient list includes caviar, gold, diamond, and platinum. Caviar is derived from algae and is an antioxidant. It improves the elasticity of the skin and nurtures the scalp.

Gold has anti-inflammatory and anti-bacterial properties that keep the scalp clean and protected from the sun. Diamond and platinum balance out the skin and prevent damage by free radicals. Those with dry scalps will enjoy the soothing effect of platinum.

Benefits of argan oil

Argan oil has become a common ingredient for skin and hair products because of its long list of benefits. These include:

- **A powerful moisturizer:** Argan oil contains fatty acids, such as oleic and linoleic acid, as well as vitamin E. This combination helps a scalp retain moisture and often prevents dryness.
- **Anti-inflammatory properties:** This oil is full of antioxidants that can heal an itchy scalp and help with the overall health of hair follicles.
- **Prevents hair loss:** Vitamin E improves hair growth and prevents breakage, so argan oil treatments are recommended for those experiencing hair loss.