

Hair

Did you know?

The truth about dandruff

Dandruff is thought to be caused by yeasts which live naturally on the skin. When they grow too much they cause irritation on the skin. The skin reacts by shedding cells more quickly and too soon which fall off as tiny flakes we call dandruff.

The best anti-dandruff shampoos include certain chemicals which work on the hair for example:

- a 'fungicide', eg zinc pyrithione to control the growth of the yeasts.
- a 'keratolytic' chemical to help wash away the skin flakes, eg salicylic acid.

