

StylespeakTM

The men's journal



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FACE TO
FACE with
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Scalp Exfoliation

Rejuvenate Your Roots: Unlocking the benefits of Scalp exfoliation for a healthier scalp environment

Words | Bindu Gopal Rao

The scalp is often ignored in hair care but it should be of priority, it is after all the foundation of the hair. It needs the same routine as skin care: cleanse, protect, moisturize, exfoliate, and use hair masks.

The Concept

Scalp exfoliation is a safe procedure provided it is done the right way and with products that suit the skin. The signs that the scalp needs a good exfoliation are very evident generally. For example, if you notice that there is excessive oiliness, build-up, itchiness, tightness, or dryness then an exfoliation can help.



Dr Rinky Kapoor, Consultant Dermatologist, Cosmetic Dermatologist & Dermato-Surgeon, The Esthetic Clinics, says, "There are mainly two categories of scalp scabs that exfoliate



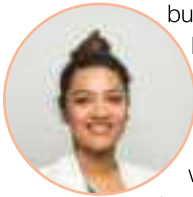
without damaging the skin. Physical exfoliants that come in the form of scrubs, shampoos, and combs. The scrubs usually contain common ingredients like salt, sugar, beads etc. These need to be rubbed on the scalp using circular

motions with your fingertips with a soft touch. Chemical scalp exfoliators are usually acids such as salicylic acid, glycolic acid, lactic acid, or retinoids that can be applied on the scalp and left for a few minutes and it does the work of sloughing off the dead skin."



The Fit

Scalp exfoliation targets mild itching, dandruff, and product build-up, fostering an optimal environment for hair growth. **Dr. Aleena Rehman, Co-founder, Cara Hair Transplant and Aesthetic Clinic,** says, "The exfoliation process may cause discomfort or unwanted reactions to people with sensitive or irritable scalp. It is also important to not exfoliate the scalp if you have open wounds, sores, or eczema on your scalp, as this will only cause further irritation. In the same vein, persons with extreme scalp conditions like psoriasis should seek medical advice before attempting scalp exfoliation to ensure that it will not worsen their condition."



Advantage

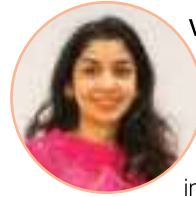
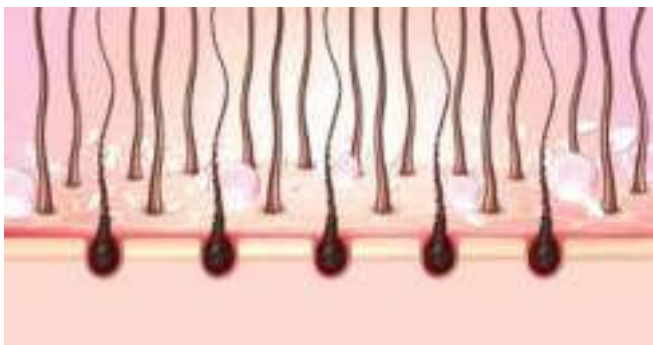
From a dermatologist point, scalp exfoliation is a beneficial process that can promote a healthier scalp and hair. **Dr. Pallavi Sule, Dermatologist & Aesthetic Physician,** says, "Exfoliation helps in removing the dead cells, product residue and oil from the scalp. This helps to unclog the hair follicular units resulting in better absorption of the products. It will help increase blood circulation of the scalp further providing oxygen to the hair. Hair grows better, faster, and healthier."



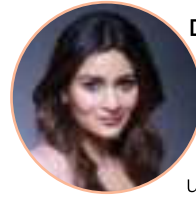
Scalp conditions such as folliculitis / fungal infection or any other kinds of inflammation can be easily prevented by doing scalp exfoliation. Exfoliation reduces dryness, flaking and dandruff."

Scalp Sense

Scalp exfoliation accelerates the cell renewal process, a natural function that varies in duration from around 28 days for teenagers to 28-42 days in middle age, gradually slowing down in older adults.



Vandini Gupta, Founder, Mary Cohr India, says, "During the exfoliation process, the accompanying massage enhances blood supply, delivering essential nutrients and oxygen to the hair roots. This indirect improvement in hair condition is a notable outcome. Furthermore, the ingredients present in the exfoliator offer antiseptic benefits to the scalp, while nourishing components contribute to the conditioning of hair strands."

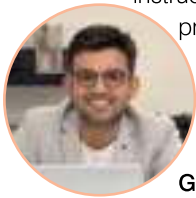


Dr. Geetika Mittal Gupta, Aesthetic Physician, and Founder of ISAAC Luxe (International Skin & Anti-Aging Centre), adds, "Exfoliation is like giving your scalp a spa vacation. It promotes circulation, unclogs follicles, and keeps everything in harmony. Depending on your scalp's needs, once a month is usually a sweet spot, but let your scalp guide you."

Care

The frequency of scalp exfoliation is contingent on individual factors, primarily determined by scalp type and specific needs. Generally, individuals with normal or dry scalp are recommended to exfoliate once a week or every 10 days.

"For those with oily scalp or concerns due to dandruff, exfoliating twice a week may be appropriate. Following the instructions provided with the chosen exfoliating product is crucial to avoid over-exfoliation, which could lead to increased oil production. It is advisable to monitor how the scalp responds and adjust the exfoliation frequency accordingly," says **Gagandeep Makker, Co-founder of Pilgrim.**



Sanjiv Sharma CEO Grey Trendy Professionals Pvt Ltd Brand Hairmechanix & Hairotic Men concludes, "The frequency of scalp exfoliation depends on individual needs and the chosen method. Generally, once a week or every two weeks is a common recommendation. However, people with sensitive scalp may benefit from less frequent exfoliation, while those with specific scalp conditions may need more frequent sessions."



For improved hair texture and a rejuvenated scalp, consider incorporating exfoliation into your routine and experience the transformative effects firsthand. Discover how regular exfoliation can promote scalp health and elevate your haircare regimen to new heights of vitality and radiance. SS