GRANDMA'S REMEDIES

The Different Types of Dandruff & How to Treat Them

By bestfolkmedicine · 19/02/2019 · 2 min read



If you have been struggling with dandruff for some time and it is not disappearing regardless of the methods you are trying out, it may be time to do something different. And, you should take into account the type of dandruff you have, i.e. dry or greasy and the best options to address each of them.

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Dry vs. Oily Dandruff

Dry dandruff has a flaky texture and white or grey particles. It is easily brushed onto the shoulders when you scratch or brush the hair. This dandruff can be removed with specific shampoos that will help moisturize your itchy or dry scalp.

Oily dandruff is a greasy type of dandruff and it is a result of surplus production of sebum. This sebum reacts together with yeast in the skin called malassezia and forms thick and greasy flakes.

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It sticks onto the scalp and it is not easy to remove, even after the hair is shampooed. This is a recurring type of dandruff and in addition to using specialist shampoos to address it; you should also try out scalp exfoliation for better outcome.

Below, check out our 6suggestions for natural methods to relieve dandruff.

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6 Natural Methods to Remove Dandruff

- **Olive oil**

If you are struggling with dry dandruff, olive oil can be a beneficial remedy to get rid of it. Before washing the hair with the appropriate shampoo, apply several drops of quality olive oil onto the scalp. Leave it for 20 minutes and then rinse it off. You can also leave it overnight and wash it in the morning. Make sure you use a shower cap if you decide to wear it overnight.

- **Yogurt and black pepper**

Combine two tsp of black pepper and a cup of yogurt and massage it into the scalp. Leave it for one hour and then wash the hair with shampoo as regularly.

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- **Baking soda**

Add a tsp of baking soda to your shampoo and rinse the hair with it.

- **Garlic**

In addition to garlic shampoo which a lot of people use to alleviate dandruff, you can also use garlic powder to relieve it. Mix it with some water to get a thick paste which you should massage gently into the scalp. Rinse it thoroughly after 30 minutes.

- **Apple cider vinegar**

Apply some organic apple cider vinegar onto the scalp and wait for half an hour before rinsing it off with appropriate shampoo. Do not worry about any unpleasant smell; it goes away once the hair is dry.

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- **Lemon juice & coconut oil**

Combine lemon juice and coconut oil in a 1:5 ratio. Gradually and gently massage the mixture into the scalp. Leave it on for half an hour before rinsing it off thoroughly.

Sources:

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