

If you are having issues with a flaky scalp, try the following steps to fix the problem:

- Start washing your hair at least once a week if you don't already
- Stop using styling products that cause flaky buildup on your hair and scalp such as gels, hair sprays, and grease
- Condition your hair regularly
- Massage your scalp at least once a week with tea tree oil
- Try washing just your scalp with different types of dandruff shampoos
 1. Do not wash your hair more than once with your dandruff shampoo
 2. Only apply dandruff shampoo to your scalp
 3. Let the shampoo stay on the scalp for at least five minutes and then rinse
 4. Wash the lengths of your hair with your regular shampoo
- If the problem still persists, contact a dermatologist for more treatment options

Note: Remember to track how your hair responds to each adjustment that you make your hair care journal.

