

How to Get Rid Of Dandruff with Natural Home Remedies

Are you worried about your oily scalp and feel ashamed of whisking away dandruff flakes off your shoulders all the time?

This is one of the most common problem in men and women both which if not taken care may turn into a serious health issue. This may happen due to dry scalp, or due to a skin condition called seborrheic dermatitis. Dandruff can also be resulted due to some health issues like psoriasis, eczema, an overgrowth of fungus called malassezia. There are many products which are available in the drugstores but the anti-dandruff shampoos prove in-effective for the hair. In fact, shampoos may contain some kinds of chemicals like zinc pyrithione, ketoconazole, selenium sulphide and salicylic acids which attacks bacteria and fungus but also harm your beautiful tresses.

However, here in this blog, we are providing a natural home remedies which will make your hair healthy and shining while reducing the dandruff. Read on the blog and follow the best and convenient natural tips-

Aspirin-



Aspirin contains the same active ingredient (known as salicylic acid) like other anti-dandruff shampoos. You can check for the dandruff flakes. You need to crush two aspirins to a fine powder and adding it to the normal of shampoo you use each time you wash your hair. Apply the mixture on your hair and leave it for 1-2 minutes, then rinse well with clean water and then again wash with the plain shampoo.

Tea Tree Oil-



A research study has proved that 5 percent of tea tree oil in the shampoos improves the severity of dandruff. Moreover, you can also add few drops tea tree oil to your favourite shampoo when you wash regularly. Not just dandruffs, but it also treats split ends, itchiness, dry scalp, fungal infections, tea tree oil will prove beneficial for your hair in many ways. This oil from tea tree is known for its wonderful effects on bacterial and infections. It protects your hair from various scalp irritants.

Baking Soda-



Take a handful of baking soda and rub it on your wet hair vigorously into your scalp. Rinse your hair with water and avoid shampooing it. Your kitchen holds a key to a dandruff and itch free treatments. Baking soda helps in reducing the overactive fungi that cause dandruff. While you begin with this treatment, you may experience roughness in your hair, but after a week, your scalp will again start producing natural oils, leaving your hair softer and smoother.

Apple Cider Vinegar-



For a dandruff treatment, apple cider vinegar has a proven result because the acidity of the apple changes the pH of your scalp, which prevents the yeast to grow. Take a quarter cup of apple cider

vinegar and mix it with quarter water in a spray bottle and spritz on your scalp. After that wrap your hair for 15 minutes in a towel then rinse off your hair with water. Repeat this treatment twice a week.

Mouthwash-



Alcohol based mouthwash is a great way to treat a bad case of dandruff. Shampoo and wash off your hair like regularly and rinse off with an alcohol based mouthwash. Mouthwash has anti-fungal properties which help prevent the growth of yeast which causes dandruff.

Coconut Oil-



Coconut is the best tried and true treatment which has positive effects on the dandruff and even smells nice too. Before going for shower, massage your scalp with 3-5 tablespoons of coconut oil

and leave it for an hour. Shampoo your hair like normally or you can also use a shampoo which already has coconut oil as its ingredients.

Lemon-



Lemon has proven effects on the treatment of dandruffs. You need to massage your scalp with 2 tablespoons of lemon and rinse with water. Then stir 1 tablespoon lemon juice into 1 cup of water and wash off your hair with it. Repeat this process regularly until your dandruffs disappear. Lemon helps in balancing the pH of your scalp and prevents the yeasts resulting into dandruffs.

Salt-



Your kitchen is the store house of various treatments for dandruff and others. Before you shampoo, take a handful of salt and massage on your dry scalps with your fingers lightly. The abrasiveness of ordinary table salt works great for removing dandruff flakes. You will observe dry, flaky skin and go for the shampoo.

Aloe Vera-



Aloe Vera contains pectin that has unique qualities to develop new tissues and cells and breakdown of the old ones. The fresh new and healthy tissues develop and make the scalp healthy and fresh. You can massage with aloe vera before shampooing or even you can use the aloe vera shampoos which also help getting rid of the dandruff quickly. Moreover, it also has the cooling effects on the scalp which will soothe the itch.

Garlic-



Garlic has the best effects on eliminating the dandruff causing bacteria because of its anti-fungal properties. You can crush the garlic and apply into your scalp. You can also mix honey with crushed garlic to avoid the potent smell. Massage before you go for shower and simply wash it using shampoo.

Olive Oil-



Massage your scalp with about 10 drops of olive oil and cover your entire head with a shower cap overnight. Like regularly, shampoo your hair with water. Moreover, you can also go for a shampoo containing olive oil.

The above are some important and very easy one-step tips that will help you reducing the dandruff flakes in a faster way. Select one of the ways which goes perfect with your requirement and enjoy dandruff free and healthy hair.