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Proper Hair Care and Hygiene

- Wash your hair at least every third day. Every other and even every day is good as long as you are using a low PH good quality shampoo. You wash your face every day. Your scalp is skin just like your face. Why would you not wash your scalp of the unwanted sweat, sebaceous oils, dirt, and environmental toxins on it?
- Apply shampoo your scalp, not the longer ends of your hair. Your ends will get washed as you rinse the shampoo from your scalp.
- Shampoo twice when in the shower. The first wash cleanses the hair. The second wash treats the scalp. The first shampoo will not lather as much as the second.
- If your shampoo doesn't lather as much as you like, don't add more shampoo add a little water. Most shampoos are very concentrated and don't have a lot of water in their formulations. Adding the water after you have started to shampoo your hair will give the shampoo a lighter foamier lather.
- Add conditioner to your hair not your scalp. Conditioner is made to soften the cuticle of your hair. Your scalp does not have a cuticle. Sometimes conditioner on the scalp can aggravate a seborrheic condition or weigh down your hair. You can avoid the scalp by tilting your hair sideways and applying the conditioner about 2 inches from the scalp to your ends.
- Work the conditioner into the hair. Don't just apply to the surface of your hair. The conditioner will give you better results if you run the conditioner thru your hair using your fingers or a wide tooth comb for a couple of minutes.
- Don't over rinse the conditioner! Too many people do this. You do not want squeaky-clean hair. This is stripping your hair of all that wonderful conditioner you just applied. Rinse lightly, just enough to get the goop out but still leaving your hair soft and silky.