



Role of Fats & Fatty acids

- Steroid **hormones** are synthesised from **fat & cholesterol**
- Lipid complexes, **ceramides and phospho lipids** form a **protective coat** over the skin, scalp and hair giving it **shine bounce and lustre**
- They maintain **hydration** of the scalp
- Loss of hydration leads to **dryness, flaking**, dehydrated scalp does not support hair growth
- long-chain polyunsaturated fatty acids **linoleic & linolenic acids** are important ingredients of keratinized layer of epidermis, which **anchors the hair**
- Poor keratinization causes a weak hold and tendency to lose the hair