

Lemon for Dandruff? The Natural Remedy Making a Comeback

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As beauty enthusiasts increasingly turn to natural remedies for everyday hair concerns, one humble kitchen ingredient has made its way back into the spotlight—**lemon**. According to a *Lifestyle Asia* feature, lemon's cleansing and antifungal properties make it a powerful ally in combating dandruff, an issue that plagues millions globally. Simple, affordable, and effective, lemon juice may just be the scalp refresher you need this season.

Why Lemon Works Against Dandruff

Dandruff often stems from a combination of **excess oil, fungal growth, and dead skin buildup**. Lemon's naturally acidic composition helps **balance scalp pH**, reducing greasiness while eliminating flakiness.

Experts point out that lemon juice contains **citric acid**, which gently exfoliates the scalp and curbs the growth of *Malassezia*, a yeast-like fungus linked to dandruff. The tangy fruit also possesses **antimicrobial and anti-inflammatory** properties, offering dual benefits of deep cleansing and soothing irritation.

Furthermore, by restoring the scalp's natural oil balance, lemon helps maintain a cleaner environment for hair follicles—encouraging healthier, shinier strands in the long run.

How to Use Lemon for Dandruff: A Step-by-Step Guide

While using lemon for scalp care may sound straightforward, following the correct method is key to achieving results without irritation. Here's how to do it safely and effectively:

1. **Prepare the juice** – Squeeze the juice of one or two fresh lemons. For sensitive skin, dilute it with equal parts of water to reduce its acidity.
2. **Apply to scalp** – Using a cotton ball or your fingertips, apply the juice directly to your scalp, parting the hair as you go.
3. **Massage gently** – Spend a few minutes massaging to stimulate circulation and allow better absorption.
4. **Let it rest** – Leave the lemon juice on for about **30 to 60 minutes**, depending on your comfort level.
5. **Rinse thoroughly** – Wash it off with a mild, sulfate-free shampoo to remove all residue.
6. **Repeat weekly** – Consistent use once a week can help manage dandruff and prevent buildup.

This routine not only helps clear flakes but also leaves the scalp feeling refreshed and revitalized after every wash.

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