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# Say Goodbye to Itchy, Irritated Scalps: Your Guide to the Best Shampoos

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A sensitive scalp isn't just a cosmetic annoyance—it often signals that the scalp's protective barrier is compromised. Cloudy weather, harsher shampoos, frequent heat?styling and hard water can all contribute. Specialists emphasise the two big culprits: ingredient overload (fragrances, strong detergents) and disruption of the scalp's balance (pH, oils, microbiome). For example, one review summarised that people with sensitive scalps should favour formulas that are minimal and soothing rather than aggressive.

## What to Look For

**? Look for:**

- Mild cleansing agents and pH-friendly formulas (often labelled "for sensitive scalp" or "dermatologist accepted").
- Soothing, barrier-supporting ingredients like ceramides, hyaluronic acid, niacinamide, oat extract or aloe.
- Fragrance-free or low-fragrance formulas.
- Free from harsh sulfates or strong essential oils which may inflame the scalp.

**? Avoid:**

- Strong detergents, high fragrance loads, and aggressive scalp exfoliants unless prescribed.
- Repeated switching of many shampoos, which can itself stress the scalp.
- Ignoring underlying triggers such as heat, chemical treatments, environmental stress or product buildup.

**Why the Right Shampoo Makes a Big Difference**

When you use a soothing, well-matched shampoo for a sensitive scalp:

- It helps calm irritation, reduce redness or burning feelings.
- It protects the scalp barrier, letting it heal rather than remain in a state of chronic distress.

- It gives better support for hair health—since healthy hair grows from a healthy scalp.
- It reduces the chance of over-washing or excessive product use, two habits that worsen sensitivity

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