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How to Use Lemon for Dandruff: Natural Tips & Benefits

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Dandruff is a common scalp concern that many people try to address with natural remedies at home. One ingredient that has been gaining attention is **lemon**, a citrus fruit traditionally used in hair care for its cleansing properties. Natural compounds in lemon may help reduce scalp buildup and refresh the scalp, but it's important to use it correctly for best results.

Why People Use Lemon for Dandruff

Lemon contains **citric acid**, **vitamin C**, and natural antioxidants, which may help:

- **Balance the scalp's pH level** — a balanced scalp pH can reduce oiliness and flakiness.
- **Cleanse excess oil and buildup** — its acidic nature helps remove scales and residue that contribute to dandruff.
- **Exfoliate and refresh the scalp** — helping to slough off dead skin cells that can lead to flakes.

These properties make lemon a popular choice as part of a **natural hair care routine** for mild dandruff.

How to Use Lemon on the Scalp

Here's a **step?by?step guide** to safely using lemon to help manage dandruff:

1. Prepare Lemon Juice

- Squeeze the juice from one or two fresh lemons.
- For sensitive skin, dilute the lemon juice with an equal amount of water.

2. Apply to the Scalp

- Part your hair and apply the lemon juice directly onto the scalp using your fingertips or a cotton ball.

3. Massage Gently

- Massage gently for a few minutes to help the juice absorb and improve circulation.

4. Wait and Rinse

- Leave the juice on your scalp for about **30–60 minutes**, depending on comfort.
- Afterward, wash it out with a **mild, sulfate?free shampoo**.

5. Frequency

- Use this treatment **once a week** for consistent results and reduced flakiness.

Combining Lemon with Other Ingredients

Lemon can also be mixed with other natural ingredients to enhance its benefits and reduce irritation:

- **Coconut oil + lemon juice:** Moisturizes while cleansing.
- **Aloe vera + lemon:** Soothes the scalp and prevents dryness.
- **Lemon with yogurt or honey:** Adds conditioning and antimicrobial support.

These combinations can offer a gentler experience while caring for scalp health.

Precautions and Side Effects

Although lemon is natural, it can still **cause irritation or dryness**, especially on sensitive scalps:

- **Irritation or burning:** Stop use if you feel discomfort.
- **Dryness:** Lemon's acidity might strip away natural oils if overused.
- **Sun sensitivity:** Lemon applied to the scalp can make skin more sensitive to sunlight — avoid direct sun after application.

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