

## How Hair Experts Suggest You Tackle Greasy Roots and Oily Scalp

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If you've ever felt your hair go limp and oily just a day after washing, you're not alone. Greasy hair — caused by **excess sebum on the scalp** — can leave strands looking flat and weighed down, especially if your texture is fine or thin. But hair experts say there are smarter ways to control oil without stripping your scalp of the healthy oils it needs.

### Why Hair Gets Greasy in the First Place

Sebum — the natural oil produced by glands at the hair follicles — is essential for healthy, shiny hair. However, factors like **hormones, weather, diet and even your haircare routine** can cause the scalp to go into overdrive, leading to greasy roots. Lifestyle habits, sweating and heavy product buildup can also play a role.

### Expert Tips to Banish Grease

#### 1. Pick the Right Shampoo

Avoid overly harsh or sulphate-heavy formulas that strip your hair entirely, prompting your scalp to overproduce oil. Instead, alternate between a gentle daily cleanser and a **clarifying shampoo** to remove buildup when needed.

#### 2. Shampoo the Scalp — Not Just the Ends

Hair specialists stress that thoroughly massaging the scalp for about a minute helps remove excess oil and product debris. Rinse well, ensuring there's no residue left behind.

#### 3. Condition Only the Ends

Conditioner at the roots can weigh down fine hair and make it appear greasier faster. Apply conditioner just from the mid-lengths to tips.

#### 4. Don't Over-Wash — But Don't Skip It Either

Washing too frequently or too little can imbalance oil levels. Experts generally advise washing **daily for fine hair, every other day for medium hair**, and no more than three days apart for coarser textures.

#### 5. Use Dry Shampoo Strategically

Dry shampoo can help absorb excess oil between washes, but overuse can clog pores and lead to scalp irritation, so save it for second- or third-day hair.

#### 6. Be Gentle With Your Hair

Touching your hair often transfers oil from hands to strands and stimulates the scalp to produce more sebum. Try styles like loose braids or buns to reduce contact.

## 7. Adjust Your Routine Around Workouts

Hair that's tied up and sweaty after exercise tends to trap oil and grime. Tie hair loosely and dry it fully (air dry or cool blow?dry) after workouts to prevent buildup.

### Lifestyle Tweaks That Help Too

Experts note that nutrition and hormones can affect oil production, so a balanced diet rich in vitamins and minerals may help keep your scalp in check. Avoid heavy styling products at the roots, and keep brushes clean — a dirty brush can redistribute oil back onto freshly washed hair.

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