

FREE FASHION TRAVEL PEOPLE IDEAS BEAUTY

STYLIST

WHY WE'RE
NEVER TOO BUSY FOR
CATS IN HATS



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SCALP SCAN

Part your hair to look at your scalp. It should look smooth but if it isn't, see below...

DRY AND FLAKY	FLAKY AND OILY	RED AND ITCHY
◆ One in five of us suffer from flaky scalp (seborrhoeic dermatitis). One cause could be not washing your hair often enough to get rid of the dead skin on the scalp's surface, says trichologist Sara Allison (hairlossconsultant.co.uk). ◆ Dairy and alcohol could be likely villains. The body finds them harder to metabolise which sends the immune system into overdrive resulting in a flaky scalp. Try eliminating them for a week.	◆ Dandruff is a combination of flakiness and greasy roots. The cause is usually a fungal infection that increases cell turnover making skin itchy and oilier than normal. ◆ If you've dramatically changed your diet in the last few weeks, dandruff is your body's way of protesting. "Skin needs a mixture of vitamins to behave normally. Radical changes in eating habits may mean your skin isn't getting the right balance of nutrients and a multi-vitamin supplement could help," says GP, Dr Martin Godfrey.	◆ The culprit is either Seborrhoeic eczema triggered by higher-than-average levels of histamine in the body** or an overactive presence of yeast on the scalp. ◆ You may have a mild sensitivity to alcohol or spicy foods. Most of us are aware that the body produces histamine in reaction to allergens but both of these ingredients contain particularly high levels which you may be sensitive to. ◆ Seborrhoeic eczema can't be cured completely but a trichologist can treat it.

Sara recommends washing hair daily with either her Hair Today More Tomorrow Sensitive Scalp Dandruff Shampoo or Extra Strength Dandruff Shampoo, available from hairtodaymoretomorrow.com