

# Caring For Your Hair Mrr

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5 Ways to Reduce Dandruff Dandruff is detected by the itchy and flakiness of the scalp. You can always check with your dermatologist to identify the problem and for remedies that help cure it. You may not even have dandruff; your current hair product including shampoo and conditioner could be irritating your scalp. So, try switching your product first to a non-dandruff fighting shampoo and conditioner. See if the flakiness goes away. Stress can be a main cause for dandruff, so make sure that you try relaxing techniques daily to reduce your stress level. 1. Shampoo Wash your hair with warm to cool water. Try a mild shampoo for a few weeks, and if you do not see any results, use an anti-dandruff shampoo. You should notice improvement in 4-6 weeks. Avoid alcohol based products, or any other styling

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