

TIPS FOR HEALTHY HAIR

Healthy hair care tips from dermatologists



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Want hair that looks and feels healthy? Follow these tips from board-certified dermatologists to learn proper hair care, prevent certain types of hair loss, and leave your hair looking healthier than ever.

Did you know the way you wash your hair and the products you use can make a big difference in your hair health?

Follow these tips from board-certified dermatologists to keep your hair healthy and looking good.

1. **Learn your hair type.** Whether you have curly, straight, coarse, fine, or another type of hair, there are products and routines that will work for you. Choose hair care products that say they're made for your hair type.

You may see hair types described by numbers and letters, going from fine, straight hair to thick, tightly coiled hair.

2. **Wash your hair based on how often it gets dirty or oily.** If you have straight hair and an oily scalp, you may want to shampoo every day. If your hair is dry, textured, curly, or thick, shampoo when needed — at least once every 2 to 3 weeks as needed. If you see flakes in your hair, common reasons could be not shampooing frequently enough, or not using the right conditioner, oil, or scalp moisturizer for your hair type.
3. **Apply shampoo to your scalp, instead of the entire length of your hair.** This way, you cleanse and wash away built-up products, dead skin, and excess oil, but avoid drying your hair too much.
4. **Use conditioner after washing your hair.** Conditioner moisturizes and detangles your hair, and makes it easier to manage. If you have fine or straight hair, apply conditioner to the ends of your hair. However, if your hair is dry or curly, apply conditioner to the entire length of your hair.
5. **Be gentle with your hair.** Hair is delicate when it's wet, so use a wide-tooth comb instead of a brush to detangle wet hair. If you have thick, curly hair, the best time to comb is in the shower before rinsing out your conditioner. If you have straight hair, let your hair dry a bit before combing. Slowly comb the ends of your hair first then keep combing higher to detangle your hair with minimal damage.

Wrap your hair with a towel or t-shirt to gently absorb the moisture, as roughly rubbing your hair dry can cause damage.

6. **Protect your hair from heat.** No matter your hair type, excessive heat can cause damage. Limit blow drying and use of tools like flat or curling irons. Use low or medium heat settings and a product to protect your hair from the heat.

For more hair care tips and to treat hair and scalp conditions, partner with a [board-certified dermatologist](#).

Related AAD resources

- [10 hair-care habits that can damage your hair](#)
- [Teaching your child healthy hair care habits](#)
- [Coloring and perming tips for healthier-looking hair](#)
- [Hair care: Darker skin tones](#)

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Last updated: 8/12/24