



# 7 Ways to Rid Dandruff With Stuff At-Home

By Morning: Spirit: Wolf-D.R.M.

Before reading on about treating your dandruff at home, make sure you actually have dandruff. Chances are a good amount of the people who think they have dandruff will actually have dry scalp, which differs from dandruff in symptoms and treatment. So if you know you have dandruff, read on. Here are 7 home remedies to help you kick the crusties.

## 1. Pour, Rinse, and Barely Repeat With Vinegar



Rinsing your hair with vinegar (specifically Apple Cider Vinegar or white vinegar) may sound like a dreadful idea, but it can be quite an effective way to treat dandruff because it actually addresses the root of the problem. Dandruff is the result of skin cells maturing and dying too fast, building up, and causing irritation. Vinegar will get rid of the unwanted skin that would flake off into dandruff, and it won't clog your pores or cause more. An overgrowth of fungus can also cause dandruff, and vinegar acts like a fungicide. Using it is straightforward, simple, and is probably easier on your hair than some shampoos. Just don't wash with it before a business meeting; your hair will smell slightly of vinegar until you shower again (so consider rinsing with Lavender essential oil water).

### You will need...

- 1/2 cup warm water
- 1/2 cup ACV or white vinegar
- An empty cup

### Directions

Mix together the warm water and vinegar in a cup. The total amount may be varied depending on how much hair you have. Pour the mixture over your hair, scrub it around gently for several minutes, and then rinse it thoroughly with water (only water!) Wait about 8-12 hours before taking a normal shower. Repeat once every week or two weeks, depending on how often you feel you need it.



## 2. Break It Up With Baking Soda

It helps to remove dandruff for a number of reasons. First, it mildly exfoliates, which gets rid of the excess dead skin. It also kills off a common fungus that occurs on everyone's scalp – one that can cause dandruff if it becomes overly abundant. In addition, its tiny particles can be useful in actually removing those loose flakes stuck in your hair-instead of just breaking the pieces of skin up into smaller pieces.

### You will need...

- 1 tablespoon of baking soda
- 1 cup of water
- A few drops of rosemary oil (optional)

### Directions

Mix one tablespoon of baking soda to every one cup of warm water. If you're using an old (clean) shampoo or soap bottle, shake up the mixture and apply generously. Otherwise, stir it before you use it. Do this in place of shampoo, daily if possible. Your hair may feel quite dry in the beginning, but its natural oils will restore themselves soon, and they will be much more balanced than when using some commercial shampoo. If you feel you absolutely must use shampoo (and really try the baking soda alone first if you can) you can add a teaspoon of baking to a handful of shampoo and use that instead. The rosemary oil is optional, but it's also a fungicide that some people find helps dandruff and think it has a pleasant scent.



## 3. Have Fun with Fenugreek

Fenugreek is a plant that is used commonly as a spice, particularly in Indian cuisine; however it serves medicinal purposes as well. Fenugreek seeds have a composition that is rich in protein and amino acids, encouraging healthy hair/hair growth and warding off those wicked flakes in the process. A little bonus-its high concentration of lecithin (a natural emollient) can help make hair stronger overall, and many people find that it leaves their hair silky smooth and soft.

### You will need...

- 2 tablespoons of Fenugreek seeds (check a health food store if they aren't at your grocery store)
- A bowl of water
- Something to grind the seeds with

### Directions

Soak the seeds in 1-2 cups of water overnight. The next morning, grind them into a fine paste and apply to your scalp. Leave it applied for 30-45 minutes, then wash with mild shampoo or water.



## 4. Take Advantage of Lemons

The acidity in pure freshly squeezed lemon juice contains acids that can help break down the fungus that is often the cause of dandruff outbreaks. It's also free from harsh chemicals and other unnatural ingredients that often do more harm than good to our hair and scalp - plus it leaves you smelling clean and fresh. So remember, the next time life gives you dandruff, give it lemons.

### You will need...

- 2 tablespoons and 1 teaspoon of fresh lemon juice, divided
- 1 cup of water

### Directions

Massage 2 tablespoons of lemon juice into your scalp and let it sit for a minute. Mix 1 teaspoon of lemon juice into 1 cup of water and rinse your hair with it. Repeat daily until no longer needed. This works great for those with light hair as it gives natural highlights, but those with darker hair, be warned, it may lighten hair, especially if you are in the sunlight.



## 5. Use Tea Tree Oil

Tea tree oil from the Maleleuka tree has been used medicinally for centuries. Aboriginals in Australia would pick the leaves off the tea tree plant and break them (much like we do with aloe) before using them as a topical treatment for burns, cuts, bites, and so on. The oil extracted from those leaves have fungicidal properties and it is overall soothing to the skin-especially when it is sore or itchy. Be aware that tea tree oil, while safe for topical use, should NOT be ingested under ANY circumstance.

### You will need...

- 1 tablespoon of tea tree oil
- 1 cup of warm water
- A squirt bottle

### Directions

Pour 1 tablespoon of tea tree oil into 1 cup of warm water in a squirt bottle. Shake well. After shampooing, spray the mixture all over your scalp, massage, and let it sit for a couple of minutes. Pat the excess moisture out, but don't wash it out.



## 6. Enjoy Aloe

Aloe Vera gel is synonymous with “ahhhhh...relief” in many people’s minds. While it may be used more commonly to help minor burns, it can also help give you relief from dandruff. It works because its constituents inhibit the process of skin cell proliferation. In other words, the stuff that makes it up slows down how fast your cells grow, and since dandruff often is caused by cells growing and dying too rapidly, the aloe can help restore them to normalcy.

### You will need...

-1 bottle of Aloe Vera gel

### Directions

Apply Aloe Vera gel to the scalp 15 minutes prior to washing your hair. After 15 minutes, shampoo and wash it as normal.



## 7. Real Salt It

Salt is something most of us have lying around, something we use every day. But Real Salt really does the job in helping you get rid of dandruff? It’s slightly abrasive crystals will work as a natural exfoliator, getting off the extra oil and dead skin flakes. It is effective because it clears a path for the shampoo which can sink in and work to its fullest potential. While rubbing salt on your scalp may not sound like spa treatment, it can actually feel quite pleasant, especially if your skin is itchy.

### You will need...

-3 tablespoons of Real Salt

### Directions

Gently massage 3 tablespoons of Real Salt into your dry or slightly dampened scalp for 2-3 minutes. Shampoo immediately afterwards.