

# Beauty Tips: Everything You Need to Know About Shampoo for Healthy Hair



Healthy hair is something most people strive for, but you don't always know how the wrong shampoo can impact the overall look, feel, and health of your hair. With the rise of social media beauty influencers and bloggers, it's become even easier to be misled by false information. Luckily, we have some beauty advice to help you have the healthiest hair possible.

**No matter your hair type you have,**

# here are some beauty tips to help debunk common shampoo myths to keep your hair healthy.

## **How Long Can I Use the Same Shampoo?**

Despite the rumors, there's really no science behind your shampoo losing its effect after frequent use. That's not to say that you may have noticed your shampoo has stopped giving you the results you're used to seeing. What may be happening has less to do with the shampoo and more to do with the condition of your hair. If the condition of your hair has changed, it may have different needs now. We recommend trying out a new brand every few years.

## **Will Frequent Shampooing Strip my Hair of its Natural Oils?**

Every person is different, so it's hard to say exactly how often someone should wash their hair. We like to suggest starting off with a weekly wash and pay attention to how your hair responds. Chemicals like coloring and change in the seasons may mean tweaking your hair care regimen to support continued growth.

The type of shampoo you use will also affect your hair's health. Certain brands have harsh cleaning agents in them that can strip the hair and scalp of the oil we need to protect our hair and keep it moisturized. The key to making sure shampoo does not dry out your hair also has to do with your technique. Instead of spreading the shampoo evenly throughout your hair, focus primarily on cleaning your scalp. This will increase blood circulation, which also encourages hair growth.

## **Will Frequent Shampooing Dry Out My Hair?**

The [ingredients in your shampoo](#) can make all of the difference. You want to look for formulas that contain a

balance of cleaning and moisturizing agents. If you are struggling with hair loss, you want to focus on a shampoo that contains a DHT blocker. DHT can be credited with causing hair loss because the hormone binds to the healthy hair follicles and deprives them of proper oxygen and nutrients.

### **Will Frequent Shampooing Make My Hair More Greasy?**

Believe it or not, the opposite may happen. Sebum is produced by the glands near your hair follicles. Factors like your genetics and your hair type decide how much or how little sebum we each produce. Our glands will continue to create around the same amount of sebum to protect the hair or scalp, regardless of how often you use shampoo. You can trust that your shampoo will only wash away the dirt, oils, products, and dead skin cells that build-up on the scalp.

### **Will Frequent Shampooing Make My Hair Fall Out?**

We naturally lose around 100 hairs a day, but we don't usually notice it. Even though the strands have been dislodged, they may still be hanging on near the follicle. When we shampoo, we tend to dislodge hair that was probably already detached. The longer you go between washes, the more time you're allowing loose hair to dislodge and wait until your next wash. Eventually, when you do wash, you're technically losing the same amount of hair, it's just all coming out at once.

**Which changes will you make in your hair washing routine? Start a conversation in the comments below!**