

## Calm To Your Senses

What's worse than an oily scalp? One that's constantly tingly, itchy, sore or flaky.

"A sensitive scalp can be caused by internal factors such as dryness (insufficient sebum secretion) or external ones like extreme changes in climate and product allergy," says Kei. She also recommends a moisturising scalp treatment or tonic as it can soothe and protect.

"Scalp sensitivity may also indicate more serious ailments," points out Dr Eileen Tan, a consultant dermatologist with Eileen Tan Skin, Laser and Hair Transplant Clinic. These can range from seborrhoeic dermatitis (aggravated by genetic predisposition and stress) to infection.

To alleviate seborrhoeic dermatitis and psoriasis, Dr Tan suggests washing hair on alternate days with a medicated shampoo that contains ingredients like selenium sulfide or ketoconazole. For inflamed scalps, she usually prescribes a more potent medicated shampoo and a corticosteroid solution so as to reduce itching and inflammation.



L'OCCITANE SOOTHING CONCENTRATED MASK, \$46 CONTAINS ALPHA BISABOLOL AND ESSENTIAL OILS LIKE CAMOMILE AND LEMONGRASS TO MINIMISE ITCHING AND TAUTNESS. MASSAGE INTO SCALP AND RINSE OFF

MEDAVITA DERMO-RELAX SCALP SOOTHING EMULSION, \$88 FOR 12 AMPOULES PROVIDES INSTANT RELIEF, THANKS TO AN ANTI-INFLAMMATORY BLEND OF ALLANTOIN AND BISABOLOL. MASSAGE INTO SCALP WITHOUT RINSING

## Don't DIY!

Dousing your locks in milk, honey, beer, egg white or olive oil may sound tempting since they're affordable and easily available. According to Kei, however, these don't work and may create more problems instead: "For example, olive oil has large molecules that can't penetrate hair and are difficult to remove. It even leaves a layer of residue on the scalp, and results in flaking. Our hair needs moisture, not oil."



DOLCE & GABBANA



AVALON ORGANICS TEA TREE MINT TREATMENT SHAMPOO, \$18.90 HAS A REVITALISING BOTANICAL BLEND TO IMPROVE BLOOD CIRCULATION AND REGULATE OIL PRODUCTION FOR ENHANCED TEXTURE AND SHINE



REDKEN NATURE'S RESCUE COOLING DEEP CONDITIONER, \$39 IS A MUST-HAVE FOR THOSE WHO SHUN CONDITIONER BECAUSE OF GREASY TRESSES - IT'S FORMULATED WITH SEA ALGAE, ALOE VERA AND SOY PROTEIN TO KEEP HAIR WELL HYDRATED.

## GREASE FREEZE

Slicked-back locks may look edgy during fashion week, but when you're out for a client meeting or an after-office shindig, it can cramp your style. Local hair and scalp care centre TK



VIVIENNE WESTWOOD

VIVIENNE WESTWOOD RED LABEL

REDKEN EXTREME ANTI-SNAP, \$45 DELIVERS PROTEINS DEEP INTO THE HAIR CORTEX TO RESTORE THE LIPID LAYER, RESURFACE THE CUTICLE AND RE-BUILD THE INTERNAL STRUCTURE OF EACH STRAND



L'ORÉAL PROFESSIONNEL ABSOLUT REPAIR CELLULAR CLEANSING BALM, \$36 IS SULPHATE-FREE AND COMES WITH FRICTION LACTIC ACID TO REPAIR WEAKENED OR BROKEN CORTICAL CELLS



TrichoKare says that hair loss and clogged hair follicles occur when oil glands in the scalp go into overdrive due to humidity, poor eating habits or unhealthy food choices.

For those with greasy scalps and tresses sans dandruff, however, a scalp-cleansing shampoo once or twice a week helps to balance sebum secretion, offers Edward Chong, salon director of Evolve Salon. A deep cleansing shampoo can also remove stubborn residue left behind by styling products like hair wax, mud, clay and serum, says L'Oréal Professionnel education manager Dylan Sew.

Oily scalps, which contain up to thrice the amount of oil, allow fungus to multiply. This can disrupt the natural metabolism of the scalp, and cause scales to form as greasy dandruff. As a result, skin on the scalp can become itchy, flaky and sensitive, says Dr Jean Ho, consultant dermatologist with Jean Ho Skin and Laser Clinic. Oily dandruff can be treated with products that contain oil-absorbing ingredients like kaolin and anti-fungal ingredients such as selenium, zinc, sulphur and ketoconazole.

## DAMAGE CONTROL

Fashion week may produce jaw-droppingly cool coifs, but all that excessive heat styling, friction, environmental pollution and exposure to the elements can hurt tresses.

"It is best that only one type of chemical treatment (such as rebonding, perming or colouring) is done at any one time, as it could affect the result and longevity of the process," advises Sew.

"When hair is permed, the hair cuticle is raised while the bonds in hair are broken and reformed. But if colouring is done before the 'new bonds' stabilise, results from both processes may not last. It is recommended to have at least one week between chemical treatments."

The only exception is when an ammonia-free, low-pH conditioning colour treatment is used. Such products merely coat strands instead of breaking bonds in hair, shares hairstylist Chris Ngo.