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## GREASY HAIR

### Why is my hair so greasy?

Attached to each one of your hairs just under the skin is a tiny gland that produces sebum (grease), we have sebum to prevent infection to the scalp and to keep it moisturised and also to keep it waterproof. Over stimulation of this gland through either vigorous massage when washing or very warm water when rinsing can cause the gland to produce more sebum than is required. Hence causing greasy hair. If the hair is washed too often or is over washed with a strong detergent this too can cause the sebaceous gland to produce more sebum than is required.

If you do have to wash your hair every day use a ph-balanced shampoo, baby shampoos are usually ph balanced, some shampoo's have the ph value advertised look for ph 5.5, this is in equilibrium with the hairs ph. But if possible avoid washing the hair every day.

If you have colour treated hair but a greasy scalp do you use a shampoo for the colour treated hair or a shampoo for the greasy scalp?

Once again over washing of the hair can cause a loss of artificial colour, if you do have artificially colour treated hair but a greasy scalp a shampoo for the greasy scalp would be used to prevent your colour treated hair looking lank and lifeless. After shampooing colour treated hair always use a conditioner but only on the mid lengths and ends of your hair and never on the roots of your hair as this will only make the problem worse.

### Brush your hair with 100 strokes a day?

Brushing the hair not only detangles the hair it also gets rid of environmental dust and dirt from the hair, correct brushing can also help the sebum from the scalp work along the hair shaft giving it shine, the sebum will prevent the hair from drying out, however, over brushing the hair can leave it weak, overstretched and can cause a greasy scalp. When you brush your hair you are stimulating the sebaceous gland with every stroke to the scalp area. Correct brushing should start from the bottom of the hair and work up to the mid lengths then onto the head, gentle strokes without tugging to prevent overstressing the hair is the correct procedure. 100 strokes are definitely not needed for healthy looking hair. Remember wet hair is weak hair so avoid brushing wet hair; use a wide tooth comb to detangle again working from the ends, up to the mid lengths

### We are what we eat!

Never a truer word spoken. Yes, an over oily or greasy diet can lead to greasy hair, the oil and fat along with all the nutrients and proteins we eat in our diet eventually work their way to our hair bulb via small blood vessels found just at the base of our hair bulb. So if oily hair is a problem then try cutting down on greasy foods.

