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Ask The Strategist: How Should I Treat My Dry Scalp?

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Photo: Paul Fievez/Getty Images

In our advice column, *Ask the Strategist*, we take your *most burning shopping questions* and scour friends, call up experts, and draw from personal experience to answer them. As always, please comment with one of your own — we're here to help.

Question: This dry, cold, BONE CHILLING weather has my dry scalp going into major overdrive. I have basically tried everything I can get my hands on to no avail. Strategist, you have to know of something that can save me and my black clothes — please help!!

We went straight to the professionals. First, Dr. Amy Perlmutter from [New York Dermatology Group](#) who recommends testing out four brands of shampoos, each one with a different active ingredient. Dr. Perlmutter suggests starting off with one type of dandruff shampoo and using it two to three times a week for six weeks. If it's not as effective as you want it to be in that time, slow down to using it once a week (you can use your regular shampoo all other days) and then using a second scalp treatment shampoo, with a different active ingredient, every other week. Here are the four she likes, in the order she says you should try them in.



Head & Shoulders Classic

The first is Head and Shoulders, whose active ingredient is pyrithione zinc. Start with that and use it about two to three times a week.



Selsun Blue Dandruff Shampoo

The next is called Selsun Blue, whose active ingredient is selenium sulfide. This one's effective, but if you have color treated hair beware because it might affect the color.



Nizoral A-D Anti-Dandruff Shampoo

Then there's Nizoral shampoo, which uses ketoconazole and is an anti-fungal treatment that works to stop the flaking, scaling, and itching associated with dandruff. It's also a favorite of [Redditors](#).



Neutrogena T/Sal Therapeutic Shampoo

And lastly, T/Sal, which is a salicylic acid shampoo, that has actually been really helpful for me, personally (I have psoriasis on my scalp). Pearlmutter says that this one's specifically great if the scale on your scalp is thick. It works best at minimizing that. If you just have diffuse flaking, the first three are probably better for you.