

Why do dandruff come all the way to winter even if you still wash your hair clean?

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1. Why do you always bathe every day and still hate?
2. Why do human hands have 5 fingers?
3. This is why Japanese people often do not lean on their seats when flying

Hair fibers maintain moisture, nourish and grow better thanks to a protective covering.



But when it starts in autumn, winter, the weather becomes drier, making the hair's moisturizers seem "sucked". At this point, the hair's protective layer weakens, making the hair become more dry and hard.

At the same time, the dry weather also makes the sebaceous glands on the skin less active, making the keratinocytes layer on the scalp become more dry and flaky, increasing the amount of dandruff on your head.

The fact that the scalp is less secreted with sebum, sweat makes you feel your scalp, your hair is clean, so 'lazy to wash your hair' makes Malassezia - always on your scalp.

This fungus will grow and proliferate when the scalp increases sebum secretion, followed by a massive attack of dandruff.



Therefore, in winter, if you encounter dandruff on your shoulders every time you comb your hair, you don't need to be too worried. But experts also recommend that we work hard to clean our heads even in the cold winter to prevent *Malassezia* from growing.

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