

TIPS FOR USING ANTI-DANDRUFF SHAMPOOS

Take some shampoo and rub it gently into your scalp.



1

2



Leave the shampoo for at least five minutes before rinsing it off.

Next, take your regular shampoo, and apply it to your hair.



3

4



Rinse off the shampoo, and apply a moisturizing conditioner to your hair (not the scalp).

For those with very dry hair, apply coconut oil 30 minutes before using anti-dandruff shampoos to prevent hair from drying.



5

6



Use the anti-dandruff shampoo every three to four days or as directed by the doctor.