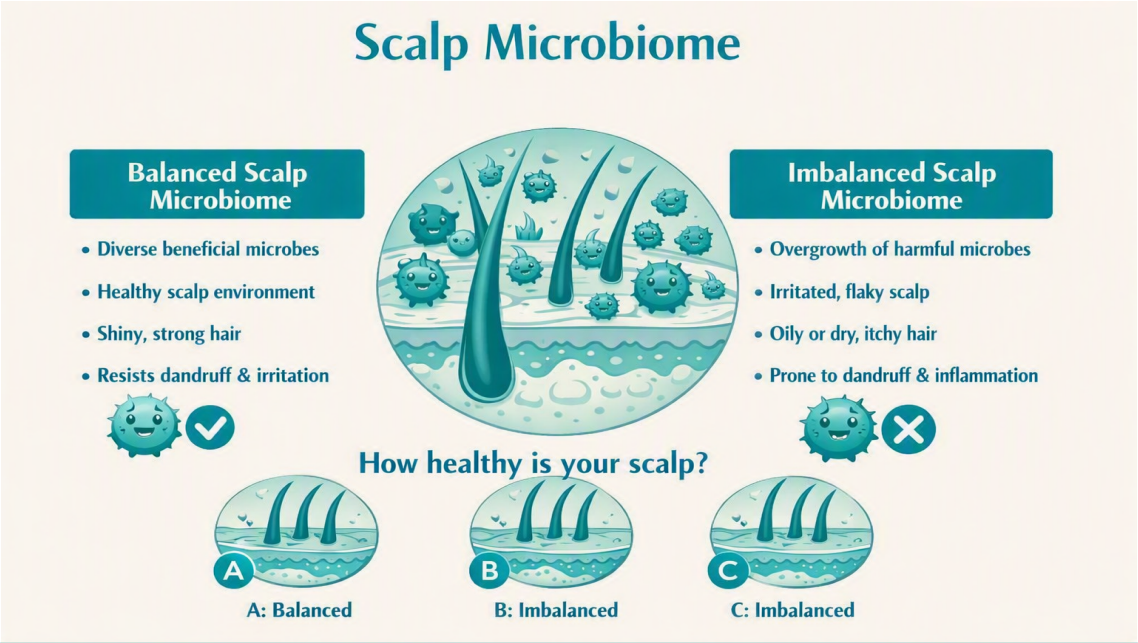
Understanding Your Scalp Microbiome

A healthy scalp starts with understanding the environment beneath your hair.



DID YOU KNOW?
Your scalp is home to a complex community of microorganisms. Research suggests this ecosystem may influence scalp comfort, flaking, oil balance and overall scalp health.

The Bigger Picture

The scalp microbiome is only one part of scalp health. Product use, lifestyle factors, hormones and individual scalp characteristics may all influence how the scalp looks and feels.

Could your scalp be trying to tell you something?
Itching, flaking, excess oiliness and discomfort are not always as straightforward as they seem.

Subscribe to The Pocket Trichologist for expert insights, exclusive resources and early access to tools designed to help you better understand your scalp and hair health.

Because healthy hair starts with a healthy scalp.

The Pocket Trichologist - Trusted, evidence-informed scalp and hair education.

Educational information only. Not a substitute for individual medical or trichological advice.