

SCALE-FREE SCALP REGIMEN

TO STRENGTHEN AND SMOOTH THE SCALP
AND PREVENT REPEATED TRAUMA

AM: Apply a thin layer of moisturizer with sunscreen such as Neutrogena Health Defense, Aveeno Positively Ageless, or Oil of Olay Complete. Then apply a thin film of Aquaphor or Vaseline (white petrolatum).

PM: Apply a thicker layer of Aquaphor or Vaseline

- **At least every other day**, shampoo with an anti-dandruff shampoo (like Head and Shoulders or Selsun Blue)
- **Twice a week**, do a vinegar soak of the entire scalp after shampooing:
 1. Mix two tablespoons of white distilled vinegar with 8 oz tap water
 2. Soak a cotton washcloth in the mixture (until it's barely dripping) and apply as a compress for 10-15 minutes.
 3. Apply Aquaphor or Vaseline immediately after.

