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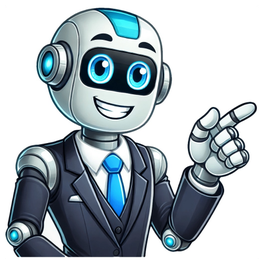

Our sulfate-free, 100% natural shampoo is a soothing blend of Chinese herbal actives. Gentle and low-lathering, it is formulated to help calm itching and clear dry, scaly skin. Also suitable for scalps and beards prone to psoriasis.91% felt soothed and saw less redness after 10 weeks in our latest user trial.Bai Bi Xi Fa Shui US Shipping complimentary on orders over $100 Deeply soothes itchy, sensitive skinGentle enough for daily use on delicate skinHelps improve the appearance of rough, uneven skinHelps clear very dry, scaly skinPatience is key. Achieve best results with consistent & continued use.Protect skin stability by avoiding varying your care routine too much. 50 independent consumer testers with either scalp or beard psoriasis were asked to use Softening Scalp Shampoo 3 times a week for 10 weeks. At the end of the trial period: 91% said it soothed itching91% saw reduced redness89% experienced a cleared, calm, soft scalp85% saw visibly reduced scaling on the scalp or beard85% said it deeply soothed their sensitive skin“Wonder product! I've suffered from scalp psoriasis for 30 years. Using this, I saw a significant reduction in flakes after a couple of washes & regular use keeps the itch at bay.” Marie Our shampoo harnesses a unique blend of herbal actives to intensely calm, purify and protect skin during scalp and beard cleansing. Huang Bai (Amur Cork Extract) is rich in natural anti-inflammatory and antibacterial properties, helping soothe skin. Ku Shen (Sophora Flavescens Root Extract) harnesses natural anti-inflammatory and anti-allergic qualities to calm uncomfortable, itchy skin and support skin barrier function.Dictamnus Dasycarpus Root Extract helps ease itchy skin. Massage a small amount of Softening Scalp Shampoo over a wet scalp, beard and hair. Rinse thoroughly with warm water.For best results, follow our full routinePlease note: Natural pigments may cause staining. 100% naturally derivedVegan & cruelty-freeMade by us in the UKFree from silicones, parabens, petrochemicals, synthetic fragrance or artificial colour AV89-10 Aqua (Water), Sodium Cocoyl Methyl Isethionate, Cocamidopropyl Betaine, Glycerin, Sodium Methyl Oleoyl Taurate, Polyglyceryl-10 Laurate, Propylene Glycol, Sodium Chloride, Guar Hydroxypropyltrimonium Chloride, Sodium Levulinate, Sodium Methyl Isethionate, Lavandula Angustifolia (Lavender) Oil, Coconut Acid, Linalool, Coco-Glucoside, Glyceryl Oleate, Sodium Anisate, Citric Acid, Dictamnus Dasycarpus Root Extract, Phellodendron Amurense (Amur Cork) Bark Extract, Rheum Undulatum Root/Stalk/Stem Extract, Sophora Flavescens Root Extract, Sodium Cocoate, Sodium Benzoate, Limonene, Geraniol, Sodium Dehydroacetate, Coumarin, Hydrogenated Palm Glycerides Citrate, Tocopherol. Psoriasis on the scalp can be challenging to manage, characterized by red, itchy patches and flaking extending beyond the hairline. One of the most effective ways to manage scalp psoriasis is by using specially formulated shampoos. These shampoos relieve symptoms, reduce scaling, and soothe irritated skin. In this article, we will explore everything you need to know about shampoo for psoriasis on the head, including how it works, its benefits, the best options available, and how to use it correctly for optimal results.Disclaimer: The information provided in this article is intended for educational purposes only and should not replace professional/medical skincare advice. Always consult with a dermatologist before beginning a new skincare regimen.Jump To:What Is Scalp Psoriasis?Scalp psoriasis is a common skin condition characterized by red, inflamed patches covered with silvery scales. It can affect the scalp, forehead, back of the neck, and behind the ears. Scalp psoriasis can range from mild, with slight, fine scaling, to severe, with thick, crusted plaques that cover large portions of the scalp. The condition is not contagious and is believed to result from an overactive immune system that causes the skin cells to multiply too rapidly.How Do Shampoos for Psoriasis Work?Shampoos for psoriasis are formulated to help manage the symptoms of the condition. Here’s a deeper look at how they function:Active Ingredients: Most psoriasis shampoos contain active ingredients like coal tar or salicylic acid. Coal tar slows down the rapid growth of skin cells, while salicylic acid helps to soften and remove the scales.Reducing Inflammation: Some shampoos contain anti-inflammatory agents such as corticosteroids or natural extracts like aloe vera and tea tree oil that help reduce redness, itching, and swelling.Moisturizing the Scalp: Many psoriasis shampoos are also enriched with moisturizing agents like glycerin, jojoba oil, or shea butter to hydrate the scalp and prevent dryness and flaking.Exfoliating the Scalp: Shampoos with salicylic acid or urea gently exfoliate the scalp, removing scales and promoting a smoother skin surface, which helps other treatments penetrate more effectively.What Are the Benefits of Using Psoriasis Shampoos?Using shampoos specially formulated for psoriasis offers several benefits:Relieves Itching and Discomfort: Helps soothe the scalp by reducing itching, irritation, and inflammation.Reduces Flaking and Scaling: Active ingredients like coal tar and salicylic acid help to reduce the build-up of scales and flakes.Promotes Healthy Skin: Regular use can help maintain a healthy scalp environment, reducing flare-ups and promoting overall skin health.Moisturizes and Hydrates: Many psoriasis shampoos are designed to moisten the scalp, preventing dryness and further irritation.Enhances the Effectiveness of Other Treatments: Using a psoriasis shampoo can make the scalp more receptive to other topical treatments, such as medicated creams or ointments.How to Choose the Best Shampoo for Psoriasis on the Scalp?When selecting a shampoo for psoriasis, consider the following factors:Active Ingredients: Look for shampoos with proven active ingredients like coal tar, salicylic acid, or zinc pyrithione. Each of these ingredients targets different aspects of psoriasis and can provide relief from symptoms.Moisturizing Properties: Choose a shampoo containing moisturizing ingredients to help keep the scalp hydrated and prevent further irritation.Avoid Harsh Chemicals: Avoid shampoos with sulfates, parabens, or fragrances, as these can aggravate sensitive skin and worsen psoriasis symptoms.Dermatologist Recommended: Opt for dermatologist-tested products specifically labeled for psoriasis treatment.Consider Your Hair Type: To avoid any adverse effects, ensure the shampoo is suitable for your hair type, whether curly, straight, oily, or dry.What Are the Best Shampoos for Psoriasis?Here are some of the top-rated shampoos for managing scalp psoriasis, in no particular order:1. Sphagnum Psoriasis ShampooFormulated with 3% salicylic acid, menthol, and therapeutic peat mud, it actively exfoliates flaky buildup, soothes irritation, and reduces redness for healthier scalp function. These ingredients relieve itchiness and inflammation while promoting a clean, balanced scalp environment.View here2. MG217 Medicated Conditioning Coal Tar ShampooCombines coal tar with conditioning agents to provide relief from itching, scaling, and inflammation while moisturizing the scalp3. Nizoral Psoriasis ShampooThis shampoo contains 3% salicylic acid, an exfoliating agent that helps treat psoriasis by softening and removing scalp flaking.View Here4. Kenkoderm Psoriasis Shampoo with Zinc PyrithioneZinc pyrithione has antibacterial and antifungal properties that help soothe and reduce scalp inflammation and redness.View here5. Dermarest Psoriasis Medicated Shampoo and Conditioner A dual-action formula that combines salicylic acid to soften scales with zinc complex to relieve itching and irritation.View hereHow to Use Psoriasis Shampoo for Best Results?To achieve the best results when using a psoriasis shampoo, follow these steps:Wet Your Hair and Scalp: Start by thoroughly wetting your hair and scalp with warm water. This helps to open the pores and allows the shampoo to penetrate more effectively.Apply the Shampoo: Apply a generous amount of psoriasis shampoo to your scalp and massage gently for 3-5 minutes, focusing on the areas most affected by psoriasis.Leave It On: Let the shampoo sit on your scalp for at least 5-10 minutes, or as directed on the product label, to allow the active ingredients to work effectively.Rinse Thoroughly: Rinse your scalp and hair thoroughly with warm water to remove all traces of the shampoo and scales.Follow with a Moisturizing Conditioner: To help hydrate the scalp and reduce dryness, use a conditioner designed for sensitive skin or one recommended by your dermatologist.Use Regularly: Use the psoriasis shampoo as directed, usually 2-3 times a week, or according to your dermatologist's recommendation. Frequently Asked Questions About Psoriasis ShampoosHow often should I use psoriasis shampoo? Most psoriasis shampoos are recommended for use 2-3 times a week. However, follow the specific instructions on the product or consult your dermatologist.Can psoriasis shampoos be used with other treatments? Yes, psoriasis shampoos can be used alongside topical treatments, such as corticosteroid creams or vitamin D analogs.Are there any side effects of using psoriasis shampoos? Some users may experience mild irritation or dryness. If symptoms persist or worsen, discontinue use and consult a dermatologist.ConclusionShampoo for psoriasis on the scalp is an effective way to manage the symptoms of this challenging condition. Choosing the right product and using it correctly can help relieve itching, reduce scaling, and promote a healthier scalp. Whether you opt for a coal tar-based shampoo, a salicylic acid formula, or a combination product, regular use can make a significant difference in managing scalp psoriasis and improving your quality of life.Disclaimer: The information provided in this article is for educational and informational purposes only and is not intended as medical advice. It should not be used to diagnose or treat any medical condition. Please consult a healthcare professional for personalized medical advice. All products featured on Allure are independently selected by our editors. However, we may receive compensation from retailers and/or from purchases of products through these links.If your scalp’s been bugging you with that all-day itch, the best shampoo for itchy scalps can offer a temporary respite while you figure out the cause—which can, more often than not, feel like a guessing game. “An itchy scalp can be triggered by various factors, like dandruff from an overgrowth of the yeast malassezia, or a sensitive scalp affected by eczema or contact dermatitis, which can stem from environmental allergens,” says Kseniya Kobets, MD, a board-certified dermatologist in NYC. “Psoriasis and product buildup from dry shampoo, oils, or treatments can also clog pores and throw off the scalp's microbiome, adding to the itch."Fortunately, relief is just a wash away with the help of the right scalp treatments from our derms. We’ve gathered the shampoos that go beyond basic cleansing to calm irritation, eliminate flakes if you also have dandruff, and restore overall balance. These formulas, featuring gentle exfoliators to clear buildup and soothing hydrators, are packed with the ingredients your scalp needs to feel calm and happy again. "Shampoos with ingredients like zinc pyrithione, ketoconazole, aloe vera, salicylic acid, tea tree oil, and apple cider vinegar help soothe irritation, reduce inflammation, and tackle potential causes like dandruff or dryness," says Adam Mamelak, MD, a board-certified dermatologist at Westlake Dermatology in Georgetown and Cedar Park, Texas. “Other beneficial ingredients include hydrating coconut oil, refreshing peppermint oil, and calming chamomile extract.”But don’t worry—we won’t leave you decoding ingredient lists for days. We’ve rounded up the best itch-fighting shampoos that put these hardworking ingredients to work, so you can finally get some relief.Our Top PicksFrequently Asked Questions:Best Overall: Nizoral Anti-Dandruff Shampoo with 1% KetoconazoleNizoralAnti-Dandruff Shampoo with 1% KetoconazoleWhy we love it: If you're all about immediate relief, Nizoral Anti-Dandruff Shampoo with 1% Ketoconazole should be your go-to for soothing an itchy, irritated scalp. All the dermatologists we spoke with love this shampoo to treat conditions like seborrheic dermatitis—those stubborn, oily patches that result in yellow or white scales. "Ketoconazole, the main ingredient in Nizoral, is an antifungal agent with anti-inflammatory effects," says Dr. Mamelak. “It targets malassezia, a yeast that naturally lives on our skin but can lead to irritation for some people. By controlling this yeast, Nizoral not only calms the itch but also tackles the scaliness and oiliness that come with seborrheic dermatitis,” making a true hero for uncomfortable scalps, he says.Editor's top: Ketoconazole is the same active ingredient dermatologists often recommend in prescription shampoos. "If the 1% over-the-counter ketoconazole isn’t quite cutting it, your doctor can prescribe a 2% version to take on the yeast more effectively," says Dr. Kobets.Key ingredient: 1% ketoconazole | Fragrance-free: yes | Who it’s for: people with irritated scalps and dandruffBest for Dandruff: Kérastase Symbiose Anti Dandruff Shampoo CrèmeKérastaseSymbiose Anti Dandruff Shampoo CrèmeWhy we love it: If you’re scratching your head (both literally and figuratively) on how to tackle dandruff, Kérastase Symbiose Anti Dandruff Shampoo Crème is your rescue. This isn’t your average dandruff shampoo—it’s a luxurious, creamy formula that fights flakes while pampering your scalp using pyrithione zinc. “Pyrithione zinc is an active ingredient in some dandruff shampoos because it inhibits the growth of yeast on the scalp, otherwise known as malassezia, which plays a role in the development of dandruff and seborrheic dermatitis,” says Brendan Camp, MD, a double board-certified dermatologist in New York. Combined with salicylic acid, it clears away buildup, soothes itchiness, and reduces flakes—all without looking like a typical “dandruff shampoo” on your bathroom shelf.Editor's top: Shampoos with active ingredients like this work best when you let them sink in for a few minutes before rinsing. This gives the formula time to break up flakes.Key ingredients: salicylic acid, 1% pyrithione zinc | Fragrance-free: no | Who it’s for: people with irritated scalps and dandruffBest Clarifying: Redken Detox Hair Cleansing Cream Clarifying ShampooRedkenDetox Hair Cleansing Cream Clarifying ShampooWhy we love it: If you’re guilty of overdoing it with dry shampoo and other styling products (no judgment), your scalp will benefit from having Redken Detox Hair Cleansing Cream Clarifying Shampoo in your shower routine. This deep-cleansing formula, powered by salicylic acid, goes beyond the surface to lift away oil, product buildup, and all that environmental gunk that can clog pores and lead to irritation. Each wash feels like a fresh start, leaving your scalp clean and itch-free without stripping your hair. Plus, it’s a champ at removing minerals from hard water (like copper, iron, magnesium, and calcium) and pollution, so your hair feels healthier and happier.Editor's top: A shower filter can work wonders by removing chlorine, minerals, and other impurities that may undo all the benefits of your favorite shampoos.Key ingredients: salicylic acid, vitamin C, vitamin B5 | Fragrance-free: no | Who it’s for: people with buildupBest for Scalp Psoriasis: Neutrogena T/Sal Therapeutic ShampooNeutrogenaT/Sal Therapeutic ShampooWhy we love it: Yes, the same exfoliating ingredient we trust and love in our skincare—salicylic acid—is also the star ingredient in the Neutrogena T/Sal Therapeutic Shampoo, designed to help manage dandruff, seborrheic dermatitis, and psoriasis. “Salicylic acid is a lipophilic beta-hydroxy acid, meaning it can penetrate deeply into pores to remove excess oil. Its exfoliating properties also help shed dead skin cells from the scalp, reducing the itch and flakiness that come with these conditions,” says Dr. Camp.Editor's top: Hold on to your regular shampoo. “Focus this product directly on the roots and scalp, as it can dry out and strip natural oils from the rest of your hair,” advises Dr. Kobets. “For your lengths, use a second, regular shampoo to keep them hydrated and balanced.”Key ingredient: 3% salicylic acid | Fragrance-free: yes | Who it’s for: people with thick or large flakesBest Lather: Hask Tea Tree Oil & Rosemary Invigorating ShampooWhy we love it: Dry, flaky, itchy, red... when your scalp feels especially angry, it’s time to call in Hask Tea Tree & Rosemary Invigorating Shampoo to cool things down. Tea tree oil unblocks clogged follicles that make you scratch, while rosemary oil helps calm irritated spots. “Tea tree and rosemary also have antimicrobial and anti-inflammatory properties,” says Dr. Kobets. Plus, refreshing aloe vera deeply hydrates both scalp and hair. And the best part? It smells amazing and has the lather you want from a shampoo. “It’s like a mini spa experience,” says Dr. Kobets. None of that harsh medicinal smell typical of anti-itch shampoos—so lathering up becomes a little moment of zen.Editor's top: While this shampoo does have a soothing, spa-like scent thanks to natural oil, it does have added fragrance. So, if your scalp tends to be extra sensitive, try to patch test and limit usage to a couple of times a week to make sure it’s gentle on your skin.Key ingredients: tea tree oil, rosemary oil, aloe vera | Fragrance-free: no | Who it’s for: people with flaky, itchy, dry, or oily scalpsBest Daily Cleanser: Davines NaturaltechCalming ShampooDavinesNaturaltech Calming ShampooWhy we love it: If nothing can keep you from being a daily hair washer, then the least you can do is treat your scalp to a super gentle cleanse with Davines Naturaltech Calming Shampoo. This formula is designed to soothe and balance, making it perfect for everyday use—even for sensitive scalps. Infused with bilberry extract (a close cousin to blueberries) for its powerful anti-inflammatory and antioxidant benefits and Sichuan pepper, known for its calming, anti-irritant properties, this shampoo pampers your scalp while keeping it balanced and irritation-free.Editor's top: If you're usually a morning hair washer, try switching to a bedtime routine to wash away the day's buildup and set yourself up for a calm, itch-free night of sleep.Key ingredients: bilberry extract, Sichuan pepper plant, glycerin | Fragrance-free: no | Who it’s for: people with dry, sensitive scalps.Best Scalp Detox: Briogeo Scalp Revival Dandruff Relief Charcoal ShampooWhy we love it: Putting charcoal in your shampoo might sound counterintuitive, but hear us out: Charcoal acts like a magnet, drawing out impurities, excess oil, dirt, and product buildup, all of which can be culprits behind that itchy, irritated feeling. Combined with the gentle exfoliation of salicylic and lactic acids and the ultra-hydrating power of hyaluronic acid, this shampoo is like a reset button, leaving your scalp balanced and soothed. So, yes, it’s a charcoal-based shampoo, but don’t worry, it’ll leave your scalp feeling oh-so-clean, hydrated, and refreshed without any flakes in sight.Editor's top: No need to go overboard on the scrubbing. The chemical exfoliants in this shampoo are doing all the heavy lifting for you.Key ingredients: 3% salicylic acid, lactic acid, charcoal, tea tree oil | Fragrance-free: yes | Who it’s for: people with dry, flakey, or oily scalpsBest Fragrance-Free: SEEN ShampooWhy we love it: If your scalp is super itchy but you’re not dealing with dandruff or flakes, it’s a sign you need more hydration. SEEN Shampoo uses gentle, skin-soothing ingredients like bisabolol to calm itchiness while thoroughly cleansing your hair. “It’s formulated with mild, non-irritating ingredients ideal for sensitive scalps, especially those with eczema tendencies,” says Dr. Kobets. “This entire line is perfect for anyone sensitive to fragrance. And despite its gentle formula, the shampoo lathers up nicely to remove dirt and oil, so your scalp feels fresh and clean,” she says.Editor's top: Overwashing can strip the natural oils on your scalp that are essential for keeping its pH balanced and itch-free. Pairing shampoo with a hydrating condition can add an extra layer of moisture to keep your hair happy.Key ingredients: hemisqualane, bisabolol, squalane | Fragrance-free: yes | Who it’s for: people with sensitive scalpsBest for Sensitive Scalps: Vanicream ShampooWhy we love it: If you've exhausted every remedy for an itchy scalp, it might be time to simplify. Free & Clear Vanicream Shampoo takes you back to basics with a streamlined, gentle formula that truly soothes as it cleanses. “It’s formulated without dyes, aluminum, sulfates, lanolin, parabens, fragrances, and preservatives you’d typically see in shampoos, making it great for those with sensitive scalps or those with dry skin prone to eczema,” says Dr. Camp. With an ingredient list of only the essentials, it gives a refreshing cleanse minus any irritation. It’s worth noting that it’s more of a lotion-like texture and we find we need to massage a good amount of product to feel like our scalps are clean.Editor's top: Hot water can further irritate an itchy scalp. Stick to lukewarm water to help prevent drying and soothe irritation.Key ingredients: glycerin, pro-vitamin B5 | Fragrance-free: yes | Who it’s for: people with sensitive scalpsBest 2-in-1: Selsun Blue 2-in-1 Antidandruff Shampoo & ConditionerSelsun Blue2-in-1 Antidandruff Shampoo & ConditionerWhy we love it: Some shampoos that tackle dandruff and clarify the scalp can leave the rest of your hair feeling a bit dry. Not Selsun Blue 2-in-1 Antidandruff Shampoo & Conditioner, though — it was designed to specifically hydrate while gently lifting away flakes. "It contains selenium sulfide, which combats the Malassezia yeast, helping to regulate skin cell turnover and balance oil production," says Dr. Mamelak. Plus, its cooling sensation brings instant relief to itching and irritation. The only catch? It does have a slightly medicinal scent, but for an itch- and flake-free scalp at just $11, that’s a minor trade-off worth making.Editor's top: With its built-in conditioning ingredients, this product lets you skip a step in the shower (score). But if your hair needs a little extra moisture, apply a separate conditioner just to the ends. This way, you keep the shampoo’s active ingredients working at full strength on your scalp.Key ingredients: 1% selenium sulfide, pyrithione zinc, salicylic acid | Fragrance-free: no | Who it’s for: people with dry, itchy scalps and dandruffBest for Dry Scalps: LivSo Moisturizing Scalp ShampooLivSoMoisturizing Scalp ShampooWhy we love it: A dry scalp can be a major itch trigger—when moisture levels plummet, your scalp feels just as irritated as any dry patch on your skin. Enter LivSo Moisturizing Scalp Shampoo, a dermatologist-developed hero specially crafted for those with kinky curls or textured hair who struggle to find soothing relief. Unlike harsh prescription shampoos, LivSo is gentle yet effective, giving you comfort without compromising how your hair looks and feels. "Hydrating coconut oil locks in essential moisture, while glycolic acid provides gentle exfoliation to clear dead skin cells and buildup," says Dr. Camp. Add in xylitol's calming touch, and your scalp is left balanced, comfortable, and, finally, itch-free.Editor's top: Coconut oil not only helps hydrate, but it can help control yeast growth to reduce flaking and discomfort.Key ingredients: coconut oil, glycolic acid, xylitol | Fragrance-free: no | Who it’s for: people with dry scalpsBest For Textured Hair: Head & Shoulders Royal Oils Moisture Boost Scalp Care ShampooHead & ShouldersRoyal Oils Moisture Boost Scalp Care ShampooWhy we love it: We all know the brand can handle flakes like nobody’s business, but this shampoo doesn’t just tame dandruff—it brings serious moisture to the table, too. A go-to for Dr. Kobets, Head & Shoulders Royal Oils Moisturizing Shampoo is desgined specifically for coily and curly hair, which are naturally more prone to dryness and scalp issues. It uses coconut oil to deeply moisturize and balance the scalp, while apple cider vinegar and 1-percent pyrithione zinc tackle itchiness, well, head-on. The result is a hydrated and balanced scalp for the sweet tune of $7.Editor's top: Use a soft scalp massaging brush while lathering for an added boost. It can help lift buildup and exfoliate without irritating the scalp.Key ingredients: coconut oil, apple cider vinegar, 1% pyrithione zinc | Fragrance-free: no | Who it’s for: people with textured, dry hairBest for Oily Scalps: Oribe Serene Scalp Oil Control ShampooWhy we love it: Oribe has perfected the art of endless good hair days with salon-quality products, and when it comes to soothing even the angriest, itchiest scalps, their Serene Scalp Oil Control Shampoo knows just what to do—especially if excess oil is the culprit for your itch. Too much oil can create the perfect Petri dish for buildup, sweat, dirt, and dead skin cells to make residence on your scalp, which only fuels irritation. This gem of a shampoo calms irritation, controls oil, and brings balance back to your scalp’s microbiome thanks to green marine algae and prebiotics. And, as per usual with Oribe’s products, it smells incredible.Editor's top: On days you don’t plan on washing your hair, use your handy scalp massager on dry hair to help distribute the oils from your scalp.Key ingredients: marine algae, prebiotics, amino acids | Fragrance-free: no | Who it’s for: people with oily scalpsFrequently Asked QuestionsWhat is the best shampoo for scalp itch?If your scalp’s been feeling itchy and flaky, certain ingredients can bring you serious relief. Salicylic acid, a beta-hydroxy acid, is a must-have because "it’s lipophilic, meaning it can penetrate deeply into pores to remove excess oil" and exfoliates dead skin cells, says Dr. Camp. Then there’s ketoconazole, an antifungal champion that "interferes with the formation of the fungal cell membrane," perfect for tackling scalp yeast that causes itch and flakes, he says. And don’t forget pyrithione zinc, which "inhibits the growth of malassezia yeast—a big culprit in dandruff," he says.How do I stop my scalp from itching?A few lifestyle tweaks can make all the difference in stopping scalp itchiness (or preventing it before it even starts). Though your hair washing schedule can vary depending on your hair type and lifestyle, regular washing is key. "Listen to your scalp—when it gets oily and the volume decreases, then it’s time to wash it," says Dr. Kobets.Keeping your scalp clean helps prevent buildup that can trigger itchiness. Proper conditioning also matters, especially for oily scalps. “Make sure to keep conditioner away from the roots, focusing instead on the ends to maintain hair volume,” she says. Weekly scalp exfoliation is another great habit to adopt. “Once a week, try a scalp scrub or a wash with salicylic acid or tea tree oil, followed by a gentler shampoo for the rest of your hair. If your scalp is dry, scalp treatments with oils like rosemary, peppermint, or grapeseed can help,” says Dr. Kobets.Beyond hair care, maintaining a balanced diet and managing stress are essential for scalp health. Hair follicles are "susceptible to stress and the hormone cortisol," so getting regular sleep and reducing stress can help keep itchiness at bay, she says. Gentle styling practices are also beneficial: Try to scale back on chemical treatments, reduce your use of hot tools, and refrain from tight hairstyles that tug on the scalp and cause it to get irritated. Finally, “keeping up with good hygiene and treating yourself to a regular scalp massage can boost circulation and create a healthier scalp environment overall,” says Dr. Kobets.Why is my scalp itchy but no dandruff?It’s possible that your scalp can be itchy without the presence of dandruff. “Dandruff is the term we use to describe the white and gray flaky skin that appears on the scalp, in the hair, and sometimes on our clothes. Not all conditions that cause itchy scalp are always associated with dandruff. Other conditions can also cause itchy scalp, including dry scalp, poor hygiene and overwashing, psoriasis, allergic reactions to hair dye and other exposures, fungal infections and ringworm, as well as infestations such as lice. High stress, hormonal fluctuations, and underlying medical issues can also lead to an itchy scalp,” says Dr. Mamelak.Meet the ExpertsHow we test and review productsWe always enlist a range of testers for our makeup vertical, but hair-care products and tools are another story. While there are certainly products that can be used across different hair textures, lengths, curl patterns, thicknesses, colors (natural and unnatural), and needs, hair products are often created with specific consumers in mind. Many are created in order to address a concern (dandruff, breakage, brittleness) or to work most effectively for a specific hair type (4C curls, wavy hair, gray hair). You wouldn’t want to pick up a purple shampoo that’s only been reviewed by someone with, say, auburn hair, or a diffuser that’s never been tested by anyone with curls—right?For our review of the best bond repair treatments, we enlisted the help of multiple editors, writers, contributors, and hair experts—many of whom want shinier, healthier-looking hair. Testers considered performance across four primary categories: efficacy, texture and experience, fragrance, and packaging. For more on what's involved in our reporting, check out our complete reviews process and methodology page.Our staff and testersA beauty product is a personal purchase. You might be searching for a face cream to address persistent dryness or a new nail product to add to your Sunday self-care routine; you may simply be browsing around for the latest launches to hit the hair market. No matter what you seek or your individual needs and concerns, Allure wants to ensure that you love anything we recommend in our stories. We believe that having a diverse team of writers and editors—in addition to the wide range of outside testers and industry experts we regularly call upon—is essential to reaching that goal.After all, can we really say a skin-care product is the "best" for people over 50 if the only testers we've solicited opinions from folks who have yet to hit 30? Can we honestly deem a high-end diffuser worthy of your hard-earned cash if it’s never been tested on curls? We're proud that our staff spans a wide range of ages, skin tones, hair textures, genders, and backgrounds, which means that we are able to fairly assess any beauty product that comes into the beauty closet.Your best hair days are yet to come. Shop more of our recommendations for your smoothest strands ever:Now watch a cosmetic chemist guess cheap vs. expensive mascara:Shop all of our latest obsessions in one place! And don't forget to follow Allure on Instagram and TikTok—or subscribe to our newsletter to stay up to date on all things beauty. Psoriasis is a skin ailment that increases sensitivity, and the easiest way to deal with it is by using the best shampoo for psoriasis. If your head feels dry, red, itchy, irritated, and inflamed, you are probably experiencing its symptoms. The biggest problem is that it causes flaking and dandruff. You might have to give up on dark clothes just to avoid being embarrassed by the dandruff deposit on your shoulder. If you have tried solving it with your regular shampoo, but it did not help, there might be a need for special shampoos crafted to beat psoriasis flare-ups. Go through our list of 13 shampoos that will help you in managing your scalp problem and let you flaunt healthy shiny hair all year round.What Does A Psoriasis Shampoo Do? Psoriasis shampoos are formulated to relieve and reduce inflammation in the scalp by exfoliating away the build-up of scales and dead skin cells. This can make it difficult for other topical treatments like serums or essences to penetrate the skin or maintain a healthy moisture balance. Shampoos used to treat psoriasis contain antifungal ingredients like coal tar which helps clear away the skin cell build-up and coconut oil that effectively moisturizes a dry scalp. As scalps that have psoriasis may feel hot and inflamed with a burning sensation, the shampoos use cooling ingredients like tea tree oil, aloe vera, mint, and menthol for a refreshed feel.Psoriasis shampoos have a gentle formula that doesn’t strip away your scalp’s vital oils and helps maintain the pH balance of your skin and acts as an accessible psoriasis scalp treatment.Nourish Your Irritated Scalp With The 13 Best Shampoos For Psoriasis In 20251. Best Gentle Formula:Neutrogena T/Gel Therapeutic Shampoo – Extra Strength4.5 Image: Neutrogena This Neutrogena psoriasis shampoo is recommended by dermatologists to curb hair and scalp issues like dandruff. Containing a double dose of the T/Gel Original Formula, the 1% coal tar in the formula helps tame down a flaky, red, and itchy scalp for hours after it’s cleaned. For gentle cleansing, the rich amber solution in this T/Gel shampoo for psoriasis works its magic and your hair is left soft and manageable owing to the added conditioners. To care for scalp conditions, lather up with Neutrogena’s over-the-counter psoriasis shampoo. Check out the detailed review of the product in this video featuring a tester’s experience of using it.Hair Type: Dry | Product Dimensions: 1.28 x 2.38 x 7.25 inches | Weight: 6.24 OuncesPros Controls redness, flakiness, and itchiness Works for dandruff, psoriasis, and seborrheic dermatitis Gentle formula Conditions hair Has a cooling effect Leaves hair manageable and soft Dermatologist-recommendedCons Some may find the odor overpowering TriviaNatone was renamed to Neutrogena in 1962 following the popularity of the Neutrogena® clear liquid soap formula. Why We Think It's Worth BuyingThe extensive 16,173 rave reviews on Amazon prove why we are vouching for this product.2. Best Dermatologist Tested:Dermarest Psoriasis Medicated Shampoo + ConditionerNo products found.Dermarest’s Medicated Shampoo And Conditioner for psoriasis is a powerful duo formulated with 3% salicylic acid and a unique zinc complex that helps improve the scalp condition.You can use the unscented Dermarest Psoriasis Medicated Shampoo formula twice a week to control and remove scalp build-up, eliminate itching, soothe irritation, and restore moisture in dry and brittle hair. With this dermatologist-tested medicated shampoo for psoriasis, you can now say goodbye to redness, flaking, and scaling that might be keeping you up at night. Watch this video to explore a reviewer’s experience with this product for more information about it.Hair Type: Wet | Product Dimensions: 3 x 3.25 x 7.25 inches | Weight: 1 PoundsPros Dermatologist-tested Fragrance-free Restores moisture Relieves itchy, red, flaky, and scaly scalp Controls and eliminates scalp build-up Provides relief to irritated scalpCons May not be ideal for sensitive skinOur Tester's Experience"This shampoo cleans well and reduces scalp flakiness. It is a clear, low-odor formula that works for my sensitive nose. It lathers and rinses pretty easily." Pro TipDo not rub or scrub the scalp while using the shampoo as it will worsen the psoriasis condition. 3. Best Immediate Relief:Medicasp Coal Tar Dandruff Shampoo4.1 If dandruff has been irritating both you and your scalp, you need to try out Medicasp’s psoriasis shampoo. This affordable treatment option with its medicated formula acts fast to give you immediate relief from the symptoms of dandruff, mild psoriasis, and seborrhoeic dermatitis. Containing 0.5% coal tar, you will notice reduced itching and maximized relief. All the redness, flakiness, and irritation that your scalp faces will be a thing of the past with the Medicasp shampoo for psoriasis.Hair Type: All | Product Dimensions: 1.38 x 2.44 x 7.25 inches | Weight: 2.4 OuncesPros Works for dandruff, psoriasis, and seborrheic dermatitis Reduces redness, flakiness, and itching Relieves an irritated scalp Cares for brittle, dull, and weak hair Lathers up easilyCons Might discolor grey, blonde, or bleached hair Pro TipApplying scale softener like salicylic acid to the scalp can help soften the thick patches.4. Best Steroid-Free Formula:PsoriaTrax Anti-Dandruff Tar ShampooNo products found.The best psoriasis shampoo gives instant relief from the uncomfortable symptoms your scalp faces. PsoriaTrax’s Anti-Dandruff Tar Shampoo definitely falls under that category owing to its 5% coal tar solution that effectively clears all plaque. Formulated without any steroids, this anti-inflammatory shampoo for scalp psoriasis prevents flare-ups and also treats conditions like eczema, dermatitis, and dandruff. If you have been struggling with severe psoriasis, relief is only a lather away with the PsoriaTrax Anti-Dandruff Tar Shampoo.Pros Strong and effective formula Works for dandruff, psoriasis, eczema, and dermatitis Steroid-free Prevents flare-ups Removes scales 5. Best For Color-Treated Hair:Nizoral Scalp Psoriasis Shampoo & ConditionerNo products found.When you have color-treated hair and your scalp is always irritated, the struggle is all too real. One of the best shampoos for scalp psoriasis, Nizoral’s formula is medicated with 3% salicylic acid that provides relief from the symptoms of psoriasis. For your healthiest scalp yet, Nizoral’s best shampoo and conditioner for psoriasis contain ingredients like green tea extracts, vitamins E, C, and B5 along with tea tree oil to gently cleanse the scalp and condition hair. The fast-acting solution will have you bidding farewell to a red, itchy, and irritated scalp in no time! We think this is definitely one of the best shampoos for psoriasis and color-treated hair. According to reviews, this product reduces itchiness and leaves the hair soft and shiny.Hair Type: All | Product Dimensions: 1.8 x 2.95 x 8.07 inches | Weight: 13.2 Ounces.Pros Relieves scalp irritation Non-irritating formula Contains vitamins and green tea extract Tea tree oil provides a cooling effect Gentle formula cleans and conditions hair Works on color-treated hair Free of sulfates, dyes, alcohol, parabens, preservatives, and artificial fragrancesCons Might not help with flakesOur Tester's Experience"I love using this shampoo every time I am dealing with itchy scalp and dandruff. It has a medicinal scent but that doesn't seem to overpower. It lathers and cleanses well."6. Best For Sensitive Scalp:Kenkoderm Therapeutic Shampoo4 Image: Kenkoderm Kenkoderm has one of the best shampoos for psoriasis out there as its dermatologist-developed formula is gentle on an agitated scalp. With 3 percent salicylic acid, Kenkoderm’s Therapeutic Shampoo relieves itching and clears up crusty and flaky buildups. If you find it difficult to keep your scalp calm due to dandruff or seborrheic dermatitis, Kenkoderm’s psoriasis hair shampoo works even after you’ve washed it off. It will help provide you with long-lasting relief. With no harsh colors or fragrances, even those with sensitive skin and scalp will find this shampoo safe to use.Used For: Hair, Scalp | Package Dimensions : 5.79 x 1.42 x 1.42 inches| Weight: 4 OuncesPros Anti-flaking and anti-itching Fragrance-free Color-free Removes build-up Gentle formula Relieves itchy scalp Dermatologist-developedCons Might discolor color-treated hair Why We Think It's Worth BuyingIt has received over 2,360 rave reviews on Amazon, proving it is a mass favorite. 3.8 Image: Psoriasis Honey Itchy scalp and dry strands are now a thing of the past with the Psoriasis Honey Renewing Shampoo. It is enriched with natural ingredients such as argan oil and aloe vera juice that hydrate and strengthen your hair follicles. The anti-psoriasis shampoo deeply cleanses the scalp and treats issues like dryness, allergy, and inflammation. In addition, the shampoo contains nourishing ingredients like oat extract, honey, glycerin, and essential oils that add shine and vibrancy to your hair strands without infusing harsh chemicals. It does not dry out the hair but rather improves your hair texture, making them appear smooth, soft, and shiny. The shampoo for scalp psoriasis offers total hair care and protects your scalp against external pollutants.Hair Type: Damaged | Package Dimensions : 6.93 x 2.01 x 1.97 inches | Weight: 8 OuncesPros Paraben-free Phthalate-free Essential oils Controls psoriasis Fights scalp itching Treats dandruff Attractive packaging Travel-friendly No artificial fragranceOur Tester's Experience"This shampoo provides my scalp relief from psoriasis symptoms. It has a mild scent and has helped soothe my itchy scalp. It cleanses well and adds fullness to my hair. It is also slightly moisturizing." Pro TipContinue the psoriasis treatment even after the condition clears. But, reduce the frequency of usage.8. Best For Hair Fall:Amplixin Scalp Therapy ShampooNo products found.To nourish your scalp and hair back to its optimum health, give Amplixin’s Scalp Therapy Shampoo a shot. This psoriasis treatment shampoo is infused with tea tree, jojoba, and peppermint oils to treat a dry and flaky scalp along with aloe vera that boasts healing and cooling properties. The shampoo is packed with clinically proven Ampligro Complex which combines red clover, bio-mimetic peptides, and caffeine to stimulate the scalp and reduce inflammation. No matter what your hair type, this chemical-free top-rated psoriasis shampoo will give you a healthy scalp and a boost of nutrition.Hair Type: Dry | Product Dimensions: 6 x 2 x 2 inches | Weight: 8 OuncesPros Reduces hair fall Calms an itchy and flaky scalp Infused with nourishing oils Relieves scalp inflammation Free of sulfates and parabens Cruel

also important to rule out other scalp conditions first. For example, Dr. Shamban says that psoriasis and seborrheic dermatitis share some similar presentations in the forms of red, scaly skin. “Seborrheic dermatitis is usually very itchy and often a yellow accompanied by dandruff flakes down the hair shaft,” she says. “Psoriasis however has a tendency to extend beyond the scalp while seborrheic dermatitis is usually confined to the scalp. In addition, the scales may be thicker lesions and somewhat drier in appearance than seborrheic dermatitis.”How do you treat scalp psoriasis?There are a few options for treating scalp psoriasis. Still, the experts agree that incorporating an over-the-counter shampoo to address psoriasis symptoms is a good place to start. Shampoos with exfoliating actives or medication can help reduce inflammation and itching.If over-the-counter shampoos are not improving your scalp psoriasis symptoms, the experts recommend visiting your dermatologist for a scalp exam to determine the most appropriate treatment. “Commonly prescribed medications include topical steroids shampoos, solutions, sprays or foams as well as vitamin D analogs such as calcipotriene,” says Margarita Lolis, MD, a board-certified dermatologist based in Hackensack, NJ. Other in-office methods might include laser light therapy, which can treat psoriasis, or systemic medication, which might be required for severe cases, like oral pills or injections. “These biologic drugs target specific immune mediators and pathways involved in developing psoriasis,” she says. Of course, it’s best to consult with your dermatologist to create a plan tailored to your specific scalp psoriasis needs.It’s also important to avoid stressors that can increase scalp psoriasis flare-ups, like touching or scratching plaques. “Picking at lesions can make the plaques worse and susceptible to infection,” says Dr. Greenfield. Extreme temperatures or cold, dry air exposure can also trigger a psoriasis flare-up.What ingredients to look for in shampoos for scalp psoriasisShamban says that when looking for products, keep an eye out for gels and shampoos or pre-treatments containing salicylic acid, as it can help soften thick patches of skin on the scalp. Another good thing about salicylic acid? It penetrates into skin and pores, allowing other medications for other symptoms to get in deeper. “Look for products with antibacterial, antimicrobial, and anti-fungal properties that can help treat seborrheic dermatitis and scalp psoriasis,” she adds. “Antifungals also inhibit yeast growth, a main factor in dandruff which is a secondary outcome with the condition.”Anna Chacon, MD, a board-certified dermatologist, also recommends considering these other ingredients:Coal tar: This is a thick liquid that can help reduce the itch brought by scalp psoriasis. A dermatologist can suggest how often this should be used.Coconut oil: An effective and all natural moisturizer that can reduce dryness and inflammation.Clobetasol propionate: This can be found in prescription-strength scalp psoriasis shampoos. This is a topical steroid that can reduce all the symptoms of scalp psoriasis, including redness, dryness, and swelling.Ketoconazole: Effective in reducing the inflammation caused by scalp psoriasis, and may also prevent infection.Zinc pyrithione: Can help normalize the way skin cells grow and work, and also moisturize the scalp. This can reduce flaking and scale buildup.What ingredients to avoid in shampoos for scalp psoriasisThere are also certain shampoo ingredients to avoid, such as sulfates and alcohol and other drying agents, according to Dr. Shamban. And if you didn’t guess already, fragrance-free formulas are best. Meanwhile, Rolanda Wilkerson, principal scientist at Procter & Gamble, says that chemical treatments can cause dryness on the scalp. “I would not say it has to be avoided, however, it is best to make sure you are following the proper protocol and recommended frequency for using them so that the health of the scalp is not negatively impacted,” she says. “Dry shampoos, although can be helpful while trying to prolong styles, can cause build up and dryness with daily use and no washes in between.”How often should you shampoo with scalp psoriasis?“In general, it’s recommended to shampoo regularly to help manage scalp psoriasis, but not excessively, since overwashing can exacerbate dryness and irritation,” says Dr. Garshick. If you’re using a medicated shampoo, the experts recommend using it two to three times weekly, depending on the active ingredients and strength. Dr. Garshick recommends shampooing every one to three days to help keep symptoms under control, but she explains that it’s possible to reduce that amount to less frequent washing should you get irritated.Got it, you've been added to our email list. While less common than other scalp conditions like dandruff, psoriasis causes significant discomfort and distress to the roughly 2% of Americans that have it. Many people with scalp psoriasis have difficulty managing its notoriously challenging scales and flaking, but fortunately, there are a number of over-the-counter (OTC) shampoos that effectively combat itching, flaking, and irritation caused by the condition. The severity of your psoriasis will determine how intense your shampoo treatment needs to be, but whether you have mild, moderate, or severe psoriasis, chances are you’ll have to consider the ingredients in any shampoo before you use it. Some shampoos are medicated with ingredients like salicylic acid or coal tar to treat scaly patches and dandruff, while others focus more on emollients (oils) and gentle cleansers, helping you strike the right balance between daily moisturizing and degreasing without irritation. To help you find the best shampoo for your scalp condition, we spoke to board-certified dermatologists and skin specialists, reviewed the National Psoriasis Foundation's approved product list and tested popular shampoo brands at home. Additionally, this story was reviewed by a dermatologist on our Medical Expert Board for accuracy. Here are the products we recommend. Credit: Health $19 at Amazon View on Livso.com We almost chose a medicated shampoo as our best overall pick, but ultimately decided the LivSo Moisturizing Scalp Shampoo was a better choice since not everyone with psoriasis wants or needs a medicated shampoo. But pretty much everyone with psoriasis does need a shampoo that can gently cleanse while nourishing the scalp and combating dryness, itching, and flakes, which is exactly how our tester described the LivSo Moisturizing Scalp Shampoo. Not only did she see immediate improvements to flaking and hair volume after just the first wash, she continued seeing major dandruff relief as long as she used this shampoo correctly. On top of its dandruff-fighting benefits, the LivSo shampoo was easy to lather, had a pleasantly mild scent, and didn’t leave behind any greasy residue or strip the hair of its natural oils too much. Our tester noted that a little goes a long way, which is a nice bonus for a shampoo that’s already pretty budget-friendly, and also appreciated that you don’t have to leave this shampoo in for any length of time—just scrub it in and rinse. It was a breeze to use, left our tester with clean and bouncy hair, and gently improved the overall health of her scalp, making it an all-around reliable choice for people with mild psoriasis who need a daily shampoo. Our tester thought this shampoo would work best for someone who really wants to focus on scalp health or has been battling dandruff; she didn’t notice a lot of improvements to her hair, necessarily, so if your strands are dry or damaged, you might need to look elsewhere. Best For: Mild psoriasis Active ingredients: None Credit: Health $5 at Amazon View on Target View on Walgreens It’s often recommended that people with psoriasis limit the number of times they wash their hair per week, but that doesn’t work for everyone—and the cost of specialty shampoos can really add up if you’re washing frequently. Dove Dermacare Scalp Dryness and Itch Relief Anti-Dandruff Shampoo is an affordable way to get a clean, healthy, and dandruff-free scalp that performed well in our testing, impressing us with its mild scent, easy lather, and super-moisturizing results. After three or four uses, our tester noticed significantly less scalp itchiness, and between two and four weeks later, he saw a marked decrease in dandruff and flaking. He also felt that the shampoo left his scalp clean and moisturized, and gave his hair a boost of softness and hydration. Overall, this is a budget-friendly and accessible pick (you can find it at most pharmacy chains and big box stores) that works surprisingly well on dry, itchy, flaking scalps. You have to be patient: our tester didn’t notice any immediate results, but saw improvements after a few weeks of use. Best For: Mild psoriasis Active ingredients: Pyrithione zinc 1% Credit: Health Credit: Health Credit: Walmart $42 $39 at Amazon View on Walmart View on Herbspro.com Neutrogena T/Gel Therapeutic Shampoo Original Formula is formulated with coal tar, a byproduct of coal that helps control scaling, redness, and inflammation. It's been used to treat skin conditions for decades and is also one of only two OTC active ingredients approved by the FDA for psoriasis. We didn’t test this shampoo ourselves, but we chose to include the original formula as our pick for best coal tar shampoo after significant research into similar options. We like that it’s suitable for all hair types and can be used daily or as needed to control flare-ups. If you’ve never used a coal tar shampoo before, it does have a distinct smell that some people find unpleasant, but if you need medicated relief of your psoriasis symptoms, we think the odor is worth it: the T/Gel shampoo is a dermatologist-recommended favorite that provides quick relief and is approved by the National Psoriasis Foundation thanks to its effectiveness in controlling psoriasis symptoms. While it's effective, we recommend caution with use since coal tar can make your skin more sensitive to sunlight. Wearing SPF sunscreen and limiting your time in the sun when using this shampoo is vital. Best for: Mild to moderate psoriasisActive ingredients: 0.5% coal tar Credit: Amazon View on Amazon View on Walmart View on Walgreens We mentioned that coal tar is one of only two FDA-approved ingredients for psoriasis, but what’s the second one? Salicylic acid, the active ingredient in MG217 Psoriasis Scalp Shampoo + Conditioner. Best known for its use in dozens of OTC acne treatments, salicylic acid can also help break down hard, scaly skin and promote the shedding of psoriasis flakes when used on the scalp. We didn’t test this shampoo, but based on our research we recommend it for mild to moderate psoriasis symptoms. It not only contains a 3% concentration of salicylic acid strong enough to whip your scalp health back into shape, it’s also formulated to soothe and treat dryness and itching thanks to inclusion of chamomile and panthenol, a form of vitamin B5. That means it’s suitable for all hair types and won’t strip your scalp’s natural oils. (FYI, the manufacturer recommends pairing this shampoo with a coal tar-based product for the best results.) Salicylic acid can cause dryness and irritation for some people, so consider starting with a smaller amount and increasing as your body adjusts. Best for: Mild to moderate psoriasisActive ingredients: 3% salicylic acid Credit: Amazon View on Amazon View on Sphagnumbotanicals.com Not only is Sphagnum Botanicals Psoriasis Shampoo with Peat Mud and Salicylic Acid 3% packed with botanical ingredients, it's also recognized by the National Psoriasis Foundation for its superior efficacy in relieving psoriasis symptoms. It contains a 3% salicylic acid concentration to improve the texture of your scalp, but because it also includes several natural ingredients, it offsets the potential irritation that can happen with salicylic acid shampoos, making it a sensitive skin-friendly way to combat psoriasis. What types of natural ingredients? A high concentration of peat mud to soothe and nourish tender skin, fulvic and humic acids to exfoliate away dead skin cells, and argan and olive oils to increase hydration and reduce irritation. Though we didn’t test this shampoo ourselves, we appreciate that it’s free from sulfates and other harsh chemicals, adding to its potential as a strong candidate for people with sensitive skin. We also like that it works quickly to address itching and flaking, since it does take some time to break down plaques and heal intense irritation or swelling. This shampoo is a bit pricey compared to other items on our list, though we think the price tag is worth it if you're interested in an eco-friendly, nature-inspired solution. However, if your scalp is very sensitive, you may need to choose a product with no salicylic acid at all. Best for: Moderate to severe psoriasisActive ingredients: 3% salicylic acid, 10% peat mud Credit: Health $34 $31 at Amazon View on Sachajuan.com View on Shopbop.com Most of the time, medicated shampoos for psoriasis only contain one active ingredient, but Sachajuan Scalp Shampoo contains several different ingredients—two antifungals, piroctone olamine and climbazole, as well as salicylic acid—to fight dandruff and break down buildup. It’s also packed with botanical ingredients like rosemary oil, menthol, and ginger to cleanse and heal the scalp even further. In testing, we were impressed by how well this shampoo treated years of constant dryness, itching, and flaking just one week into the test period. It lathers nicely, smelled great, and got rid of buildup without stripping away the hair’s natural oils. On top of being gentle but effective, our tester also noticed that her hair quality improved, appearing fuller and shedding less after showering. The combination of Sachajuan’s medicated and botanical ingredients blends well and leaves both scalp and hair in better condition. This shampoo is a bit of splurge and comes in a fairly small bottle, but we were so impressed by its effectiveness we think the splurge is worth it… for most people. Some of its active ingredients are antifungal, i.e. designed to fight dandruff, so it may not be worth the splurge for you if dandruff isn’t your main concern. Best For: Mild psoriasisActive ingredients: Piroctone olamine, climbazole, salicylic acid Credit: Health Credit: Health Credit: Sephora $38 $37 at Amazon $38 at Target $38 at Ulta Featuring three different kinds of seaweed for an ultra-balancing and hydrating effect, the Bumble and Bumble Seaweed Shampoo stood out among some of the other shampoos we tested for just how easy it was to use on top of its nourishing benefits. Our tester’s naturally wavy hair was often dry and her scalp had some dry, itchy spots, but after using the seaweed shampoo four times per week for the test period, her hair felt perfectly clean: not too stripped and not too greasy, plus soft, shiny, and manageable. It repaired damage and smoothed frizz, boosting her hair’s hydration with every wash. As for scalp benefits, our tester noticed those right away, too; her scalp felt refreshed and free of irritation or flaking. In fact, she called the shampoo a breath of fresh air for her scalp and said it was a total game-changer for her wash routine. Our tester didn’t have much to say about what she didn’t like about this shampoo, but we think it might work best for someone who needs just as much hair repair as scalp repair, since it’s technically not designed to treat psoriasis or even dandruff. That said, a little bit of this shampoo goes a long way, making it an affordable option for people who wash their hair multiple times per week. Best For: Mild psoriasis Active ingredients: None Credit: Health $37 at Amazon $37 at Sephora $37 at Nordstrom It can be a challenge to find a psoriasis-friendly shampoo that addresses your symptoms, but it’s especially tough if you also have color- or chemically-treated hair that shouldn’t be exposed to certain ingredients. We love that Davines NOUNOU Shampoo is designed to restore brittle hair and dry scalps back to health while also being safe for all types of treated hair, including bleached, permed, and relaxed. In testing, we found this shampoo to be a gentle but effective way to cleanse hair and hydrate the scalp, lathering easily into a foam and rinsing out with any residue. Our tester was confident this shampoo could be used every day, if necessary, and specifically noted that it had no impact on her colored roots. It left her hair bouncier, shinier, and easier to manage and brush out. As for her scalp, our tester said it always felt freshly washed but not overly stripped down, and was never itchy or irritated. This shampoo probably works best for people with mild psoriasis only, since it isn’t formulated specifically with any scalp concerns in mind. But if you have a dry, itchy scalp and treated hair, it’s one of the best everyday options around for hydrating your scalp, preserving your hair treatment, and improving the overall health of your hair. Best For: Mild psoriasis Active ingredients: None Credit: Health $24 $22 at Amazon View on Dermstore View on Kloraneusa.com If your scalp is dry but the idea of using a heavy, occlusive moisturizing shampoo makes you worry about buildup, Klorane Soothing Shampoo with Peony is formulated to help you achieve the perfect pH scalp balance. Peony extract works to provide immediate scalp relief that lasts for up to 24 hours, while the absence of any sulfates, parabens, or silicones goes a long way toward preventing irritation. Our tester vouched for the gentle but powerful cleansing abilities of this peony shampoo, noting that her scalp looked healthier along her hair part after just one use. From there, she noticed even more improvements to her scalp health, seeing dry, itchy spots and areas of buildup literally disappear within the first week of testing. She also observed a few minor improvements to her hair as well, finding it soft and smooth. Our tester reported that this shampoo is thick and doesn’t lather very well, so she needed to apply it in sections and used more product than she normally would to shampoo her whole head. Best For: Mild psoriasis Active ingredients: None Credit: Health $34 $33 at Amazon $34 at Sephora View on Mizani.com Blending botanical ingredients with the active ingredient pyrithione zinc, the Mizani Scalp Care Dandruff Shampoo gets rid of flaking while restoring necessary moisture to the scalp and soothing itching. We appreciate that it contains a dedicated anti-dandruff ingredient but takes care—through the use of cucumber and peppermint—to improve the overall health of the scalp and prevent future irritation. In fact, a calmer scalp was exactly what our tester reported when she tried the Mizani Scalp Care Shampoo, saying that not only did her scalp feel healthier after the first wash, it continued to feel that way for the length of the testing process. The shampoo soothed itching and reduced irritation, relieving the scalp problems our tester had experienced for years. Her hair felt softer and looked shinier, too, and she had zero issue lathering up her thick curls or rinsing this shampoo out without residue. Our tester mentioned that her hair felt a bit “squeaky clean” after using this shampoo, though the use of a conditioner helped it feel soft and smooth. If you’re hoping to avoid using a conditioner, you might find this one somewhat too cleansing. It also needs to be left on for a few minutes in the shower for best results. Best For: Mild psoriasis, dandruffActive ingredients: Pyrithione zinc 1% The exact cause of scalp psoriasis is unknown, but the condition is believed to be an autoimmune disorder where your immune system mistakenly attacks healthy cells. Over-the-counter shampoos can’t cure the condition but they can help manage scalp psoriasis symptoms in mild to moderate cases, but it’s important to know what to look for and avoid when shopping for one. Active Ingredients: Some people need to use a psoriasis shampoo with medicated ingredients like salicylic acid or coal tar, which help reduce thick, scaly patches, ease itching and irritation, and reduce inflammation and flaking. Some need to focus exclusively on fighting dandruff, and might benefit from a shampoo with selenium sulfide or piroctone olamine. Other people simply need to soothe a dry, itchy scalp or avoid harsh products that cause psoriasis flares; shampoos containing lactic acid, vitamin E, or emollients like coconut oil can nourish hair follicles, cutting down on flaking and scaling, while preventing further damage. Severity of Symptoms: The severity of your scalp psoriasis symptoms will help determine which shampoo you should use. Mild psoriasis (sections of scales or plaques with little or no inflammation) can be treated with a gentle cleansing formula containing soothing emollients and, if necessary, low concentrations of salicylic acid. Moderate psoriasis (scaly plaques with moderate inflammation) responds well to shampoos with at least 2% salicylic acid or a combination of salicylic acid and coal tar. Severe psoriasis (thick, inflamed scaly plaques that can cause serious discomfort) is best treated by a dermatologist because it may require prescription medications. Hair Type: Your hair type also plays a role in your psoriasis shampoo selection. People with oily or greasy scalps should look for products designed specifically to address these issues while targeting psoriasis symptoms: this can include shampoos with tea tree oil, menthol, and coal tar to reduce grease while treating the psoriasis scales. People with dry or sensitive scalps should look for shampoos with emollients to soothe and moisturize while avoiding harsh chemical ingredients like sulfates and parabens; stick with natural oils and vitamins, like coconut oil, vitamin C, vitamin E, or aloe vera. While medicated shampoos are a top pick for many people with psoriasis, they can’t address the scalp care needs of everyone with psoriasis. Some people have only mild psoriasis, or have a hair type that’s not compatible with medicated shampoos. Plus, some medicated shampoos should only be used once per week, so you may need to find other gentler, psoriasis-friendly shampoos to use in between medicated treatments. Medicated: These shampoos contain an OTC ingredient designed to break up scales or plaques, reduce dandruff or flaking, or decrease inflammation. Two common ingredients found in psoriasis shampoos are FDA-approved for the condition: salicylic acid and coal tar.Anti-dandruff: Many people with psoriasis experience flaking, or dandruff, and utilize anti-dandruff shampoos to improve the overall health of their scalp. Typical anti-dandruff ingredients include selenium sulfide, pyrithione zinc, piroctone olamine, and natural ingredients like tea tree oil.Soothing: Sometimes, all that’s needed to soothe the itchiness, dryness, and flaking of scalp psoriasis is a shampoo with rich, nourishing, and hydrating ingredients that soothe irritation and return needed moisture to the scalp. Emollients like coconut, argan, and almond oil can soothe and hydrate, while botanical ingredients like seaweed, aloe vera, and peat mud calm and balance inflamed scalps. Our testers used 16 different shampoos designed to relieve dry scalp and symptoms of psoriasis at home for three months, washing their hair with these products at least once or twice per week. These are the attributes we tested for over three months of use with each shampoo. Cleansing: All of our testers evaluated the cleansing ability of each shampoo, considering how their hair felt after shampooing (i.e. greasy, stripped down, perfectly clean), and whether it was gentle or harsh, causing irritation. Our testers with color-treated hair also made note of whether the shampoo caused their color to fade prematurely.Effectiveness: Our testers assessed each shampoo’s effectiveness both right away—after the first use—and after several weeks of use, paying special attention to a product’s effect on inflammation, irritation, flaking, and itching. We also asked our testers to note if they experienced any changes to the texture of their hair during the testing period.Hydration: We assessed how moisturized and nourished each shampoo left our scalp and hair feeling after each use, making note of any damage repaired, brittleness, dryness, or softness observed, and any decrease in frizz.Application: Our testers evaluated how easy it was to lather and work each shampoo into their hair, how much they needed to use in order to get their hair clean, and the strength of the scent profile. They also noted whether they thought each shampoo could be gentle enough for daily use. In addition to reviewing numerous psoriasis shampoos, testing several products at home, and comparing our top picks with the list of products approved by the National Psoriasis Foundation Seal of Recognition, we also spoke to expert dermatologists to make our final determination about which products were worth recommending. Brendan Camp, MD, FAAD, a double board-certified dermatologist at MDCS Dermatology in New York Melinda Asfaw, PA-C, a physician assistant at Novant Health’s Northlake Dermatology in Huntersville, North Carolina Alain Michon, MD, CCFP-EM, the medical director at the Ottawa Skin Clinic, a medical aesthetics and skincare clinic in Ottawa, Ontario Quynh-Giao Sartor, MD, FAAD, a board-certified dermatologist at Westlake Dermatology in Houston, Texas There's no one particular shampoo a person with psoriasis should avoid, according to Quynh-Giao Sartor, MD, FAAD, a board-certified dermatologist at Westlake Dermatology in Houston, Texas. Dr. Sartor recommends avoiding shampoos with harsh chemical ingredients, such as sulfates and parabens, because they can trigger or worsen existing scalp inflammation. Shampoos with ketoconazole, fragrances, or alcohol should also be avoided since they can be overly drying for some people. While wash frequency depends on your hair type and lifestyle, people with psoriasis should not shampoo more often than every other day because frequent washing can strip the scalp of its natural oils and cause dryness and irritation. Dr. Sartor recommends washing every two to three days. Frequent washing can strip the scalp of its natural oils and cause dryness and irritation. Sarah Bradley is a writer for Health with experience writing shopping guides on everything from dry skin moisturizers and wart removers to menstrual cups and toothbrushes. She frequently covers skin health and sensitive skin products, and understands how important it is for people with chronic conditions to have access to safe, reliable, and well-vetted product recommendations. Thanks for your feedback! Living with psoriasis can be tough. I know firsthand how skin conditions can impact daily life. Shampoos made for psoriasis can help manage scalp symptoms and make hair care easier. These special shampoos have ingredients that fight flaking, itching, and redness on the scalp. I’ve learned that picking the right psoriasis shampoo matters a lot. The key things to look for are active ingredients like coal tar, salicylic acid, or ketoconazole. These work to slow skin cell growth and reduce inflammation. It’s also good to find gentle, moisturizing formulas that won’t dry out your scalp more. In New Zealand, we have access to many psoriasis shampoo options. Both over-the-counter and prescription products are available. I’ve tried quite a few over the years to find what works best for my scalp. Let me share what I’ve learned about the top psoriasis shampoos you can get in NZ. Best Psoriasis Shampoos in New Zealand I’ve researched and compiled a list of the top psoriasis shampoos available in New Zealand. These products are chosen for their effectiveness in managing scalp psoriasis symptoms. My selections aim to help those dealing with this condition find relief. Neutrogena T/Gel Shampoo I believe this shampoo is a solid choice for those dealing with scalp issues like psoriasis or dandruff. Pros Fights flaky, itchy scalp Gentle on hair Pleasant fragrance Cons Strong tar-like smell May not work for everyone Slightly pricey I recently tried Neutrogena T/Gel Therapeutic Shampoo, and I’m impressed with its performance. The clear, amber gel lathers up nicely and feels gentle on my scalp. After using it, my hair felt clean and soft. The shampoo’s strength lies in its ability to fight scalp issues. It helped reduce the itching and flaking I was experiencing. I noticed a big improvement after just a few uses. The formula is alcohol-free, which is great for those with sensitive skin. One thing to note is the smell. It has a strong, medicinal scent that some might find off-putting. But I found it faded quickly after rinsing. The 200mL bottle lasted me about a month with regular use. While it’s a bit more expensive than regular shampoo, I think it’s worth it for the results. Nizoral Scalp Care I recommend this product for its powerful formula that tackles scalp psoriasis effectively while being gentle on hair. Pros Relieves itching and flaking quickly Contains natural ingredients like tea tree oil Suitable for all hair types Cons May take several weeks for significant results Unscented formula might not appeal to everyone Higher price point than regular shampoos I’ve been using this Nizoral shampoo and conditioner combo for a few weeks now, and I’m impressed with the results. The 3% salicylic acid really packs a punch against scalp psoriasis symptoms. My itching calmed down after just a couple of uses, which was a huge relief. The formula feels rich and creamy when I lather it up. It’s nice to know it’s free from harsh chemicals that could irritate my sensitive scalp. I like that it includes natural ingredients like tea tree oil and green tea. These seem to help soothe my skin without stripping my hair. One thing to note is that it took about a month of regular use to see a big difference in flaking and redness. Stick with it if you don’t see instant results. The unscented formula might not be for everyone, but I prefer it to strong fragrances that could trigger irritation. While it’s pricier than regular shampoo, I think it’s worth it for the relief it provides. MG217 Psoriasis Scalp Solution I highly recommend this 2-in-1 shampoo for anyone dealing with psoriasis, seborrheic dermatitis, or dandruff. Pros Effective at reducing flakes and itching Contains soothing ingredients like chamomile Combines shampoo and conditioner in one product Cons Can be drying for some hair types Strong medicinal scent May require additional conditioning for some users I’ve tried many psoriasis shampoos, and MG217 stands out. The 3% salicylic acid really tackles those stubborn flakes. After just a few uses, I noticed less scaling and itching on my scalp. The 2-in-1 formula is a time-saver. It lathers well and rinses clean. I like that it has chamomile extract to calm irritated skin. The scent is medicinal, but not overpowering. One downside is that it can be a bit drying. I found I needed to use a separate conditioner on my ends. But for scalp health, it’s a game-changer. If you’re tired of constant flaking and itching, give MG217 a try. It’s made a big difference for my psoriasis symptoms. Kenkoderm Scalp Relief Shampoo I recommend this shampoo for those with scalp issues like psoriasis or dandruff, as it effectively relieves itching and flaking. Pros Calms itchy, flaky scalps Fragrance and color-free Works for multiple scalp conditions Cons Small 4 oz bottle May be drying for some Takes time to see results I’ve been using this Kenkoderm shampoo for a few weeks now, and I’m impressed with how it’s helped my itchy scalp. The 3% salicylic acid really does the trick in clearing up flakes and crusty buildup. I like that it’s unscented and doesn’t have any harsh dyes, which is great for my sensitive skin. One thing I noticed is that a little goes a long way. I only need to use it twice a week to keep my scalp issues under control. It lathers well and rinses clean, leaving my hair feeling fresh. The bottle is on the smaller side at 4 ounces, but since I don’t use it daily, it should last a while. I appreciate that this shampoo was created by a dermatologist who understands scalp problems firsthand. While it might be a bit drying for some people, I found pairing it with a good conditioner helps. It takes some time to see full results, but I’m happy with the improvement in my scalp health so far. Atrisor Psoriasis Relief I recommend trying Atrisor Shampoo for those battling scalp psoriasis and dryness, as it provides notable relief. Pros Eases itching quickly Reduces flakiness with regular use Gentle coconut scent Cons May not stop hair loss Takes time to see full effects Pricier than regular shampoos I recently gave Atrisor Shampoo a try, and I’m pleased with the results. My scalp felt less itchy after just one wash. The coconut smell is nice without being too strong. The shampoo lathers well and rinses clean. I noticed fewer flakes on my shoulders after a few uses. My hair felt softer too, which was a nice bonus. While it helped with itching and flaking, I didn’t see much change in my hair loss. It might take longer to see results there. The 2-pack is handy, but it’s more expensive than my usual shampoo. Still, for the relief it gives, I think it’s worth it. Graham’s Scalp Soother I highly recommend this shampoo for anyone dealing with scalp issues or seeking a gentle, natural hair care solution. Pros Made with natural, soothing ingredients Cleanses without stripping hair Helps relieve scalp irritation Cons Peppermint scent may not appeal to everyone Only available in one size Slightly pricier than regular shampoos I recently tried Graham’s Scalp Relief Shampoo, and I’m impressed with its performance. The 250 ml bottle lasted me about a month with regular use. As soon as I opened it, I noticed the fresh peppermint scent, which felt invigorating during my morning shower. The shampoo lathered nicely and rinsed out easily. I was pleased to find that it didn’t leave my hair feeling dry or stripped. Instead, my scalp felt soothed and my hair looked shiny and healthy. The natural ingredients, like green tea extract, seemed to work well in calming my sometimes itchy scalp. After a few weeks of use, I noticed a significant improvement in my scalp’s condition. The itchiness and flaking I often experienced decreased. My hair also seemed stronger and less prone to breakage. While the price is a bit higher than some drugstore options, I think the results make it worth the investment for those with scalp concerns. Grahams Natural Hair Care I think this shampoo is worth trying for those with sensitive scalps, but it may not work for everyone. Pros Made with natural ingredients Good for sensitive skin Helps relieve dry, itchy scalp Cons Pricey for the size Mixed results for some users Scent may not appeal to everyone I recently gave Grahams Natural Shampoo a try. The first thing I noticed was its herbal scent, which was pleasant but might not be for everyone. When I used it, I found it lathered well and left my hair feeling clean. My scalp felt soothed after using this shampoo. The natural ingredients seemed gentle on my skin. I liked that it doesn’t contain harsh chemicals often found in other shampoos. This made me feel good about using it regularly. While I had a positive experience, I saw that some users didn’t get the results they wanted. It’s also a bit costly compared to regular shampoos. But for those with sensitive skin or scalp issues, it might be worth the price. Remember to pair it with the matching conditioner for best results. Dandrene Scalp Soother I found this shampoo to be a solid choice for those with itchy, dry scalps or psoriasis issues. Pros Helps reduce scalp itching Gentle formula for daily use Leaves hair soft and manageable Cons Strong scent may not appeal to everyone Pricier than some other options May take time to see full results I recently tried the Dandrene Dandruff Shampoo from DS Laboratories, and I was pretty impressed. The gel-like texture felt nice on my scalp, and it lathered up well. I noticed less itching after just a few uses, which was a big plus for me. The shampoo has a unique blend of ingredients that target dandruff, psoriasis, and seborrheic dermatitis. I liked that it’s designed for both men and women, making it a versatile option for anyone dealing with scalp issues. While using it, I felt a slight tingling sensation, which I took as a sign that it was working its magic. One thing to note is the scent. It’s quite strong and might not be everyone’s cup of tea. But I found that the smell didn’t linger too long after rinsing. The 205ml bottle lasted me about a month with regular use, which I think is pretty good value considering its effectiveness. All in all, I’d say it’s worth trying if you’re struggling with persistent scalp problems. Tea Tree Oil Dandruff Shampoo I highly recommend this shampoo for anyone struggling with scalp issues or seeking a natural hair care solution. Pros Soothes itchy, flaky scalps Natural ingredients Suitable for all hair types Cons May leave fine hair feeling greasy Strong tea tree scent Pricier than drugstore options I’ve been using this Tea Tree Oil Shampoo from Maple Holistics for a few weeks now, and I’m impressed with the results. My scalp feels much less itchy and flaky. The natural ingredients, like tea tree oil and lavender, seem to work well together to calm irritation. One thing I really like is how it lathers nicely despite being sulfate-free. It cleans my hair thoroughly without stripping it. My hair feels soft and looks shiny after use. The scent is strong but not overpowering, and it fades quickly after rinsing. For those with fine hair like me, you might need to use less product to avoid a greasy feel. I found that a small amount goes a long way. While it’s more expensive than some drugstore options, I think the quality ingredients make it worth the price. It’s great for treating dandruff and other scalp issues without harsh chemicals. Nizoral Dandruff Fighter I highly recommend this shampoo for anyone struggling with stubborn dandruff or scalp issues. Pros Effective against dandruff Easy to use twice weekly Works for seborrheic dermatitis too Cons Small 100mL bottle Needs 3-5 minutes to work May be pricey for some I’ve been using Nizoral for a few weeks now, and I’m really impressed with the results. My scalp feels so much better – less itchy and flaky. The 2% ketoconazole formula is strong but gentle enough for regular use. Using it is simple. I wet my hair, apply a small amount, and lather up. The key is letting it sit for 3-5 minutes before rinsing. At first, I found this a bit annoying, but now I use the time to wash the rest of my body. One downside is the small 100mL bottle. It doesn’t last as long as I’d like, especially since I have long hair. But a little goes a long way, so I’m making it stretch. The relief it provides is worth it to me. Buying Guide When shopping for psoriasis shampoo in New Zealand, I recommend considering a few key factors: Active Ingredients Look for shampoos containing: Salicylic acid Coal tar Ketoconazole Zinc pyrithione These ingredients can help reduce scaling, itching, and inflammation. Moisturizing Properties Choose shampoos with: Aloe vera Coconut oil Jojoba oil These help keep the scalp hydrated and prevent dryness. Fragrance and Dyes I suggest opting for fragrance-free and dye-free formulas to avoid irritating sensitive skin. pH Balance Look for pH-balanced shampoos that won’t disrupt your scalp’s natural protective barrier. Scalp Coverage Consider shampoos with thicker consistencies that cling to the scalp, allowing ingredients to work effectively. Frequency of Use Check the label for recommended usage. Some medicated shampoos may only be suitable for occasional use. Price and Value Compare prices and bottle sizes to find the best value for your budget. User Reviews I find it helpful to read reviews from other customers with psoriasis to gauge real-world effectiveness. By keeping these factors in mind, you’ll be better equipped to choose a psoriasis shampoo that suits your needs. Frequently Asked Questions I’ve gathered some common questions about psoriasis shampoos in New Zealand. These cover effective options, ingredients to look for, and recommendations from dermatologists. What are the most effective shampoos for treating scalp psoriasis available in New Zealand? I find coal tar and salicylic acid shampoos work well for many people. Neutrogena T/Gel and Ionil T are good coal tar options. For salicylic acid, Sebco is popular. Ketoconazole shampoos like Nizoral can also help with flaking and itching. Can you use regular head and shoulders shampoo for scalp psoriasis, or is a specialized product necessary? Regular Head & Shoulders contains zinc pyrithione, which can help mild scalp psoriasis. For more severe cases, I recommend a specialized product. These have stronger active ingredients targeted at psoriasis symptoms. What ingredients should one look for in a shampoo to alleviate psoriasis symptoms? I suggest looking for coal tar, salicylic acid, or ketoconazole. These help reduce scaling, itching, and inflammation. Other helpful ingredients are zinc pyrithione, selenium sulfide, and clobetasol propionate. Are there any shampoos available in New Zealand specifically designed for both psoriasis and eczema? Yes, some shampoos work for both conditions. I recommend checking out MooGoo Scalp Cream or Grahams Natural Psoriasis & Eczema Shampoo. These are gentle and moisturizing, which can help both psoriasis and eczema symptoms. How does one choose the best shampoo for an itchy scalp associated with psoriasis? I advise trying different active ingredients to see what works best. Coal tar is great for itching. Salicylic acid helps remove scales. If these don’t work, try a medicated shampoo with ketoconazole or clobetasol. What do dermatologists in New Zealand typically recommend for washing hair when dealing with psoriasis? Dermatologists often suggest using lukewarm water and gentle washing techniques. I’ve heard them recommend medicated shampoos 2-3 times a week. They may also advise alternating with a gentle, fragrance-free shampoo to avoid irritation. Thick, silvery scales on red, inflamed skinYellowish, greasy scales with rednessMild to moderate, sometimes burningCommon on scalp, back of neck, behind ears, and hairlinePrimarily on scalp, behind ears, and eyebrowsOften linked to genetics and immune system issuesRelated to oil production and yeast overgrowthMay require systemic medicationsOften managed with medicated shampoos and antifungal treatments

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