DR. TERZILER EXCLUSIVE CLINIC / HAIR CARE

Dry Hair Rescue Plan

A simple checklist for dry ends, rough texture and breakage.

1 Choose wash days that suit your scalp

- [ ] Shampoo the scalp gently when it needs cleansing. Let the rinse run through the lengths.
- [ ] Condition after each wash. Focus on the lengths that feel dry or catch when combed.
- [ ] A lower-pH shampoo is optional if the pH is reliably disclosed. A number alone does not tell you whether the formula suits your scalp.

2 Reduce friction and heat

- [ ] Blot with a soft towel rather than rubbing. Detangle gently, starting at the ends.
- [ ] If you blow-dry, use low heat and keep the dryer moving. About 15 cm (6 inches) was tested in a hair-fiber study.
- [ ] Wear a swim cap and rinse hair after the pool. A little pre-wash coconut oil on the lengths is optional.

3 Check loose strands and coverage separately

- [ ] A loose full-length hair may have a pale club end. A short piece with a frayed end may be broken. You do not need to pull a hair to check.
- [ ] Compare your usual shedding and part width. If shedding persists, your part widens or bald patches appear, ask for a scalp assessment.

This week, note one change

Wash days or routine I tried: _____

What felt or looked different: _____

Read the complete dry hair guide

Sources: American Academy of Dermatology; Dias et al. (2014); Lee et al. (2011); Rele & Mohile (2003).

Use this for observations and routine choices. It does not diagnose the reason for hair loss.