

7 New Ways to Boost Your Hair-Care Routine This Year

BY ELIZABETH SIEGEL

MAY 16, 2018



Adriana Duduleanu / EyeEm

Over the past few years, skin care has become **quite a big deal** in our culture. Blame the internet, blame the **ever-growing popularity of K-beauty**, blame it on the Goose, whatever. But if an extensive skin-care routine just isn't enough to satisfy your beauty junkie inclinations, it may be time to apply such obsessive practices to your hair. And lucky for you, we've got the case (and the game plan) for a hair-care routine as sophisticated as your skin-care regimen — sheet masks, peels, serums, and all.

1. Exfoliate weekly.

Chemical peels for your scalp sound bananas but make good sense. Dead skin cells linger on your scalp between washes, which can lead to breakouts at your hairline and flakiness at your roots. “Plus, there’s the oil from hair follicles, the products you’ve used — if you don’t take all of that away, your scalp and your hair won’t be as healthy,” says cosmetic chemist Kelly Dobos. Handily, there are peels and scrubs specifically for the scalp, and you can simply massage them from your hairline to the nape of your neck once or twice a week. Chemical peels with alpha and beta hydroxy acids “speed up cell turnover on the scalp, like they would for your face, which helps manage flakes,” says Dobos. You can find both acids in [Philip Kingsley Exfoliating Scalp Mask](#) and [Biologique Recherche Lotion P50 Capillaire](#) (a version of the cult facial toner with added pine bark and nettle extract to balance sebum). Grittier scrubs are better for removing product and oil buildup — we like [Christophe Robin Cleansing Purifying Scrub](#), whose graininess comes from sea salt, and [L’Oréal Paris EverFresh Micro-Exfoliating Scrub](#), which has apricot-seed powder.

