

Yogurt

BBC Radio Hereford and Worcester on air question.: Are there any benefits to applying yogurt to your scalp and hair?

If you are considering applying a yogurt to your hair to soothe and cleanse, then you will need to use a plain natural Greek yogurt without any additives or flavouring any These yogurts are rich in proteins and lactic acid.

Protein is the building block for healthy body, hair and skin, when eaten as opposed to applying externally. The ingredient pantothenic acid (vitamin B5) within the natural yogurt when absorbed during eating, helps with blood flow throughout the body.

There are a number of people who are extremely happy to apply yogurt to their hair and scalp and believe that it makes the hair grow but I have seen evidence to support this. However, using yogurt to coat the hair may help soften and condition it and it may also help to soften and remove any scale on the scalp, such as dandruff (pityriasis capitis) .. The softening and conditioning role of the yogurt is likely however to be counteracted by the shampooing needed to remove the yogurt, which of course should not be used as a 'leave in' product.

If you are concerned about any of the issues raised above regarding removing scale and how to safely look after your hair, then you should seek a consultation with a registered Trichologist.

Carol Walker FIT LCGI Cert.Ed
Consultant Trichologist
Fellow of Institute of Trichologist (London).

57 The Ridgeway, Burntwood, Staffordshire. WS7 4SP
WWW.birminghamtrichology.co.uk
cpw@birminghamtrichology.co.uk
Tel: 01543 670717

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