

# How to Combat Lockdown Scalp (Skin) and Hair

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**Received:** 15 Oct, 2022, Manuscript No. ACR-22-21116; **Editor assigned:** 19 Oct, 2022, PreQC No. ACR-22-21116 (PQ); **Reviewed:** 29 Oct, 2022, QC No. ACR-22-21116 (Q); **Revised:** 05 Nov, 2022, Manuscript No. ACR-22-21116 (R); **Published date:** 09 Nov, 2022, DOI.10.37532/22.11.5.1

## Abstract

Due to the pandemic period COVID-19 our scalp and hair has become confused, whilst spending time indoors, mask wearing, central heating, unprofessional home care regime, such as box and over the counter (OTC) hair care products and the temperature change due to the autumn/ winter season.

**Keywords:** Hair Scalp • Hair Health • Hair follicle • Trichology

## Introduction

Hair Health & Vitality Clinic would like to remind us that just as we put into our bodies through our diet, it is the same process for skin and hair health. It is important to read and understand the jargon on the labels with the list of ingredients of which can cause anxiety with the usage of scientific terminology. Please contact us on: [www.hairloss-trichology.com](http://www.hairloss-trichology.com) for additional advice. Hair Health and Vitality Consultant Trichologist advanced specialist has some valued advice to hand.

Graft survival after a hair transplant is essential for getting the best-looking outcome. The growth and survival of follicular grafts following hair transplantation are influenced by a variety of factors. When performing hair transplant surgery, the shape of the hair follicle should be one of the most important considerations. The shape of the hair and the angulation of the hair follicle in the scalp both have an impact on how the hair grows [1,2].

### Stress

Stress produces a cortisol hormone of which is necessary for fight or flight. It elevates the blood pressure, heart rate, and metabolism for energy outburst, but also increases oil production (excess sebum) on the scalp. Hair Health & Vitality Clinic would advise frequent shampooing and conditioning with the correct prescribed products. The better action you take in self-care for mind, body and soul the better the immunity response, and the more relaxed the skin will become throughout as it is the largest organ of our body.

### Central heating

This is a source of which saps up the water from our skin, creating

problems or concerns of dry, flaking and itchy patches throughout. Internal (indoor) pollution: Contributors created by indoor pollution are from bacteria, dead skin cells, dust to mildew and mould all of which contribute to irritation, dehydration, infection and inflammation to the scalp (skin). Along with other volatile organic compounds such as chemicals from candles, cleaning products, house paint, laundry detergent, furniture polish, aerosol detergents, air fresheners, hairspray can all lead to a diagnosis of dermatitis, eczema, pigmentation and signs of ageing. The worst of the bunch is cigarette smoke of which is absorbed directly through the skin membrane, causing lines, wrinkles and skin (scalp) sensitivity.

Hair Health & Vitality Clinic would like to advise regular vacuuming, floor cleaning, stop smoking, frequent scalp and hair shampooing and conditioning with the correct prescribed products for the hair type or concerns/problems. Vitamin D deficiency: Due the pandemic we have been spending more time indoors and this can have an impact on our vitamin D level, given the source is obtain from sunlight. The skin not only creates vitamin D from sunlight, but responds to it by the use of special vitamin D receptors. Vitamin D helps to produce and maintain skin cells for healthy barrier function, whilst lack of it can cause inflammation, poor skin health, dryness on the scalp along with other conditions such as acne, rosacea and psoriasis. Vitamin D is an essential hormone required by the body for various health benefits.

Hair Health & Vitality would advise an intake of the vitamin D supplement of at least 4000iu daily to maintain skin health throughout the year and winter months for optimal health or if the Vitamin D levels are depleted the 20,000IU is recommended. NB: It is important to have your Vitamin D levels check prior to digesting the wrong IU's [3].

### Mask/ hair/ face shields

Hair and face coverings can cause skin breakouts, always remember to clean everything that touches your skin, including pillowcases, flannels, towels, and phone devices to avoid bacteria and cross contamination infection. Hair Health & Vitality Clinic highly recommends frequent scalp and hair shampooing to avoid scalp and hair infection or diseases.

### Anti-bacterial gels

Fantastic for combatting germs, but research has shown we touch our faces or scalp more frequently than we realise. The anti-bacterial product, can affect the normal flora of the skin along with the high alcohol content can cause scalp/skin dehydration. Hair Health & Vitality Clinic would strongly advise to work your hands prior to touching the face, scalp to avoid unpleasant adverse reactions.

## References

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