

Seasonal Scalp Rescue Checklist

A simple, science-backed routine to keep your scalp balanced,
your hair thriving, and your routine stress-free, no matter the
season.

1) Wash Routine (Every Wash Day)

- Conditioner first (mid-shaft to ends): On wet hair, apply conditioner only to the hair shaft and ends. Leave it in, do not rinse yet.
- Emulsify shampoo: Work shampoo between your fingertips to activate it, then apply directly to the scalp (shampoo is for the scalp).
 - Massage the scalp: Use pads of fingers to gently scrub the scalp in sections for 60–90 seconds.
- Treatment shampoos: If using a hair-loss/treatment shampoo, let it sit on the scalp for 2–5 minutes for proper absorption.
 - Rinse together: Rinse shampoo and the remaining conditioner out at the same time.

2) Weekly Exfoliation Product: Innersense Organic Beauty True Enlightenment Scalp Scrub. The peppermint helps stimulate healthy blood flow while the clay base soothes and detoxes the scalp, removing sebum and toxin buildup.

- When: 1–2× per week depending on buildup and season. ■ How: Apply to damp scalp, gently massage, then rinse thoroughly before shampooing, or use as your first cleanse on heavy-buildup days.

3) Post-Shower Nourish

- LockRx Bio Balance: Mist or apply to scalp after the shower to help balance the scalp microbiome and nourish the skin.
- Hair Renew Scalp Oil: After Bio Balance, massage a small amount of oil into the scalp for proper hydration and comfort.

4) Rhythm & Frequency

- Wash rhythm: Keep the scalp clean by washing at least every other day.
- Exfoliation: 1–2× weekly depending on oil/buildup, hat use, workouts, and season.

5) Hydration & Heat Protection

- Hydrate your body: Drink quality water and add electrolytes for better cellular hydration (your scalp is skin too).
- Thermal protection: Before hot tools, use a heat protectant like Innersense Hair Love Prep Spray.

Seasonal Notes

- Cold, dry months often need a touch more hydration and consistent exfoliation to prevent flakes from compacting on the scalp.
- Warm, humid months may call for extra clarifying/exfoliation after workouts, sweat, hats, and sunscreen transfer.
- Adjust frequency based on how your scalp feels: balanced = comfortable, clean, and calm.

Remember: shampoo is for the scalp, conditioner is for the hair. Lead with conditioner on the mid-lengths and ends, then cleanse the scalp for a balanced, healthy foundation.



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