

SAMPLE – Men’s Shampoo

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Men’s Shampoo

With so many men’s shampoo products lining the men’s grooming sections in supermarkets and online stores, the choice to pick one for your hair could be a tough one. Trying several products and deciding on the shampoo that best suits your hair type could be a way of going about it, though it may take you some time to get to the one that works wonders for your hair. Some basic knowledge about the different types of shampoos would surely help in your quest. This section of our website will help you pick the best men’s shampoo products, helping you make the right decisions based on your hair type.

Shampoos for normal hair

The most basic classification of hair is being ‘normal’, ‘oily’ or ‘dry’. Normal hair can be identified by the fact that they stay roughly the same throughout the day - they don’t feel excessively dry or oily by the end of the day. Shampoos for normal hair work for this hair type. These shampoos are usually gentle and do not strip the hair of natural oils. They work well for most men, and are generally the safest choice if you are not sure of your hair type. They also work the best as daily use shampoos.

Shampoos for oily hair

Men with this hair type will find that their hair feel ‘greasy’ for most part of the day. Shampoos for oily hair are formulated such that they cleanse the hair of the oil, to leave them looking ‘normal’ and non-oily. These shampoos contain cleansers, which have the ability to strip the hair of excessive oil. They are ideal for men with oily hair, but men with dry or normal hair should avoid these shampoos, as they can leave their hair drier and scalp itchy. Some of the components used in these shampoos include menthol and tea tree oil, though all products may not have these ingredients.

Shampoos for dry hair

Men with dry hair often find that their scalp feels itchy and the hair has very little moisture or oil in them. Shampoos for dry hair are intended to add moisture to the hair and scalp. So if you possess this hair type, then you should be looking for a moisturizing shampoo. A conditioner after the wash is also helpful. Men with normal or oily hair however would find that these shampoos leave the hair weighed down.

Shampoos for dandruff treatment

Dandruff can be quite an irritating problem to have. It leaves the scalp itchy and the white flakes appear all over the hair, making them look unkempt and untidy. Dandruff shampoos are made to prevent the flaking in hair and reduce the itching sensation caused due to dandruff. These shampoos tend to leave the hair dry and it's best to alternate use of these with a normal hair shampoo.

Shampoos for color treated hair

Color treatment leaves the hair stiffer, weaker and drier. Color may look good but does have a slight damaging effect on the hair. Some people even suffer from split ends because of the effects of chemicals in color imparting products. Special shampoos are available for color treated hair, which are gentler, moisture imparting and offers protection for the hair. If you like to color your hair for styling, these shampoos are a must to keep you hair looking good and healthy.

Clarifying shampoos

These shampoos are intended for extensive cleaning of hair or stripping them off chemicals, which could accumulate in hair after styling or activities like swimming. Clarifying shampoos have a high acid content and have a tendency to leave the hair dry. These are intense hair cleansing products and should not be used regularly. They are best for an infrequent use, when the hair demands extensive cleaning to rid off the accumulated chemicals.

Volumizing shampoos

As the name suggests this category of shampoos are intended to add volume to weighed down hair. Also known as thickening shampoos, they contain glycerin, which helps in putting volume in hair by aiding in retention of moisture and swelling the hair strand. The swelling of the hair is achieved by lifting of the cuticle, which is a hard layer on top of the hair strand that looks like fish scales when seen enlarged. It is advisable to use these shampoos along with a good conditioner to protect the swelled hair from damage.

Knowing what you want from your shampoo can be the first step to picking the right product. As shampoos are practically daily use products, choose a product that works for your hair. You can also use special shampoos occasionally for intended effect, but stay aware of how they work with your hair and if there are any long terms effects.