When it comes to hair care, focusing on scalp health is crucial. Let’s break down the steps for proper cleansing, especially when addressing the ends of your hair:

1. **Understanding Scalp Cleansing:**
	* The misconception is that we cleanse our hair, but in reality, we should focus on cleansing our scalp.
	* Agitate the scalp gently to avoid damage to the hair length.
2. **Reasons to Cleanse Hair Ends:**
	* Chlorine buildup (from swimming pools).
	* Saltwater buildup (after beach visits).
	* Sunscreen and suntan lotion residue.
	* Product buildup.
	* Oil accumulation due to ineffective shampooing or scalp conditions.
3. **Selecting the Right Product:**
	* For general cleansing, use the same shampoo as at the scalp.
	* Cream cleansers are suitable when frequently cleansing to retain moisture.
4. **Proper Cleansing Technique for Ends:**
	* Distribute shampoo throughout the hair.
	* Apply small amounts multiple times for even distribution.
	* Comb fingers gently from midshaft to ends, avoiding excessive scrubbing.
	* Consider kneading or scrunching motions for stubborn buildup.
5. **Observing Bubbles:**
	* Bubbles indicate clean hair or detangling ingredients.
	* Lack of bubbles doesn’t mean hair isn’t clean.
6. **Thorough Rinsing:**
	* Rinse hair thoroughly to remove buildup.
	* Multiple gentle shampoos are better than one aggressive one
7. **Conditioning:**
	* Follow with conditioner as usual for refreshed hair.

Remember, healthy hair starts with a healthy scalp! 🌿🌟 .