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! 🌿🌟 .