Maintaining a healthy scalp is essential for preventing dandruff and itchiness. Here are some tips:

1. **Practice Good Hygiene:**
   * Avoid touching your scalp excessively, especially if it’s already itchy. [Scratching can worsen irritation and introduce dirt, making dandruff worse1](https://www.healthline.com/health/dandruff-itchy-scalp).
2. **Use the Right Products:**
   * Choose dandruff shampoos and scalp treatments.
   * [Different skin and hair types may require varying care1](https://www.healthline.com/health/dandruff-itchy-scalp)
   * Look for shampoos containing ingredients like ketoconazole, selenium sulfide, or zinc
   * [These ingredients help loosen dandruff flakes or fight fungal overgrowth1](https://www.healthline.com/health/dandruff-itchy-scalp).
   * Make sure the product is well distributed over the whole scalp and allow it to sit for a min of 3-5 min
3. **Manage Stress:**
   * Stress can trigger or worsen dandruff. [Practice stress-reducing techniques2](https://www.mayoclinic.org/diseases-conditions/dandruff/diagnosis-treatment/drc-20353854).
4. **Maintain a Balanced Diet:**
   * [Proper nutrition supports overall health, including scalp health3](https://www.allthingshair.com/en-us/hair-care/dandruff/dandruff-101/).

Remember, a healthy scalp leads to healthier hair! 🌿🌟