

GLAMOUR

HAIR

10 Best Shampoos for Dry Scalps, According to Dermatologists

Ditch the itch.

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The best shampoos for a dry scalp can help with that urge to constantly scratch your head. If you have a flaky, itchy scalp, it can be tricky to pinpoint the root cause—the weather, washing too frequently, certain hair products, medical conditions like seborrheic dermatitis, or even changes in hormone levels are all possibilities. Keep in mind that a dry scalp is caused by lack of moisture, while dandruff is caused by excess oil. But either way, incorporating one of these shampoos (plus the [best scalp scrubs](#)) into your routine can help.

Best Antifungal Shampoo: Nizoral Anti-Dandruff Shampoo



“Nizoral shampoo is an effective over-the-counter option for dry flaky scalp,” says [Connie Yang, MD](#), a cosmetic dermatologist at [PFRANKMD](#). “We often prescribe a prescription version of this in the office that contains 2% ketoconazole versus the 1% found over the counter.” While [studies show](#) the 2% formulations are more effective at eliminating symptoms and preventing future flare-ups, this drugstore shampoo is a good option for those with more mild cases or those who don’t want to visit a dermatologist.