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Those nasty bumps on your head don't want to seem to go away. Believe me I know. I have helped thousands of adults and teens to get rid of those pesky zits. However, the one thing that you should not is that you do not want to use those over the counter acne medicines for scalp acne. They will dry out your scalp and can possibly do damage to the hair follicle. Instead you want to look at what causes scalp acne and then go after a total balance to the scalp approach! This always works best for the short and the long term!

What Causes Persistent Scalp Acne Problems?

Without a doubt it is the same bacteria that causes your face to break out but the difference is that this time this bacteria has a really good hiding place. What is meant by that is that the hair follicle is typically overloaded with oils, hardened sebum, dirt, grime and bacteria to name a few. This comes from the build up of hair products like sticky hair gels, hair mousses, hair sprays, even shampoos, conditioners and a thousands other ways such as dirt and pollution that is in the air everyday!

How Do You Get That Bacteria Inside The Hair Follicle?

Very few shampoos do anything to wash out the hair follicle. That is because most shampoos, no matter how harsh are designed to treat the hair only and not the scalp. You need ingredients that will penetrate the hair follicle and go down and remove any sebum plugs as well as the dirt and especially the trapped bacteria.

The hair products that we recommend is Zincplex. Always use products that use herbal and natural extracts to remove this build up inside the hair follicle. There are not any salon brand products that use these types of ingredients. Do some searching online for Zincplex or Similar type products such as Scalp Drops with Zinc pca and omegas to learn how you can keep your scalp acne and pimple free. The main herbs that we recommend are burdock, thyme and feverfew for breaking down the hardened sebum deposits.

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Melissa Hightower has worked as a consultant for several acne research companies and is an expert in a scalp acne treatments and the a best scalp acne remedies.

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