

# Scalp Health Assessment Checklist

Welcome to my Scalp Health Assessment Checklist! Your scalp plays a crucial role in the health and vitality of your hair, and understanding its condition is the first step toward achieving luscious locks and a healthy scalp. Let's dive in and evaluate the current state of your scalp health!

## HEALTHY SCALP

A balanced scalp should feel neither too dry nor too oily. Any symptoms need to be addressed.

- Is your scalp dry, oily, or balanced?
- Do you have any itching, irritation or discomfort?
- Rate overall condition of your scalp from 1 - 5.

## SCALP MOISTURE LEVELS

Dryness & flakiness may indicate a lack of moisture in the scalp.

- Does your scalp feel dry or tight?
- Do you notice flakes?
- How often do you shampoo?

## SCALP SENSITIVITY

If you experience scalp sensitivity, opt for gentle, hair care products,

- Are you sensitive to hair products?
- Do you have redness or tenderness?
- Have you noticed any changes in sensitivity over time?

## OILY SCALP PRODUCTS

- [Monat Shampoo](#)
- [Monat Purifying Shampoo](#)

## DRY SCALP PRODUCTS

- [Nutrafol Stress reliever](#)
- [Monat Purifying Vinegar Rise](#)

## SCALP PRODUCTS

- [Monat Soothing Micellar Shampoo](#)
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## HAIR GROWTH & SHEDDING

Changes in hair growth or shedding may indicate underlying scalp conditions or hair loss issues

- Do you have abnormal hair shedding?
- Have you noticed any changes in your hair growth or shedding?
- Do you have any bald patches or areas of hair loss.

## LIFESTYLE FACTORS

Maintain a healthy lifestyle, manage stress, and eat a balanced diet to support overall scalp & hair health.

- Rate your stress level on a scalp of 1 - 5
- Do you eat a diet rich in nutrients?
- Are you exposed to harsh chemicals or pollutants?

## SCALP CARE ROUTINE

Establish a regular scalp care routine tailored to your scalp's needs.

- Do you have a scalp care routine?
- Do you use scalp topicals?
- Do you do scalp massages or treatments.

## HAIR GROWTH PRODUCTS

- [Nutrafol Supplements](#)
- [Monat IR Clinical Regimen](#)

EXERCISE  
CLEAN EATING  
MANAGE STRESS  
USE CLEAN PRODUCTS

## SCALP CARE TOPICALS

- [Monat Purifying Scrub](#)
- [Nutrafol Buildup Blocker](#)

Congratulations you have just taken the first step to a healthy scalp by completing this Scalp Health Assessment Checklist! By understanding your scalp's current condition and addressing any concerns, you're taking proactive steps toward achieving a healthier scalp and hair. For your convenience, I have added some links for my product recommendations. If you click on the product name you will be taken directly to my shopping page. For a personalized recommendation and further guidance, schedule a consultation appointment by clicking on my name below to be directed to my website.