

How to protect your scalp this summer



We make such a to-do about protecting our skin (and even our hair) from sun damage, but there's one spot that is usually overlooked: The scalp. And you probably didn't know that this area is especially vulnerable to skin cancer. (That's why you should always ask your hairstylist or colorist to let you know if they see something funky.)

Dermatologist Rebecca Kazin, MD, FAAD warns, "You may think that hair acts as a protective layer over your scalp in the summer," but if you've ever had a sunburned scalp, you know that's not the case.

A hat is imperative if you want to prevent a scorched scalp—and the soreness and flaking that follows. But don't think that cute little straw fedora has you and your scalp covered. You're better off with a hat that comes with built-in UV protection from a brand such as [Coolibar](#). Think of it this way... If you can see through the little holes in your woven hat, UV rays can get through as well. And remember that bigger is better and a floppy wide-brimmed hat will help shield your face as well.

And if you part your hair, make sure you protect that little sliver of exposed skin. There are quite a few specialty products to choose from, including [Tela Beauty Organics' Guardian SPF 18 Sun Protection for Hair and Scalp](#), [Shiseido Refreshing Sun Protection Spray for Body and Hair Broad Spectrum SPF 16](#) and [Banana Boat Quik Dry Sport Body & Scalp Broad Spectrum SPF 30](#).

Consider this our pre-Memorial Day PSA, because we only want you to have fun in the sun!