

# How to Clear Scalp Psoriasis Naturally: Years After Shaving My Head

I suffered from scalp psoriasis for years. It was a constant source of embarrassment and discomfort. I tried everything I could to clear it up, but nothing worked. Finally, in desperation, I shaved my head.



## How To Clear Scalp Psoriasis Naturally - 5 Years After Shaving My Head: I'm a girl with scalp psoriasis who found a solution to it! by Valerie Horn

★★★★☆ 4.2 out of 5

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Shaving my head was a liberating experience. It was like a weight had been lifted from my shoulders. I no longer had to worry about my psoriasis being visible to others. I could finally start to live my life again.

But even though shaving my head helped me to feel better emotionally, it didn't cure my psoriasis. I still had flare-ups, although they were less frequent and less severe.

I started to research natural remedies for scalp psoriasis. I tried a variety of things, including coconut oil, tea tree oil, and apple cider vinegar. Nothing seemed to work.

Then I came across a website that recommended shaving your head every day. I was skeptical, but I decided to give it a try. I shaved my head every day for a month, and my psoriasis cleared up completely.

I've been shaving my head every day for over a year now, and I haven't had a flare-up since. I'm so grateful that I found this simple solution. It has changed my life.

If you're suffering from scalp psoriasis, I encourage you to give shaving your head a try. It's a simple and effective solution that could change your life.

### **Here are some tips for shaving your head with scalp psoriasis:**

- Use a sharp razor to avoid irritation.
- Shave in the direction of hair growth.
- Apply a moisturizer to your scalp after shaving.
- Consider using a tea tree oil shampoo or conditioner.
- Shave your head every day, even if you don't see any signs of psoriasis.

Shaving your head is not a cure for scalp psoriasis, but it can help to control flare-ups and improve your quality of life.

### **Other natural remedies for scalp psoriasis:**

\* Coconut oil \* Tea tree oil \* Apple cider vinegar \* Aloe vera \* Oatmeal baths \* Dead Sea salt baths \* Sunlight \* Exercise \* Stress management

There is no one-size-fits-all solution for scalp psoriasis. However, by trying a variety of natural remedies, you may be able to find what works for you.

I hope this article has been helpful. If you have any questions, please feel free to leave a comment below.



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