

The Ultimate Hair Care Guide for Men

Good hair days don't just happen overnight or by chance. It takes proper care, consistency, and [good male hair products](#) to achieve a healthy and shiny head of hair. So if you're wondering [how to take care of your hair](#) but not sure where to start, fret not. This ultimate hair care guide has everything you need — from [hair care tips](#) according to scalp and [hair types of men](#), to recommendations on the [best hair styling products for men](#) — so you can develop the best [hair care routine](#) that works for you.

Understanding the Basics of Hair Care for Men

First off, forget a one-size-fits-all approach. Every man's hair is unique — some [men have straight hair](#), while others have either wavy, curly, or textured locks. The key to achieving great [male hair](#) that's strong and lustrous is understanding your hair type and maintaining it with the right routine.

What Is a Good Hair Care Routine?

But wait, what does a good [hair care routine](#) entail anyway? A solid [hair care routine](#) is more than just shampoo and go. Here's what you need to know to keep your hair healthy and looking great, whether you're rocking a simple hairstyle or [styling long male hair](#).

Avoid Overwashing

Humidity can make you want to wash your hair every day, but that's a no-go. Overwashing strips natural oils, leaving your hair dry and frizzy. Our advice? Stick to washing 2-3 times a week to keep your hair hydrated and balanced. The [Scotch Porter Curls & Waves Hair Shampoo](#) gently cleanses your scalp and hair with the help of aloe and white willow bark, which leaves your tresses softer, healthier, and fresher.

Stay Away From Sulfates

Sulfates are common in many shampoos and that's why you've got to be wary — they can be too harsh for your hair. After all, sulfates merely act as a filler in products that can unfortunately dry out your scalp and hair — so avoid it at all costs. Instead, opt for [sulfate-free guy hair products](#) that are kinder to your strands. This will protect your hair from getting too dry, especially in sunny climates.

Weekly Treatments

This step is crucial for guys who often ask, "Why does [my hair always look dry and frizzy](#)?" A good treatment restores moisture and keeps your hair looking smooth. So treat

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yourself to a weekly deep conditioner or hair mask especially if your hair feels dry. Need recommendations? Try the [Scotch Porter Curls & Waves Conditioner](#) that works as a deep conditioning treatment to moisturize dry strands and repair damage. Alternatively, you can opt for the [Scotch Porter Moisture-Rich Leave-In Conditioner](#), which hydrates and defines curly and wavy hair types. **Pro tip:** Apply it at bedtime and wrap your hair with a headwrap or cap — you'll wake up to super soft and moisturized hair in the morning.

Protect Hair From Heat and Sun

If you love summer and often spend your days lounging by the pool or beach, this [hair care tip](#) is for you. UV rays and heat can damage hair, making it brittle. And while you can't completely avoid having your hair exposed to the sun, you *can* use hair products with built-in UV protection or wear a hat when spending time outdoors. One versatile product to consider is the [Scotch Porter Beard & Hair Leave-In Spray Conditioner](#) — not only does it soften and hydrate your hair with a lightweight feel, it also doubles as a protectant spray against the sun as well as heat damage from using blow dryers.

Don't Overlook Scalp Health

Healthy hair starts with a healthy scalp. So be sure to keep your scalp clean and moisturized by using a scalp-specific shampoo if needed. Look out for natural ingredients like tea tree oil or peppermint as they contain antifungal properties to keep your scalp healthy and balanced. Don't forget to give your scalp a gentle massage when you wash your hair — this helps stimulate the hair follicles. When you take care of your scalp health, it also means you'll have fewer issues like dandruff, redness, itching, and thinning hair.

Tips for Healthy Scalp Care

Your scalp is the foundation of your hair, so taking care of it is key to maintaining great [male hair](#). Whether your scalp is oily, dry, or flaky, here are a few [hair care tips](#) based on your scalp type.

Tips for Oily Scalps

For oily scalps, balance is everything. Use a mild shampoo, and avoid overwashing — it may strip your scalp of oils and signal to your scalp that more oil production is needed. Also, try rinsing with lukewarm water and applying a lightweight conditioner to the ends only. Applying conditioner near the roots may make your scalp even oilier.

Tips for Dry Scalps

If you've got a dry scalp, focus on hydration. Moisturizing shampoos and oils like argan or jojoba can work wonders to provide nourishment while preventing dryness and hair loss. Massage your scalp regularly to boost circulation and moisture.

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Tips for Flaky Scalps

Flaky scalps are often caused by dandruff and thus, require a specialized routine. Look for an anti-dandruff shampoo containing zinc or salicylic acid, which can help soothe and reduce flakiness.

Common Types of Hair

Understanding your hair type is the first step to mastering your [hair care routine](#). Each hair type requires a different approach to keep it looking its best. Let's break down the four main types of hair and how to care for each.

Wavy Hair

Wavy hair has a natural bend or "S" shape, giving it texture without the tight coils of curly hair. It's often easy to style and versatile, falling somewhere between straight and curly. However, wavy hair can be prone to frizz, especially in humid climates, so it benefits from lightweight products that enhance the wave while controlling frizz.

Curly Hair

Curly hair has well-defined curls or ringlets that can range from loose to tight. This hair type tends to be more fragile and prone to dryness, as the natural oils from the scalp have a harder time traveling down the twists. Hydration is key for curly hair, so incorporating deep conditioners and leave-in treatments will help keep the curls bouncy and moisturized.

Textured Hair

Textured hair, often referred to as coily or kinky hair, has tight, springy curls or zigzag patterns. It requires extra moisture and care due to its coarse, dense structure, which can be more susceptible to breakage. Rich, nourishing products like oils and butters are ideal for maintaining hydration and elasticity in textured hair, preventing breakage and dryness.

Straight Hair

Straight hair tends to be smooth and shiny because natural oils easily travel down the hair shaft. However, it can get oily faster than other hair types. [Straight-haired men](#) should focus on using lightweight shampoos to prevent build-up and the [best hair styling products for men](#) that add texture and volume, especially for thicker, straighter strands.

How Can Men Improve Their Hair Texture?

If you're unhappy with your hair texture and wish to improve it, focus on building a healthy hair care routine and making a few lifestyle adjustments, here's how.

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Use The Right Shampoo & Conditioner

Choosing the right shampoo and conditioner is key to improving [men's hair texture](#). Opt for sulfate-free products to avoid stripping your hair of natural oils. Meanwhile, a good hydrating conditioner will keep your hair smooth, manageable, and frizz-free. We recommend the [Scotch Porter Curls & Waves Shampoo and Conditioner Bundle](#), which is a powerhouse duo packed with vitamins and botanical extracts to purify and restore moisture to curly, wavy, and textured hair types.

Minimize Heat Styling

Excessive heat styling can damage hair, making it brittle and rough. Limit your use of hot tools like flat irons or blow dryers. If you need to use heat, always apply a heat protectant spray to minimize damage. The [Scotch Porter Beard & Hair Leave-In Spray Conditioner](#) is a good option to protect all types of curly, wavy, and textured locks while lightly nourishing it at the same time. Considering heat-free styling with a light hold? One of the [best men's styling products](#) is the [Scotch Porter Twist & Curl Hair Gel Cream](#) as it provides exceptionally defined waves and curls without that heavy feel. Plus, it contains moringa seed oil and linseed extract to strengthen and protect dry hair.

Avoid Harsh Chemicals

Steer clear of products with harsh chemicals, such as sulfates and parabens, which can cause dryness and weaken hair. Look for more natural hair care products for men that are gentle yet effective. At Scotch Porter, all products from our [Hair Care collection](#) contain clean, non-toxic formulations that are designed to provide curly, wavy, and textured hair with the ultimate nourishment and hydration.

Soften With Hair Balm

Hair balms are great for improving [men's hair texture](#), especially if you have thick or unruly hair. A lightweight balm, like the [Scotch Porter Smoothing Hair Balm](#), can smooth flyaways and give curly, wavy, and textured hair a softer, more manageable feel. It's also infused with kale protein and shea butter to nourish and repair damaged hair while adding definition, control, and shine.

Moisturize With Hair Oil

Using hair oil is an excellent way to lock in moisture and improve texture across all curl patterns. Oils like argan, jojoba, or coconut can nourish your hair, reduce frizz, and give it a healthy shine. The [Scotch Porter Nourishing Hair Oil for Men](#) is one such product, as it combines the finest argan and avocado seed oil to seal in moisture, add shine, assist with detangling, and protect against heat.

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Regular Trims

Getting regular trims every 6-8 weeks helps prevent split ends, which can make hair look unhealthy. By trimming off damaged ends, your hair will feel smoother and grow stronger. If you've got short hair, chances are you're already trimming your hair regularly to maintain its length. However, men with longer hair tend to overlook this, so remember to schedule a regular trim or [basic men's haircut](#) with your barber.

Eat a Balanced Diet

A healthy diet plays a significant role in hair texture. Ensure you're consuming enough vitamins and minerals like biotin, omega-3s, and zinc, which support strong, shiny hair. Incorporating foods like leafy greens, nuts, and fish into your meals will promote better hair health too. If you ask us, that's one of the most important [health tips for healthy hair](#).

Men's Hair Care Tips for Every Hair Type and Hairstyle

Not all [men's hair texture](#) is built the same. From short and straight to long and wavy, here's [how to take care of your hair](#) depending on your hair type or hairstyle.

Tips for Thick Hair

Thick hair can be both a blessing and a challenge. To manage your mane, use lightweight styling products and avoid heavy gels. A good trim every 6-8 weeks will keep your hair looking neat and feeling manageable.

Tips for Thin Hair

Thin hair needs additional care to maintain volume and avoid appearing flat. Use volumizing shampoos and conditioners designed for thin hair, and consider a textured or layered cut to add fullness. Stick to light styling products like mousses or sprays, and avoid anything too heavy, which can weigh your hair down.

Tips for Short Hair

Short hair is generally low maintenance but can still benefit from proper hair care. A [basic men's haircut](#) should be maintained regularly to keep the style sharp. Use a lightweight pomade or matte styling cream for texture and control, and wash your hair regularly to prevent product build-up.

Tips for Long Hair

Long hair requires extra attention. Make sure you're using a wide-tooth comb and applying conditioner from the mid-lengths to the ends to avoid split ends. Wondering

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“what to do with long hair in the morning?” Try styling long male hair with a leave-in conditioner or light gel to keep your hair in place throughout the day.

Tips for Wavy Hair

Wavy hair is prone to frizz, especially in hot and humid climates. Your solution? Use a hydrating conditioner and avoid heavy styling products. A light sea salt spray can also help enhance your waves without weighing them down.

Tips for Curly Hair

Curly hair thrives on moisture. As such, avoid drying alcohol-based products and focus on leave-in conditioners and curl creams to define your curls. Regularly detangle with a wide-tooth comb to prevent breakage.

Tips for Textured Hair

Textured hair needs extra hydration to maintain its health. Use oils like coconut or olive oil to keep your strands nourished. Protective hairstyles like braids or twists can help prevent damage and promote hair growth.

Tips for Straight Hair

Straight-haired men can benefit from lightweight styling products. A volumizing mousse or texture spray can add volume if your hair feels flat. For those with thicker hair, opt for a sleek pomade to tame and shape your style.

Tips for Men's Hair Growth

Looking to boost your hair growth? It all comes down to your diet, scalp care, and product choice. Here are some of the best hair growth tips for men.

Tip 1: Nourish your scalp

Regularly massage your scalp to stimulate blood circulation, which can help deliver more nutrients to hair follicles. You can also use a scalp serum or oil infused with ingredients like peppermint or rosemary to enhance circulation.

Tip 2: Use hair growth-boosting products

Look for shampoos, conditioners, and serums specifically formulated to encourage hair growth. Products containing ingredients like biotin, caffeine, and keratin can strengthen hair and stimulate growth.

Tip 3: Stay consistent with trims

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While it may seem counterproductive, regular trims can actually help your hair grow longer and healthier. Trimming split ends prevents damage from traveling up the hair shaft, allowing your hair to grow stronger without breakage.

Tip 4: Maintain a balanced diet

If you've ever asked yourself, "What are tips for hair growth for boys?" — know that diet plays a crucial role in hair growth. Besides biotin, zinc, omega-3 fatty acids, remember to load up on vitamins A and E to promote hair health.

Tip 5: Reduce stress whenever possible

Stress can lead to hair thinning or slow down growth. Engage in activities that help reduce stress, such as exercise, meditation, or yoga, to support hair growth. Managing stress effectively will keep both your body and hair healthier.

Tip 6: Avoid over-styling

Excessive use of styling products, heat tools, and chemical treatments can weaken your hair, slowing growth. Minimize the use of high-heat styling tools and avoid harsh chemicals that can damage the hair shaft and follicles.

The Takeaway

And there you have it — everything you need to know about maintaining healthy male hair, whether you're looking for the best men's hair styling products or tips on how to keep your hair healthy. To sum up, remember to invest in good male hair products, keep up with regular treatments, and protect your hair from heat damage. Once you've got the right routine down pat, your hair will be healthier, more manageable, and styled to perfection.