

Psoriasis Shampoo Checklist & Weekly Scalp Plan

Psoriasis Shampoo Checklist

- Choose a gentle, pH-balanced shampoo
- Look for soothing ingredients (snail mucin, glycerin, panthenol)
- Check for scale-softening actives (salicylic acid, urea)
- Avoid harsh sulphates and strong fragrances
- Use lukewarm water, not hot
- Apply using the 5-minute contact rule

Weekly Scalp Plan

- Wash 3–4 times per week
- Rotate medicated and gentle shampoos during flares
- Use a pre-wash softening oil or urea mask when scaling is stubborn
- Apply emollient post-wash if needed
- Avoid picking or scratching
- Review progress weekly

Ingredient Cheat Sheet

- Snail mucin – hydrates and soothes
- Urea – softens thick scale
- Salicylic acid – loosens flakes
- Ceramides – support the skin barrier
- Panthenol – hydrates and calms
- Zinc pyrithione – supports balance when yeast is involved