

11 Under \$50 Products That Will Protect Your Hair & Scalp From the Sun

A dermatologist why you can't forget to protect your hair and scalp from the sun, and we've rounded some products to help you do it.

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According to board-certified dermatologist [Dr. Neda Mehr](#), forgetting to protect your hair and scalp can be a problem since those areas are directly exposed to the sun. When you don't protect your hair and scalp, there is the risk of developing skin cancer.

"A lot of times we see people who get skin cancer in their hair part," Dr. Mehr told E! News. "The hair provides some protection to the skin which is why it's more common in the hair part than in other areas of the scalp. However, the sun can actually burn the hair as well. The hair has an outer sheath called a cuticle that protects the hair, but UVA and UVB rays from the sun can burn that cuticle down and cause frayed frizzy hair that's easily broken. It's similar to if you use a hairdryer on a very hot setting."

How do you protect your hair and scalp from the sun?

According to Dr. Mehr, there's nothing as good as a hat to provide physical protection against the sun. "Not a visor that just protects your face," she said. "But a full hat that covers your scalp."

It's also important to use sunscreen, like [EltaMD's Aero spray sunscreen](#) that Dr. Mehr personally recommends. We've rounded up some options for hair care products that you should consider adding to your daily routine. Check those out below.

EltaMD UV Aero Sunscreen Spray Broad-Spectrum SPF 45

Dr. Mehr recommends this spray sunscreen from [EltaMD](#) to protect your scalp. It's lightweight, non-greasy and contains zinc oxide, which provides protection from UVA and UVB rays. Just keep in mind that it may leave a white residue due to the titanium and zinc.



Colorescience Sunforgettable Brush-On Sunscreen Mineral Powder

This one is a little more of a splurge, but it's one we think it's worth it. Colorescience's [Sunforgettable Brush-On Sunscreen](#) is also a product that Dr. Mehr recommends. "It's really nice because you can brush it up on your hairline and on your scalp," she said. It protects you from UVA/UVB rays, pollution, blue light, and infrared radiation. It's also available in multiple shades to match different skin tones.

