

# mindbodygreen

BEAUTY 

## Pimples On Your Hairline? Causes, Fixes & More



### 2. Hair products

#### beauty & gut collagen+

A powerful daily ritual for glowing skin and strong hair & nails\*

★★★★★ (52)



We know, this may be a bummer for those of you who live for layering on hair oils or generously spritzing your roots with [dry shampoo](#), but we have to tell you the truth: "A lot of times, hairline breakouts occur when hair products like mousse, gel, or super occlusive, oil-based products (i.e., argan oil) get on the face," Neda Mehr, board-certified dermatologist and founder of [Pure Dermatology Cosmetic & Hair Center](#), says. This means you may want to consider switching up your hair products to be a bit more breakout-friendly. Don't worry, we have a few recommendations to help below.

### **3. Sweatbands & headbands**

A good headband keeps your strands back, whether that be for working out or just because, but they can also cause hairline breakouts. "Basically anytime any substance—whether it's facial oil, hair products, facial moisturizer, or sweat—clogs that area and you're wearing a headband or sweatband, that is usually the cause," Mehr explains. So if you're experiencing hairline breakouts, be sure to wash your headband post-wear.