



Hair Care in Singapore's Humidity: Complete Guide

From frizz control to hair loss treatment — the printable guide for healthy hair in SG's tropical climate.

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At a Glance

Topic	Key Takeaway
Humidity routine	Double wash, lightweight products, anti-frizz serum
Scalp health	Clarify weekly, exfoliate, limit dry shampoo
Hair loss	Minoxidil S\$50-100/mo + Finasteride S\$31-120/mo
Products	S\$8 (drugstore) to S\$80 (premium)
Clinics	PRP from \$500, FUE from \$5K
Diet	Protein 1.2-1.6g/kg, iron, biotin, zinc, vit D

1. The Humidity-Proof Routine

- ☐ Wash every 1-2 days. Use sulphate-free shampoo
- ☐ Double wash: first removes sweat, second cleanses scalp
- ☐ Condition mid-length to ends only (never scalp)
- ☐ Lightweight leave-in conditioner with heat protection
- ☐ Blow dry on cool for volume. Microfibre towel to reduce time
- ☐ Anti-frizz serum (silicone-based) on damp hair

☐ Product picks

Budget	Brands	Where
\$8-20	Hask, OGX, Dove	Watsons/Guardian
\$20-40	Kerastase, Olaplex, Aveda	Sephora/Tangs
\$40-80	Oribe, Living Proof, K18	Sephora/Skincential



2. Scalp Health

- ☐ SG problem: Heat + humidity = sweat + sebum = clogged follicles
- ☐ Clarifying shampoo once a week (Neutrogena or Bumble&Bumble)
- ☐ Scalp exfoliation: Briogeo Scalp Revival or salicylic acid treatment
- ☐ Dry shampoo: Batiste or Klorane. Max 1 day buildup
- ☐ See trichologist if: persistent itch, flaking, visible thinning (\$150-300 consult)



3. Product Guide by Hair Type

Type	Recommended
Oily + fine	Klorane Nettle, L'Oreal Pure Resource, Living Proof PHD
Dry/curly	Shea Moisture, Cantu Curl Activator, Ouidad
Coloured	Olaplex 3-6, Kerastase Reflection, Redken Color Extend
Thinning	Nioxin 1-4, Kerastase Specifique, The Ordinary Hair Density

4. Hair Loss Treatments (2026 Costs)

Treatment	Cost	Notes
Topical Minoxidil	S\$50-100/mo	OTC, 6+ months consistency
Finasteride (men)	S\$31-120/mo	Rx, lowers DHT ~70%
Oral Minoxidil	S\$30-60/mo	Rx, fewer sides than finasteride
PRP	S\$500-1,500/session	3-6 sessions. Monthly 1st 3mo
LLLT	S\$200-500/session	Adjunct therapy. Laser cap S\$500-2K
FUE Transplant	S\$5,000-15,000	One-time. IAHRs surgeons only

☐ Starting point

See GP/dermatologist first (diagnose AGA, TE, alopecia)
Start minoxidil + finasteride (men) or spironolactone (women)
Add LLLT/PRP if first-line insufficient
Transplant only after 12+ months of medical treatment

5. Clinics

Clifford Clinic (Chinatown) • Dr Plus Aesthetics • Of Noah S\$31/mo • Medical Aesthetics



6. Diet & Seasonal Tips

☐ Seasonal adjustments

Monsoon (Nov-Mar): Hair takes longer to dry. Blow dry fully. Clarify more
Hot (Apr-Oct): More washing. Lightweight products. UV scalp protection
Haze (Jun-Oct): Gentle clarifying. Scalp antioxidant serum

☐ Diet for hair health

Nutrient	Daily Target	Sources
Protein	1.2-1.6g/kg	Eggs, chicken, fish, tofu
Iron	18-27mg	Red meat, spinach, lentils
Biotin	2.5-5mg	Nuts, seeds, eggs, supplement
Zinc	15-30mg	Nuts, seeds, supplement
Vitamin D	1,000-2,000 IU	15min sun or supplement

Your hair notes

Healthy Hair in SG!

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