

Dry Shampoo

by Tobi B. Feldman

In the last year or so I have heard lots of women buzzing about this thing called “dry shampoo” and I was never clear what it was. I learned that it was being marketed for when we are so busy that we don’t have time to wash our hair. I personally have had those days and for years I have just rubbed some essential oils into my scalp and thrown my hair up into a ponytail. My scalp also tends to get very dry in the winter and I try not to overwash.

I discovered that “dry shampoo” is not always DRY. It most commonly comes in a spray form and then it dries on your scalp without being rinsed out. The premise is that it will do any combination of the following: soak up grease or sweat, neutralize product build up or odor, volumize, leave hair looking and feeling clean, alleviate scalp impurities, refresh with scent. One advertised, “This white mist smells a little grandma—think floral powder—but the scent doesn't stick around for long.” Another boasted about “time release fragrances” to make hair “smell good all day.”

Though many brands claimed to be free of parabens, sulfates, and phthalates and cruelty free, they were still in an aerosol can and contained products I would not want to leave on my scalp unrinsed. Ingredients in many of the products researched were butane, propane, methylchloroisothiazalinone, cetrimonium chloride, distearyldimonium chloride. Corn or rice starch were the ingredients most commonly listed as the absorbent components. The most offensive of ingredients was the fragrance or parfum that was in every single brand. The brands were checked with the Environmental Working Group safety sight and they all registered at 4 or above on their scale. Fragrance came in as the highest of the dirty ingredients, around an 8.

In a brief search I was able to quickly locate a recipe for DIY (Do It Yourself) truly dry “dry shampoo” containing a few simple ingredients. It was simple to make, smelled great and cost way less than the average \$20-25. I further saved money and resources by bottling it in empty spice jars with shaker lids.

I sprinkled it on my scalp and massaged it in. I was amazed at how much of a lift it gave my hair...looked like I had spent time styling it! It smelled great and my hair didn't look greasy or flat. This may just save my dry winter scalp this year!

For Light Hair

1/4 cup baking soda

1/4 cup arrowroot powder

2 drops each of: lavender, peppermint, and rosemary essential oils

For Dark Hair

3 tablespoons baking soda

3 tablespoons arrowroot powder

1/4 cup cocoa powder

2 drops each of: lavender, peppermint, and rosemary essential oils

Instructions:

Add ingredients to a spice shaker jar and shake to combine. Sprinkle on scalp instead of washing. Fluff hair with hands.