

THE HAIR HACK SERIES

WITH UPLIFTED SALON

HOW TO SHAMPOO YOUR HAIR LESS

THIS IS A MARATHON, NOT A RACE

We know the thought of not shampooing everyday might seem scary and even a little gross. We have all been there. Your bestie who goes a week between washes? It didn't happen for her overnight. Training your hair to rely less on shampoo is like training your body to run a marathon, each day you will be able to push your hair juuuuust a littttlle further.

PUSH YOUR WASHES FURTHER

If you currently shampoo every day, start on a weekend and go 1.5 days. Once your hair has mastered that, go to every 2 days, and so on.

USE MINIMAL PRODUCT

Avoid getting crazy on day 1 & use minimal hair products to push your style further.

If you have medium to coarse hair, use a boar bristle brush to distribute the hair's natural oils daily.

OUR GO TO "DAY 1" PRODUCT!



[SHOP NOW](#)

DRY SHAMPOO TIPS & TRICKS



APPLY AT NIGHT

This allows the product to work as a preventive product and absorb the oils as they come in during your night's rest

APPLY ONLY AT YOUR ROOTS

This prevents yucky build up on your ends

APPLY ONLY WHEN YOU THINK YOU'LL NEED IT!

If you are just starting your journey, it's ok to go ahead and apply nightly, but as your begin to go further in between shampoos, try to go further with your dry shampoo use.

APPLY AFTER YOU'VE HEAT STYLED

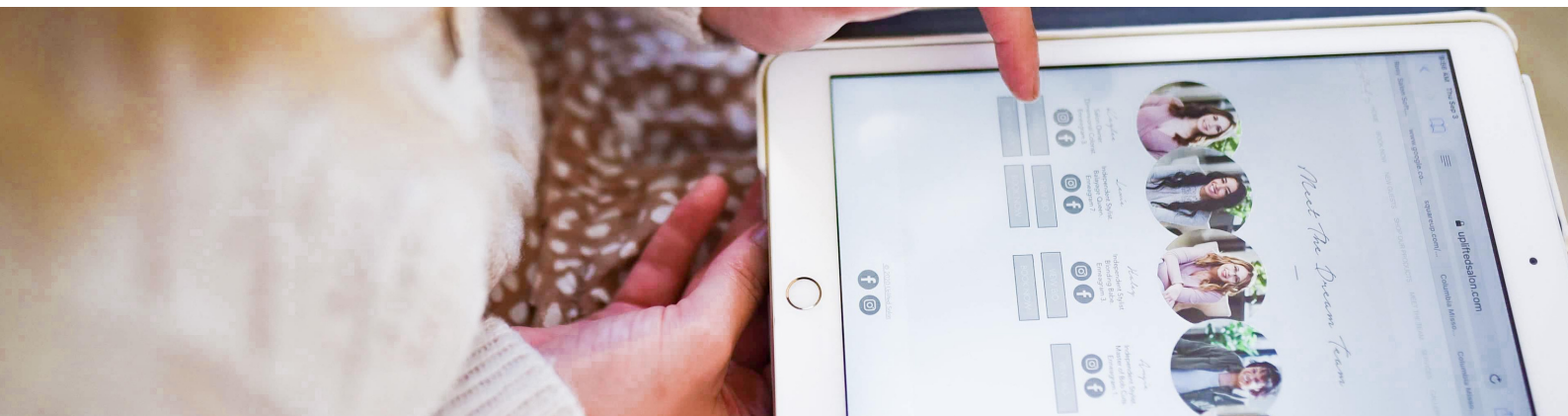
If using during your morning routine, apply after your hair has been heat styled to avoid drying out your hair. **Bonus: your curls will hold better too!**

WE ARE HERE FOR YOU, BABE

FEELING A LITTLE OVERWHELMED? WE'VE GOT YOU BABE.

Are you thinking we are all crazy and there is no way you can go more than a day without your beloved shampoo? Step away from the bottle sister, we are here to help!

**CHECK OUT OUR NO SHAMPOO CHALLENGE Q&A ON IGTV
STORIES HERE**



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