

## **Dry Shampoo: Pros, Cons and Varying Opinions On Which is the Best**

Back in the day, when she didn't have time for a wet shampoo, drying and styling, grandma used to sprinkle dry oatmeal into her hair, brush it out and go. But dry shampoos have entered the 21<sup>st</sup> Century, and many of them are a huge improvement over oatmeal flakes — or the arrowroot used by some Victorians.

To begin with, dry shampoos soak up oil like oatmeal or arrowroot would. But any similarity ends there. A good dry shampoo comes in spray, foam or powder form and also cleans and freshens your hair as if you'd spent quality time in the shower, when in reality you hadn't. It will even add volume to your hair. Additionally, if your hair tends to get dry in the winter, too much showering will exacerbate the problem. The solution? A dry shampoo.

However, there are drawbacks if you don't get the brand of dry shampoo that's best for you. According to the readers of [www.totalbeauty.com](http://www.totalbeauty.com), in an unscientific survey, *Aveeno Pure Renewal Dry Shampoo* comes out on top (as it were), while *Oscar Blandi Pronto Dry Shampoo Spray* is at the bottom of the list. What's the difference between the two? In the latter case, they claimed the spray nozzle tended to clog; the grease remained in the hair even after using this product; and the smell "resembles bug spray". *Aveeno*, on the other hand, freshened the user's hair and didn't leave a residue.

The top three picked by Total Beauty's readers were (in order): *Aveeno Pure Renewal Dry Shampoo*; *Klorane ECO Gentle Dry Shampoo with Oat Milk* (See? Granny wasn't so crazy!); and *Oscar Blandi Pronto Dry Shampoo* (not the spray variety). (My roommate, however, says *Aveeno*'s product is "too oily" for her oily hair.)

Another "best" dry shampoo list was compiled by [www.realsimple.com](http://www.realsimple.com). Their list includes *Clean Dry Shampoo* (Sephora); *Rub-Out Dry Cleanser* by Ojon; *Naturia Dry Shampoo* (René Furterer); *TRESemmé Fresh Start Waterless Foam Shampoo*; and *Oscar Blandi Pronto Dry Shampoo Spray* (the last two being among those that Total Beauty's readers abhorred).

*Vogue*'s editors have weighed in with their favorites, as well (<http://www.vogue.com/vogue-daily/article/dry-spell-16-waterless-shampoos-to-try-now/#1>). Their list ranges from *Klorane Dry Shampoo* to Oscar Blandi, to Fekkai's *Au Naturel Powder Clean*. They cite many others for various bonuses, including special powders for different hair shades, "natural clarifiers" and scents.

So what's a girl to do? Obviously, your research should be carefully conducted, as these products are not cheap. You can explore the Internet as we did; join in the comments and questions on various sites; and ask your friends what works for them.

But the bottom line is convenience. For example, some of us even carry a small bottle in our handbags, to use on the fly. And many women swear by these products, citing the extra snooze time garnered by not having to shower and style their hair in the morning.