

THE NAKED TRUTH ABOUT DRY SHAMPOO

It's the beauty staple that has given women across the land second-day sexy hair and 30 minutes extra in bed. But is dry shampoo actually too good to be true? Fiona Embleton discovers some hair-raising truths

Feel that nip in the air? That'll be hell freezing over as *Cosmopolitan's* beauty team breaks its dry-shampoo addiction. Last month, you couldn't prise a can of dry shampoo from our hands. Like elephants enjoying a dustbath, we blasted layer after powdery layer onto our unwashed hair to guarantee lived-in cool-girl texture. But that all changed when we got wind of the dangers of over-using this oil-busting saviour.

Contrary to common belief, dry shampoo has actually been around for decades (or since the 18th century, if you count the arrowroot powder nobles sprinkled on their wigs). These days, 41% of women in the UK rely on modern versions when there's no time to wash and blow. Little wonder, when a quick blast at the roots gives limp, stringy strands almost as much oomph as a professional blow-dry and you can eke a few more days – or even weeks (we're looking at you, curly-haired friends) – out of your hairstyle.

But it turns out that there are downsides to being overly dependent on dry shampoo. Our laziness could be damaging hair by increasing breakage and, in extreme cases, causing acne, sore patches and hair loss. Scary, right? So should we toss away our cans of the dry stuff? We've grilled the experts to find out. >