

WHAT'S THE DAMAGE?

Glow

This is what you could be dealing with...

* SORE, ITCHY SCALP

Replacing 'real shampoo' with a powdery one for more than three days in a row can lead to irritation, making your scalp itchy and flaky. This can affect hair growth. "Repeatedly scratching can weaken hair, causing it to shed more than normal," says Anabel Kingsley, trichologist at Philip Kingsley. Step that discomfort up to 'stinging code red' if you have a sensitive skin condition, as ingredients such as alcohol and perfume can trigger a reaction.

* STRAW-LIKE STRANDS

Dry shampoo doesn't actually cleanse the scalp. Nor does it do much conditioning. But what excessive use can do is dehydrate strands. "The scalp's natural oils are rich in nourishing fatty acids," says Leonora Doclis, a trichologist at The Belgravia Centre, London. "By binding alcohol and starchy powders to these oils, they can no longer travel or moisturise from root to tip." Well hello, split ends!

* **BREAKAGE** Like hairspray, dry shampoo can tangle the hair, so you risk snapping strands when you brush. "This can be noticeable at the temples and hairline where strands are weaker, especially if your hair is fine or over-processed from colouring and chemical straightening," says Kingsley.

* **ACNE** Just think of what would happen to your face if you caked it in powder

and only cleansed every couple of days. "The same thing can happen to your scalp as dead skin cells, oils and dirt build up and create a soft plug, which blocks pores," explains Doclis. "Throw in bacteria and you can expect everything from a spotty hairline to folliculitis, which causes painful boils on the scalp and can lead to baldness."

* SLOWER HAIR GROWTH

Using dry shampoo won't make you bald overnight. But a healthy scalp is key to getting the type of long, luscious hair that deserves its own mermaid emoji. "If there's a lot of product build-up and you don't wash your hair regularly, it could affect the delicate balance of micro-organisms on the scalp responsible for healthy hair growth," says Kingsley.



"Tell me honestly, have I overdone it?"

Five of the best dry shampoos

Because we know going 'cold turkey' isn't an option for some of you, try these kinder dry shampoos

1 Living Proof Healthy Hair Day Dry Shampoo (£22) contains a molecule called OFPMA that makes strands slippery. Oil and dirt brush out along with the product, leaving less pore-clogging build-up on the scalp.

2 Ouai Dry Shampoo (£20) is talc-free, so it goes on clear, rather than giving hair the 'powdered wig' look. Volcanic minerals absorb oil and add body without leaving hair feeling gritty, so there's less chance of breakage when you run a brush or your fingers through your hair.

3 Philip Kingsley One More Day Dry Shampoo (£14.50) is full of soothing ingredients such as zinc and bisabolol from chamomile flowers to keep irritation at bay.

4 Klorane Gentle Dry Shampoo with Oat Milk (£8) is ideal if

dry shampoos usually irritate your scalp or make your hair feel stiffer than cardboard. Oat milk, powdered corn and rich starches are gentle and softening.

5 Aveda Shampure Dry Shampoo (£22) contains 99.8% naturally derived ingredients including cassava and oat powders, so there's no risk of chemical damage to hair. >

