

HAIR: ELLISA LABOY

5 easy hair tips to take the best care of your hair

1: Shampoo Twice

Shampoo twice — every wash.

If you're not double cleansing, you're not truly getting your hair clean.

The first shampoo breaks down product buildup, oil, sweat, and environmental debris. Think of it as your "pre-clean." It may not lather much and that's okay.

The second shampoo is where the magic happens. You'll notice more suds, and that's because the hair is finally clean enough to allow a deeper cleanse. This second wash actually cleans the scalp and hair shaft thoroughly.

A clean scalp = healthier hair growth, better volume, and longer-lasting styles.

2: Use Leave-Ins or Oils After the Shower

Shampoo and conditioner are not enough.

We live in the PNW, and dry air equals dry hair. Just like your skin needs moisturizer after you wash it, your hair needs moisture and protection after you shower.

After washing, layer your products:

- Leave-in treatment (for moisture + repair)
- Oil (to seal and smooth)
- Heat protectant (if using hot tools)

Conditioner rinses out. Leave-ins stay in and actually support the hair throughout the day.

If your hair feels dry, frizzy, or brittle it's usually not damaged... it's under-moisturized.

3: Sleep With Your Hair Contained

Sleep is one of the biggest causes of breakage.

We toss and turn. Our hair rubs against pillows for 6–8 hours straight. That friction causes tangling, breakage, split ends, and frizz.

Simply containing your hair protects it from unnecessary damage.

Options:

- Loose braid
- High loose pony
- Soft claw clip twist
- Silk or satin scrunchie

You don't have to overthink it just don't sleep with it loose and wild.

Small nightly habits make a huge difference in long term hair health.

4: Be Gentle With Wet Hair

Wet hair is fragile hair.

Hair stretches and weakens when it's wet, making it much more prone to breakage. Rough brushing, tight pulling, or aggressive towel drying can cause major damage.

One reason blow drying is actually recommended is because it helps close and smooth the hair cuticle when done properly. A fully dry cuticle is stronger and more protected than one left swollen and wet.

Tips:

- Use a wide-tooth comb

- Start from the ends and work upward
- Avoid rough towel drying (use a soft towel or T-shirt)
- If swimming, braid your hair and apply leave-in first

Remember: treat wet hair like delicate fabric, not like a rope.

5: Apply Dry Shampoo at Night

Dry shampoo at night > dry shampoo in the morning.

It sounds weird, but trust me on this.

When you spray dry shampoo in the morning, you're trying to fix oil that's already sitting on the scalp.

When you spray it at night, it has hours to absorb oil as it's produced while you sleep.

Spray it lightly at the roots before bed. Don't rub it in. Put your hair up, go to sleep, and let it work.

By morning, your hair has had time to absorb oil naturally and will look fresher with less buildup and less visible residue.

It's preventative instead of reactive and it makes styles last longer.