

# The Wavy Wash Day

Your whole wash day on one page, in three stages, from the first rinse through to bone dry. Every step says what to do and why it matters, so if you skip one you'll know exactly what you're giving up.

HOW OFTEN MOST WAVY HAIR IS  
WASHED

**2 to 3 times a week**

STYLE YOUR HAIR WHILE IT IS

**Soaking wet**

PLOP FOR NO LONGER THAN

**20 minutes**

## What you need

- ☐ A gentle shampoo
- ☐ A light conditioner, nothing rich
- ☐ Mousse or a light gel
- ☐ A microfiber towel or cotton T-shirt
- ☐ Root clips, if you want the volume

## In the shower

- 1 Shampoo your scalp with your fingertips, and don't scrub the rest of your hair.
- 2 Condition from your ears down, keeping it off your roots completely.
- 3 Squish to condish: cup water and squeeze it up into your hair while the conditioner's still in.
- 4 Detangle while your hair's still slippery, using fingers or a wide-tooth comb, ends first.
- 5 Rinse cool, and stop when your hair feels soft rather than squeaky.

## Wash your scalp, not your hair

Wavy hair is usually finer than curly hair, so buildup flattens it faster. Work shampoo into your scalp and let the suds rinse down the rest of your hair, because washing with conditioner alone leaves a residue that costs you volume within days. That's why a shampoo-free routine disappoints so many wavy heads.

## While it dries

- 1 Air dry or diffuse on low, and keep your hands off until it's dry underneath too.
- 2 Once it's bone dry, scrunch a drop of oil through to break the crunch, and the wave stays.

## Straight out of the shower

- 1 Scrunch upward with a microfiber towel or cotton T-shirt, and never rub it.
- 2 Style it soaking wet: smooth mousse or gel on with flat palms, then scrunch upward.
- 3 Plop for 10 to 20 minutes, and set a timer so you don't lose track of it.

## Four ways to undo it

- ✗ Conditioner on your roots, which is the fastest route to limp waves.
- ✗ Touching your hair while it dries, because every touch splits a clump that hasn't set.
- ✗ Plopping past 20 minutes, which dries your roots flat.
- ✗ Changing three things at once, so a bad result teaches you nothing.

## On the days in between

- Mist with water and scrunch a little leave-in through your ends.
- Clip your roots at the part while your hair dries.
- Wash two or three times a week, because more strips your hair and less lets buildup win.

