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# Are You Washing Your Hair Too Much?



## Follow these experts' advice to avoid stripping your hair of essential oils.

Like your favourite silk blouse, hair tends to lose shine and dimension when given a run through the rinse cycle one too many times. "When I think of hair, I often like to categorise it like fabrics: like silk, denim, lace..." says Abraham Sprinkle, celebrity hairstylist and member of the Keratin Complex International Creative Team. "You don't wash these in the same detergents and this holds true for hair and shampooing."

To make sure you're not stripping your strands of essential oils, we've quizzed hair experts on how often you should lather, rinse and repeat. Plus, we've rounded up some of the best formulas for each hair type and condition...



### If You Have Thick, Straight Hair

Thick hair may take some effort in the styling department but the plus side? You can work a blow-dry for days on end. "With thick hair, you can wait a few days between washes. I don't recommend washing more than every other day," says Matrix artistic director Nick Stenson. To make your strands a bit more manageable, go for a shampoo with smoothing qualities or one infused with keratin or argan oil, such as Theorie Argan Oil Ultimate Reform Shampoo and Conditioner (\$24.95 each; at [i-glamour.com](http://i-glamour.com)).