

## Post-Wash Hair Tip

Coming at you all with a quick and easy post-shower haircare tip!

I've dyed my hair relentlessly over the past year from blonde to bleached white to silvery-gray and finally to what (I hope) is my natural color. That's a lot of haircare maintenance for just one year, and you can bet my hair is showing it. Of course, my hair started fighting back. I had breakage around my face showing up in more than just baby hairs (think almost bangs) -- and so I decided I need to start taking better care of my overworked strands. I told Jenni at the [Aviary](#) about this and she suggested that it could be my post-wash towel wrap. I've been doing this as long as I can remember, as most women do. It's an unspoken ritual, one that practically signifies womanhood. I mean, who doesn't remember seeing their mom/sisters fresh out of the shower with a towel wrapped perfectly in place atop her head? Even Mario Testino saw the beauty of this ritual, photographing celebs in his famed [Towel Series](#).

The towel wrap is actually **bad** for weak hair, because basic towels are really rough on strands which causes breakage. Also, if you have especially heavy hair, it weighs the wrap down causing.. wait for it... hair breakage around the face. Sometimes, the answers are so simple yet we neglect to consider something we've been doing for years.

Jenni suggests a lighter weight wrap made specifically for hair (not just any old towel) so it won't add all of that extra weight a towel can. Plus, cotton towels practically beg for frizzy locks.

[Hubalou](#) makes some (eco-friendly, duh) alternatives for **weak, frizzy, or simply just heavy hair**. They're made out of bamboo, which is not just lightweight, but also reduces frizziness and breakage. Not to mention, the patterns are SO cute! I'm dying to try one of these wraps out.

Would you consider a [bamboo hair wrap](#)? Let me know in the comments below!

xx

-Callie