

WOMENS HEALTH - By Brian Underwood, Korin Miller [View original page](#)

One Dermatologist Has An Ingenious Dry Shampoo Hack That Will Save Your Scalp This Summer

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[Dry shampoo](#) is a hair-saver between washes, but no bottle lasts forever. Whether you just ran out of your go-to or love two-in-one products, there's a new dermatologist hack you've got to try.

The trick—which comes courtesy of Manhattan dermatologist [Hadley King](#), MD—involves using [powder SPF](#) as [dry shampoo](#). If it sounds out there, hear us out: The sunscreen product offers the same oil-absorbing powers, but also has the added benefit of protecting your scalp from UV rays in the process. Plus, you can continue to use powder SPF over your makeup, giving you more mileage out of one product.

OK, but how does this work and why powder SPF? King and fellow dermatologists break it down.

Meet the experts: [Hadley King](#), MD is a dermatologist in Manhattan; [Gary Goldenberg](#), MD, is an assistant clinical professor of dermatology at Icahn School of Medicine; [Joshua Zeichner](#), MD, is the director of cosmetic and clinical research at Mount Sinai Hospital in New York City.

Why is powder SPF a good dry shampoo sub?

There are a few reasons for this. First, the powder formulation—a mix of pulverized minerals like zinc oxide and silicates—absorbs excess oil, so

you get the advantage of dry shampoo as well as sun protection, King explains. And those UV-protecting benefits are important, says [Gary Goldenberg](#), MD, an assistant clinical professor of dermatology at Icahn School of Medicine. [Studies show](#) that the scalp is a common site of skin cancer—and it can be a particular problem for those with fine or thinning hair. “Protecting the scalp skin with broad-spectrum sunscreen can lower that risk,” says Dr. Goldenberg.

Powder SPF may even perk up your hair beyond absorbing oil. “For some, these products can also add volume and texture by coating hair strands with fine powders, making hair appear fuller without sticky residue,” Dr. Goldenberg says.

How to use powder SPF as dry shampoo

Dr. King recommends looking for either a translucent powder (her top choice) or a powder that matches your hair color. Then, apply powder to your part line, along with anywhere else you want to absorb oil. “I like to gently rub or massage the powder into the scalp with my fingertips so that it’s not visible,” she says.

As with more standard sunscreen, you have to reapply throughout the day to get those sun protective benefits. “It is important to apply enough to the scalp and make sure to reapply,” says [Joshua Zeichner](#), MD, director of cosmetic and clinical research at Mount Sinai Hospital in New York City.

You can technically use any powder SPF for this, but dermatologists flagged these as good options to reach for:

Mineral Powder Sunscreen SPF 50

This powder checks a lot of boxes: It features an easy twist-open tube, a high SPF value, two types of protection (titanium dioxide and zinc oxide), and a transparent, lightweight formula. The best part, though, is that it’s

water resistant for up to 80 minutes, meaning perspiration won't cramp your UV protection or hairstyle.



Amazon

[\\$46.00 at amazon.com](#)

Brush-On Sunscreen Mineral Powder

Live in an urban environment? Then, this is the powder for you. It features patented EnviroScreen technology that not only protects against the sun's rays, but also shields scalp skin from pollution, blue light, and infrared radiation.



Amazon

[\\$69.00 at amazon.com](#)

Mineral (Re)setting Powder SPF 35

You can choose from the translucent version or three adaptable shades for the best fit. Plus, this one is completely noncomedogenic and comes

infused with skin-loving ingredients like ceramides and olive glycerides to nurture easily-irritated skin.



Amazon

[\\$34.95 at amazon.com](https://www.amazon.com/dp/B001871814)

Isdinceutics Mineral Facial Powder Brush

The fluffy brush featured here makes this a dream to apply. And the construction of the tube is a cinch to master: Just pop the top, push down the transparent cover, and sweep the formula anywhere you want to.



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So, go ahead and try Dr. King's hack—your hair and your scalp will thank you.
