

Shampoo Routines

SPACING OUT YOUR SHAMPOOS



Stretching out your washes? Remember—your scalp needs to transition, and Rome wasn't built in a day! Use this guide to gradually space out your shampoos and experience having a routine that serves you!

xoxo
Harmony

SHEAR
HARMONY
HAIR

Beginner

GOAL: SHAMPOO EVERY OTHER DAY

STAGE 1 | REPEAT 2X

Shampoo no more than 1x a day. Pick 1 day during the week to not shampoo.

STAGE 2 | REPEAT 2X

Pick 3 days during a 2 week period to not shampoo.

STAGE 3 | REPEAT 3X

Pick 2 days during the week to not shampoo.

STAGE 4 | REPEAT 2X

Pick 2 days during the week to not shampoo. The next week do every other day. Alternate then shift to every other day.

ROUGHLY 3 MONTHS TO
REACH GOAL



Advanced

FINE HAIR GOAL: SHAMPOO 2X A WEEK
COURSE GOAL: SHAMPOO 1X A WEEK

STAGE 1 | REPEAT 3X

Shampoo no more than 3x a week.

STAGE 2 | REPEAT 3-4X

Alternate shampooing 2x this week, and 3x next week.

STAGE 3 | REPEAT 5X

Shampoo twice a week.

STAGE 4 | 1-2 MONTHS

Shampoo 3x over the next 2 weeks.

**ROUGHLY 5 MONTHS TO
REACH GOAL**



**SHEAR
HARMONY
HAIR**

Extra Tips

SUPER ACTIVE?

I know you're probably familiar with dry shampoo so let's pass on that. I still suggest spacing out your washes, but a realistic goal may max out at every 2-3 days. Try spritzing your hair with water post workout or pairing a sleek pony with bold earrings to help draw attention to other details.



Extra Tips

STRATEGIZE YOUR DAYS

This routine should make your life EASIER, not harder. If a rigid schedule helps you then great, but if you need to tailor the plan to meet your life goals, that's perfect too. Feel free to accelerate your wash day for that big presentation or date night. I also won't judge if it was a tough week and it sets you back a smidge. This is FOR YOU. xo

