



## **Sweaty She Monday (5/04/09): Is Perpetual Hair Wetness Bad?**

**By Susan Farago**

*Weekly Sweaty She postings can be found on "Sweaty She" on Facebook.com.*

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There are times when my hair seems to be wet for days. Here is a recent example. I went for a run in the morning, resulting in the initial round of wet hair. I had a hair appointment later that afternoon, plus 2 more workouts, so why bother showering? My hair was still a little damp as I walked in for my "every 3 months" hair appointment at 2:00pm. Tony, my hair guy, washed my hair, cut it, and then asked if I wanted any mousse or styling gel. I told him I was on my way to the pool so no need. This is what I love about Tony – he's OK with me coming in post-workout AND he doesn't try to glam me up either. I swam and then stopped by Panerra restaurant for a bagel and to hang out for about an hour until my 6:30pm bike workout. As I donned my bike helmet, my hair was still wet from the pool. After the workout a group of us went out for supper and as I finished eating around 9:30pm my hair was still wet from the workout. I got home, showered (finally!) and fell into bed – too tired to bother drying my hair. The next morning when I woke up, I could feel my hair still slightly damp at the nape of my neck.

Another day of training and perpetually wet hair got me thinking – is perpetual hair wetness bad?

As with all important questions, I consulted the Internet for answers. This is what I found:

1. "Hair is especially susceptible to damage when it is wet, so only a wide toothed plastic comb should be used to gently detangle wet hair."(1)
2. "Wet hair has more elasticity than dry hair." (1)
3. "... wet hair loses...much of its natural resilience. So treat it as gently as you possibly can..."(1)
4. "Wet hair (especially if it's thinner or blond) may allow it [bald spots] to show through more." (2)
5. "If your hair should become wet out in the wind, where it would get tangled too, resist the temptation to comb it to neaten it up unless it gets drenched and seems to comb easily. Damp hair can resist combing more than wet or dry, so wait until it dries first." (3)

If I interpret this advice correctly and I find myself in a state of perpetual hair wetness, the solution is that I should just leave my hair alone (no combing, let it air dry), however I risk my bald spots being more visible (do I have bald spots?). So apparently I have

nothing to worry about except for perhaps an ongoing bout of bad hair day(s). My personal opinion is that this is what hats and pony tails are for.

Interestingly enough, I came across a web posting where a woman asked, “How can my hair always have that wet look?” The expert response was that there was currently no product on the market that would truly give that “always wet look”. My answer? Become a triathlete.

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(1) [www.articlesbase.com/health-articles/hair-damage-information-300599.html](http://www.articlesbase.com/health-articles/hair-damage-information-300599.html)

(2) [www.hairtransplantnetwork.com](http://www.hairtransplantnetwork.com)

(3) [www.choisser.com/longhair/two.html](http://www.choisser.com/longhair/two.html)

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