

InStyle

How to Air-Dry Your Hair No Matter Your Texture

And get a frizz-free finish every single time.

By [Erin Lukas](#) Published on June 30, 2022

Air-drying your hair isn't just a last ditch effort to get where you need to go on time. Foregoing heat-styling is a great way to improve hair health by minimizing damage caused by using hot tools, plus letting your hair dry naturally also shows off your natural texture.

"The results are shiny hair that's silky to the touch in its best condition," says Amy Abramite, Creative Director and Stylist at [Maxine Salon](#) in Chicago.

Shaeri Haircare Spray

Shaeri Haircare Spray



Wavy hair can benefit from a texturizing spray for added volume and hold. "Detangle with a wide-toothed comb from ends up towards roots, then mist hair with a texturizing spray in sections to thoroughly saturate hair," Abramite suggests. "Scrunch product into the hair with fingers to encourage wave pattern. Allow the hair to naturally air dry and resist the urge to touch it as to not disturb the texture in the process." Once hair is finished drying, you can lightly fluff it with your fingers to break up the waves.