

## 17 Women Who Sweat for a Living Share The Dry Shampoo They Swear By

Because there's never enough time to shower between workout classes.

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### Liz Hilliard and Clary Hilliard Gray, Hilliard Studio Method

Kevin Murphy Fresh Hair Dry Cleaning Spray (\$25, visit [kevinmurphy.com.au](http://kevinmurphy.com.au) for salons)

"It adds body and shine, smells amazing, and is long-lasting. We both like to shake it and then spray it around our hairlines to remove excess oil. We've found that you can also use it as a texturizer on clean hair."

Follow Liz and Clary on Instagram @HilliardStudioMethod.