



All About Sulfate Free Shampoos And Natural Hair Care!

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The History Of Shampoo

Before shampoo there was the bar soap. People used bar soap to wash their hair in a one shot type of deal. Bar soap however was an irritant to the scalp and really did not do a lot for the look of the hair.

In the 1930's the very first cleaning liquid for the hair was created it was a synthetic blend that frankly was not much better for your hair.

Dr. John Breck is credited with creating a PH balanced shampoo for the hair in 1936 when the popular "Breck Girls" were born as the face of the newly formed hair care company.

By the 1960's and about 1000 improvements later what we think of as shampoo today was born. Shampoo is made up of several different ingredients.

The primary ingredient in any shampoo is water which is also the main ingredient to which surfactants are added as are a full range of other chemicals all meant to get your hair squeaky clean and a promise of a host of other traits you want for your hair.

Shampoo Science:

Since Dr. Breck's inception of what a shampoo should be there has been an entire corner of science dedicated to improving upon shampoo.

It is a very precise science that looks at the composition of the hair shaft

and the chemical reaction of the hair shaft to specific chemicals.

Essential Oils:

Long before shampoo made the seen AND before people were scrubbing their heads with bar soap people kept their hair and scalp clean by using essential oils to clean their hair.

One of the major draw backs of course of using oils to clean the hair without a surfactant is that hair was a little bit too greasy back in the day!

Today's Options:

For about 40-50 years shampoos were created with a bevy of chemicals.

Until the last decade no one was really paying attention to what those chemicals can do to the body. There has been some indication that the chemicals in shampoos can have many very serious side effects and consequences.

Today, people [are moving back toward formulas that are all natural](#) and that depend heavily on essential oils and other things found in nature to get their hair sparkling clean and healthy to avoid exposure to potentially harmful chemicals.

Are You Washing Your Hair Right?

How many times have you seen the “lather, rinse, repeat” instructions on shampoo labels. These directions have even taken on a life of their own.

Is it necessary to lather, rinse and repeat to get your hair clean or is that just a tradition that started because a guy wanted to sell his shampoo.

You guessed it, it is in fact bad advice that is attributed to none other than Dr. Breck himself. It is not necessary to lather rinse repeat. You can leave the repeat part out. Washing your hair one time is sufficient.

You also should not be washing your hair everyday. Washing your hair everyday is actually very bad for your hair. Your hair needs the natural oils from your scalp to stay shiny and to grow. Washing away the oils from your scalp does not help your hair.

Proper Washing:

Yes, you need to lather and rinse well but avoid repeating because all you

will do is dry your hair out. Start by wetting your entire head and instead of adding shampoo directly to the scalp (which may be an irritant) make a cup with your hand and squirt the shampoo into your hand.

Shampooing your hair is really an act of washing both the hair and the scalp. You want to start at the top and work your way down and gently massage the scalp as you go.

You do not need a lot of shampoo to get the job done. A quarter size amount is typically good for any length of hair.

There is no need to scrub vigorously.

Your scalp can easily become irritated so you do want to be gentle with it.

A gentle massaging motion is sufficient and will revitalize your scalp and actually stimulate hair growth. A gentle massage will also get the blood flowing in your scalp.

One of the key mistakes that many people make is that they do not rinse their hair enough. Shampoo residue can leave hair looking lack luster.

So be sure that you rinse all the shampoo out of your hair.

Always take steps to protect your eyes from shampoo unless it is a formula that is made especially with eye protection in mind.

Children and babies with very fine hair only need a very small amount of shampoo, a dime size amount will suffice for them.

In some cases you can actually just use some shampoo on a wash cloth to wash very fine hair to avoid any scalp irritation.

Shampoo is a very interesting subject when you give it some thought!

What You Need To Know About Sodium Lauryl Sulfate

Ever heard of sodium lauryl sulfate? If you haven't, then you're going to want to learn everything you possibly can about this particular chemical.

This is a chemical, which is also known as SLS, that has been getting a lot

of attention from the media, bloggers, health experts, and those who are extremely enthusiastic about organic products.

The more you learn about sodium lauryl sulfate, the more you're going to discover that it plays a very substantial role in your day-to-day life.

Why Sodium Lauryl Sulfate Matters

To put it simply, you're generally going to hear about sodium lauryl sulfate as it relates to shampoo and other hygiene products.

Take a look at most popular shampoos from the largest commercial entities that release these products.

Chances are, the stuff you're using in your hair right now contains SLS. In fact, SLS is the reason why your hair gets so foamy in the first place.

A lot of people take for granted the fact that SLS is such a commonplace component to their shampoos and other hygiene products.

However, a growing number of people are becoming concerned about what SLS is really capable of doing.

While there are some sodium lauryl sulfate benefits that certainly can't be denied, there are a number of negative elements to the chemical that are getting more and more attention as time goes on.

Sodium lauryl sulfate matters because of its good and bad points.

It may turn out that the bad points are such that you may need to begin searching for alternative products, [such as sulfate free shampoos](#).

For this reason alone, it's worth learning more about SLS. There are a number of factors concerning SLS that are well worth discovering.

Facts About Sodium Lauryl Sulfate

If you ask someone who has sworn off SLS shampoo products, they're going to tell you that the negative points of SLS far outweigh the positive points.

While an increasing number of individuals believe this to be true, the ultimate decision in this matter rests with you.

With that thought in mind, here's a look at everything you really need to know about sodium lauryl sulfate:

- One of the most common associations with SLS is the fact that it is designed to act as a foaming agent. It is one of the cheapest foaming agents in existence, which is a major reason why it is so often utilized in so many different products.
- Although sodium lauryl sulfate is frequently found in most of the traditional shampoo products currently available on the market, this is far from the only product you're going to find SLS in. Toothpaste, soap, soap and soap detergent are all products that can potentially include SLS in their list of ingredients.
- SLS is derived from coconut oil.
- The history of SLS is a bit on the interesting side. Although there certainly weren't products containing SLS in ancient times, the coconut was still an extremely important part of everyday life in a number of cultures. Since SLS comes from coconut oil, it's fascinating to keep in mind that coconuts were used for a variety of purposes. Some cultures took advantage of every aspect of the coconut tree, even going so far as to use the leaves and trunk.
- Over the course of the past several decades, sodium lauryl sulfate has become increasingly prevalent in shampoos and other products. While the chemical is indeed inexpensive, and while it can eliminate oily residues, there are some negative components that must be considered.
- In terms of sodium lauryl sulfate as an ingredient in shampoo, many people find shampoos containing this ingredient to be extremely annoying to their scalp. In addition to this, a number of people have found that shampoos containing this ingredient leave their hair feeling uncomfortably dry.
- SLS has also been found to strip your hair of some of the essential oils your hair needs.

- Some people have even reported that SLS shampoos have left their hair feeling fuzzy or hopelessly tangled.
- It is also worth noting that many people are in fact allergic to SLS.
- Although the infamous 1990s Internet urban legend about SLS and cancer has since been proven false, there are still concerns as to the long-term damage that can potentially be caused due to shampoos and other products that contain SLS.

SLS In Shampoo Products

If you're beginning to wonder if it might be time to seek alternatives to SLS shampoos, the answer to this question could indeed be in the affirmative.

This could be the perfect time [to start looking at some of your alternatives](#) for shampoo.

Thankfully, you're going to have a lot of options to choose from.

Sulfate free shampoos are continuing to become more and more popular. Utilizing organic ingredients, sulfate free shampoo is not only better for your hair, but it's also better for the environment.

Examining Sodium Laureth Sulfate

Sodium laureth sulfate (SLES) is considered to be something of an extremely close relative to sodium lauryl sulfate (SLS). If either of these chemicals sound very familiar to you, there's a good reason for that.

Both of these chemicals are quite prevalent in some of the products you use every single day of your life. Both SLS and SLES are a very common ingredient in shampoo.

SLES In Modern Times

In recent years, sodium laureth sulfate, whose origins can be traced back to the fact that it is derived from the coconut, and the fact that the coconut

tree was so important in certain cultures, has received a bit of negative attention.

A growing number of people are becoming concerned that SLES is the cause for a number of skin and hair problems.

As more and more people become concerned with the potential negatives of using shampoos and other products containing SLES, it is something that you may want to look into for yourself.

By understanding the basics of SLES, you can better appreciate its good and bad points.

While a lot of people, including a number of health experts, will tell you that the negatives of SLES are more significant than its positive points, the final decision on the matter is actually yours to make.

Is Sodium Laureth Sulfate Good Or Bad?

Answering the question of whether or not sodium laureth sulfate is good or bad is not as easy as matter as you might think.

You're going to need to become familiar with the basics of SLES, and you're going to want to determine whether or not this knowledge applies to your situation.

As the number of people who have complained about different consequences arising from the use of SLES shampoos increases, there's a very good chance that you [may need to begin exploring alternative shampoo products](#).

Thankfully, there are alternative shampoo products that you can explore.

But first, let's take a look at the basics of sodium laureth sulfate:

- Sodium laureth sulfate (in addition to sodium lauryl sulfate) is the primary foaming agent in your shampoo. That chemical is the reason why you're enjoying that rich, foamy lather, as you work to apply the shampoo to your scalp.
- The inclusion of SLES in shampoo and other products is a practice

that has been going on for quite some time now. You can trace back its use by a number of decades.

- Because of this foaming property, SLES is chemically referred to as a surfactant.
- Although SLES is responsible for eliminating that feeling of oily buildup in your hair, there are a number of negative components to SLES that are getting an increasing amount of negative attention from both consumers and others.
- One of the first negative aspects to SLES is that it has been shown in a number of individuals to act as something or an irritant. Although SLES is considered to be slightly less irritating than SLS, consumers from all walks of life still complain that shampoos containing SLES have irritated their skin and hair in a variety of ways. Typically, the complaints revolve around their scalp feeling irritated after use, as well as their eyes.
- SLES shampoo products have also been known to leave the hair feeling uncomfortably dry, fuzzy, or even tangled.
- Some people even have strong allergies to SLES shampoo products, which compels them to seek alternatives to SLES shampoos.
- Sodium laureth sulfate has also been known to contain dioxane, which is a known carcinogen.
- Studies show that a concentration consisting of as little as 0.5% has the potential to act as an irritant. Conduct a little research, and you'll find that a number of products have an SLES concentration of as high as 10-30%. For those who are particularly sensitive to SLES, we're talking about a considerable irritant that can affect the eyes, scalp, hair, and skin.
- SLES has also been shown to strip your hair of essential oils. This is what causes the hair to feel and even look dried out.
- It is also possible for SLES to strip your skin of some of its proteins.

This can lead to your skin becoming overly sensitive to environmental contaminants.

- SLES is also a chemical that is capable of causing both short and long-term damage to the environment itself.

Alternatives To SLES

All of the above information should be kept in mind, when it comes to the subject of sodium laureth sulfate. The more you learn about this chemical, the more likely you are to want to explore your alternatives.

Thankfully, there are indeed alternatives that are available to you.

SLES free shampoos are becoming more and more popular with consumers.

Using natural ingredients, these organic shampoo alternatives have definitely found a place with those who no longer wish to use SLES-based shampoo products.

These shampoos have also been proven to offer consumers a green-friendly alternative.

The Truth About Ammonium Lauryl Sulfate

There isn't much else that feels better than a nice, long bath. Many people these days have used the shower or bath tub as a safe haven; offering an escape from an otherwise stressful and troubling world.

There's just something about the flowery scents, the feel of water running against our skin, and the sight of fluffy white bubbles that relaxes even the most tired of individuals.

But did you ever wonder how those bubbles came to be? Some people have, and with the growing interest in what makes up the products we put on our bodies and in our hair, the question has arisen: are these one hundred percent safe for me to use?

The common culprit

People have branded sulphates as an ingredient to beware of. Most people believe that sulphates are just too strong to have in our shampoo bottles and cosmetics and that it may pose a threat to our over-all well-being.

But is all this talk really all that true?

The role of Sulfates

One of the main ingredients that makes shampoo all nice and lathery is the sulphate which can be derived from natural sources such as coconut oil or palm kernel oil.

Usually found in shampoo in the form of Ammonium Lauryl Sulfate or Sodium Lauryl Sulfate, these components play an important role in a shampoo's cleansing ability.

Sulfates are surfactants, and that means they can draw oil and water.

This ability allows the sulphates in shampoos to take the dirt and oil away from our hair so that it becomes easier to rinse out with water. Pretty neat, right?

If a shampoo were without a sulphate, I guess you could say its cleansing ability would take a rather nasty fall.

Some sulphates are actually too good at this cleaning business, and may even strip away essential natural oils that keep our scalp and hair healthy. It really depends on how your shampoo is formulated.

The 'problem' with sulfates

With the dawn of the sulphate-free shampoo formulation, it becomes an obvious question: are sulfates safe?

Although they offer unparalleled cleansing, sulphate shampoos have been said to cause irritation because they can strip away the natural oils our hair and scalp need.

People have pointed to sulfates as the main culprit as far as dry hair is involved.

What's more, some people might not be able to tolerate sulphates on their skin and that could be a cause for irritation.

If you've ever gotten shampoo in your eyes, then you know just how irritating sulfates can be.

Despite all this mumbo jumbo, research has deemed sulphates safe for use in products that are rinsed off, meaning you probably shouldn't see 'ammonium lauryl sulfate' on your leave on hair conditioner's list of ingredients.

Why not sulfate-free?

Sulfate free formulations can be easier on the skin and may be more comfortable to use for some consumers. But when it comes to real cleansing and amount of foam, you really can't beat a sulfate shampoo.

Does foam matter? Honestly, no. But people admit that foamier formulations are more satisfying to use. Wouldn't you agree?

Despite being a milder alternative to sulfate shampoos, [sulfate-free shampoos still do clean natural oils away with dirt](#). That's just how shampoo works!

If you're still having a little natural oil separation anxiety, the only real option is to stop washing your hair all together.

This really isn't ideal as hair tends to accumulate dirt faster than any other part of our body.

You wouldn't want to carry all that filth with you, would you?

How to deal with sulfates

If you want to maintain clean hair and have it smooth and silky at the same time, opt for a shampoo or conditioner that offers ingredients like dimethicone or guar hydroxypropyltrimonium.

These components are designed to be left behind after a rinse to make your hair more manageable and less dry to the touch.

You can also choose to reduce the number of times you shampoo your hair in a day.

Try to keep down to once daily so your hair has time to get the nourishment it needs from those natural oils.

Sulfates: friend or foe?

Sulphates exist in nearly every cosmetic and hair care product we use today. They're unequalled when it comes to cleaning, and that's what makes them essential in our daily body care routine.

Although there are some downsides, it's safe to say that the pros outweigh the cons. It's all a matter of how you choose your products.

Remember, not everyone will react negatively to sulphates. Try to understand your hair's natural configuration and choose the best products for you. What works for someone else might not be the same for you.

Just make decisions based on your own preferences and needs, and you're in the clear.

What Is Sodium Dodecyl Sulphate?

The white to cream coloured solid substance called sodium dodecyl sulphate is actually an ionic surfactant.

The latter term is used to describe substances with charged groups on their heads.

It thus means that this particular substance has either a positive or negative charge.

Since the head of this organic compound that is synthetic is negative, then it is anionic; if it were positive, we would have said that it is a cationic surfactant.

Other names

It is known by other names such as Dodecyl sodium sulphate or Lauryl sulfate sodium salt.

What is it a mixture of?

Mostly, this salt is derived from the mixing of sodium alkyl sulphates. These sulphates are commonly known as lauryl. It is a derivative of coconut or kernel oil.

Properties

Due to its ability to lower the surface tension of solutions that are aqueous in nature, it plays an important role in fat emulsification.

Wetting agent

The organic compound is used a wetting agent.

Detergent

The pharmaceuticals, soaps and toothpastes contain this organic substance in them. It has what is called amphiphilic characteristics. its ability to form micelles makes it ideal for making the detergents that we use at home and in industries.

The substance decomposes

The toxicity of this organic compound is much evident when it is heated. It starts to decompose; emitting fumes mainly oxides of sulphur and sodium. One should avoid these fumes as they are highly poisonous.

Disperses ingredients

It disperses various ingredients hence used in pastes and creams.

Biochemistry of protein

It finds a lot of use in research of proteins in the field of biochemistry.

Cleaning agent

You will most likely come across this cleaning agent in the laboratories. In term of hygiene, you will find that it is used in the removal of oils and fat residues. This could perhaps explain why it is in such high concentrations in industrial products.

Loss of sweetness

If you would like to significantly reduce the effect of sweetness, this is the substance to use.

Microbicidal

The Sodium Lauryl Sulfate has some microbicidal properties. A microbicidal

is a substance that is used to kill micro-organisms such as fungi and viruses. It is known to sink in water. However, it also mixes with water.

How safe is this substance?

Generally speaking, it is accepted as a food substance, hence safe. It is mostly used in the food industry for fat emulsification.

What Is Disodium Laureth Sulfosuccinate?

Is Disodium Laureth Sulfosuccinate (DLS) something that you really need to worry about? If you are trying to focus on organic, safe products in your kitchen, bathroom, and elsewhere, then there are a few different things about this element that you are going to want to keep in mind.

Is Disodium Laureth Sulfosuccinate dangerous? Is it something you should avoid as much as possible?

Not necessarily. Is it something you don't need to worry about in the least? On that front, there are a few things you will want to keep in mind.

Explaining Disodium Laureth Sulfosuccinate

One of the great challenges to trying to be a smart shopper is to remain consistently educated on the ingredients that make up the foods you eat, the shampoos you use, the soaps you buy, and so forth.

There are a number of ingredients that you are going to want to avoid as much as possible, particularly if you are eager to embrace a more organic lifestyle.

One of the things to remember is that just because an ingredient sounds questionable, this doesn't mean that is actually the case. Disodium Laureth Sulfosuccinate is a good example of what we are talking about.

You can find it listed in a bunch of different shampoos, including the ones that promise to be organic. It also bears a certain resemblance to Sodium Lauryl Sulfate.

What you want to remember is that DLS is not the same as SLS. In fact, it is not similar to any of the sulfate surfactants that you are going to come across.

This is a larger molecule than the sulfate surfactants that you're thinking of, and so you don't have to worry this element penetrating your skin.

DLS represents the foaming agent that makes up most of the shampoos that we use. Is it going to cause actual harm to your health?

There is virtually nothing in the way of actual tangible evidence to suggest that. Does this mean you don't have to worry about DLS at all?

Well, it can still function as an irritant. In other words, Disodium Laureth Sulfosuccinate can cause minor irritations. It can also contribute to your hair losing some of its natural oils over time.

In other words, we are talking about things that you are definitely going to want to take seriously.

By the same token, we aren't talking about something that can compromise your health in some form or fashion.

What Is Sodium Trideceth Sulfate?

Take a moment to think about all of the things that you would expect from a face cleanser, soap, or any other type of disinfecting agent.

First, you'd want to make sure that the products you were buying helped to get rid of dirt and grime, and second, you'd expect them to be soft on your skin.

With the use of sodium trideceth sulfate, cosmetic enthusiasts can keep their makeup brushes and their skin sufficiently clean every time that they cleanse them.

Disinfecting Agent

One of the primary uses of sodium trideceth sulfate is as a disinfecting agent as it is typically referred to as a type of alcohol.

In most formulas you will find that this ingredient is included alongside sodium laureth sulfate and many other cleansing agents.

Their main job is to make sure that the surface they are applied to is sufficiently disinfected after application. Many people attribute sodium

trideceth sulfate to the reduction of acne and other skin care concerns with consistent use of a certain type of cleanser.

Foaming Abilities

Imagine what it would be like to use a face cleanser or a body wash that never foamed. You wouldn't have the same experience of feeling as clean after a shower as you normally would.

Many ingredients including sodium trideceth sulfate and sodium laureth sulfate are useful for creating a great foaming sensation while you are cleansing your skin.

The foaming not only gives you the idea of being cleaner, but it also helps to pick up more dirt and grime off of any surface so it is surely left cleaner.

Adding Softness

You might find it hard to believe that a certain type of chemical can be responsible for improving the softness of your skin, though it is important to note that many manufacturers add sodium trideceth sulfate to remedy against the harsh properties that other alcohols can bring to a surface.

For example, some types of alcohols can purify your skin, but without the right soothing agents this could cause your skin to become very dry and irritated.

With the help of certain components including sodium trideceth sulfate, the softness in your skin will be returned.

Breaking Hard Water

It's also important to find cleansers with sodium trideceth sulfate if you live in an area that is accustomed to hard water. Hard water is known to have an array of minerals that can make your hair and body feel heavy, oily, and unclear.

It helps to break down the minerals so you feel fresher after every washing experience.

What Is Sodium Myreth Sulfate?

With more people becoming more aware of the ingredients in their favorite products, it has lead many consumers to consider whether the items they

are using are safe or not.

In comparison to a variety of other ingredients, sodium myreth sulfate isn't one of the worst components of a formula and it helps to provide additional disinfecting and foaming properties.

A variety of shampoos, body washes, and face washes have sodium myreth sulfate in their composition and you may or may not avoid it based on your personal preferences.

Understanding Organic Compounds

If you do some research into sodium myreth sulfate you'll learn that it is made out of organic compounds.

It is important to note that just because you see the term "organic" doesn't mean that it's from plant-based derivatives. Instead, sodium myreth sulfate is created out of molecules that have been taken from carbon instead of an inorganic compound such as cyanide.

There have been many researchers that have stated the classification of compounds between organic and inorganic can be confusing for anyone that is not a specialist in chemistry.

Acting as a Detergent

The main purposes of sodium myreth sulfate are to act as a detergent and help to get a variety of surfaces clean. All of the compounds within the molecule will disinfect a variety of different materials ranging from clothing to your skin.

You can typically find this ingredient in many different types of cleansers ranging from laundry detergent to acne clearing face wash. Much like different types of alcohols, it helps to get rid of excess dirt and grime.

Inexpensive to Use

One of the main reasons as to why more manufacturers are beginning to cut out different ingredients but keeping sodium myreth sulfate is because it is an inexpensive ingredient that they can use to make their products appear to be better.

Many consumers assume that the more something foams, the better it is at cleaning a surface which is why sodium myreth sulfate is so popular amongst shampoo, soap, and toothpaste manufacturers.

Improving Foaming Properties

As mentioned, foaming is one of the most common effects that you'll get when you use a product that contains sodium myreth sulfate.

In fact, without the combination of this ingredient and others such as sodium trideceth sulfate, you wouldn't have any foaming at all from detergents and cleansers.

It is a great way to make consumers feel like they are getting cleaner.

What Is Sodium Coco Sulfate

Sodium coco sulfate is one of the many chemicals that are used in soaps, shower gels, shampoos and other cosmetic products.

You may be aware of sulfate free shampoos and how they have become increasingly popularity.

Chemicals like sodium coco sulfate are used by manufacturers because they are cheap and create the much desired foam when mixed with water. The sulfates are also effective cleansers. They tend to clean skin and hair more easily than other compounds.

These chemicals are also used in detergents for the same reason. While sodium coco sulfate and the likes of sodium lauryl sulfate and laureth sulfate are mild chemicals, they do have several side effects.

The Prevalent Use of Sodium Coco Sulfate

Sodium coco sulfate along with sodium lauryl sulfate and sodium laureth sulfate are used in any cosmetic product that doesn't clearly say it is sulfate free or free of sulfates.

Even if you don't see the names of these chemicals on the label, do not presume the products don't have these ingredients. These chemicals are often mentioned by their alternate names.

The prevalent use of sodium coco sulfate along with other sulfates is primarily because of the foaming, the bubbles and the luxurious suds that are formed when you shampoo, take a bath in the tub and brush your teeth respectively.

Foam is often confusingly and wrongly associated with the cleansing effect of body care and cosmetic products. Foam doesn't necessarily imply cleaning or cleansing.

However, foam does play a role in the washing off of cosmetic products. Without foam it is difficult to apply a gel or cream or even a soap and toothpaste.

There has to be some lather to spread the soap, shampoo, gel or even toothpaste after initial application.

The Technicalities

It must be noted that sodium lauryl sulfate and sodium coco-sulfate are the same chemicals. There is a tiny difference between the two.

Sodium coco sulfate is usually milder or gentler since the coconut oil or palm kernel oils are not as purified as in sodium lauryl sulfate. Both are surfactants.

That means they reduce the tension of the liquid they are mixed with when the liquid comes in contact with a surface. Liquid or gel or paste can cause friction when applied and massaged against skin, hair or teeth.

This friction must be reduced to nullify any discomfort or sensation one may feel.

Also, surfactants like sodium coco sulfate facilitate the mixing of oil and water, with each other and with other ingredients that are used by manufacturers.

The Risks of Using Products that have Sodium Coco Sulfate

A lot has been said, written and discussed about sodium coco sulfate. It is true that sulfate free shampoos, soaps, shower gels and toothpastes are healthier. However, there is no reason to be too alarmed.

There are many reports that claim sodium coco sulfate as one of the possible causes of cancer. Some go to state that it is a carcinogen. There is no truth to this, if you consider clinical findings.

There is no scientific evidence connecting sodium coco sulfate with any type of cancer.

There is one fact about sodium coco sulfate that you should be aware of. It does strip the hair and skin of the essential oils that are secreted by the body. Natural body oils nourish the skin and the hair.

These oils are completely cleansed from the skin and hair when you use any product containing sodium coco sulfate. This is not a permanent damage.

Replenishing your hair and skin with oil and moisturizer respectively, eating healthy foods or nutritious meals and taking care of your personal hygiene will help you to avert the short term and long term side effects of sodium coco sulfate.

But there is the possibility of skin inflammations, irritation and itchy sensations for most people. Dry skin, dandruff and itchy scalp are often a direct side effect of sodium coco sulfate and other such chemicals.

Those who have very dry skin or hair will have serious problems and they can get worse as one continues to get exposed to these chemicals.

Sodium coco sulfate is bad for the eyes. It must not be ingested in any condition and in any form or product.

Prolonged exposure to cosmetic products containing sodium coco sulfate will cause some health problems.

Long baths or keeping the shampoo on the hair for a long time, not cleansing the scalp, hair or body after being exposed to these chemicals and not rinsing properly to get rid of all traces can lead the chemicals to penetrate the skin or to get absorbed by the dermal layers. This is not desirable.

Look out for these names on labels when you purchase soaps, gels,

shampoos and toothpastes:

- Sodium coco sulfate
- Olefin sulfate
- Sodium lauryl sulfate or lauryl sodium sulfate
- Sodium dodecyl sulphate
- Dodecyl sodium sulfate
- Lauryl sulfate sodium salt
- Sulfuric acid monododecyl ester sodium salt
- Sodium n-dodecyl sulfate
- Sodium dodecane sulfate

What You Should Know About Sodium Lauryl Sulfoacetate

Sodium lauryl sulfoacetate is obtained from palm oils and coconut. It is a foaming agent used widely in a plethora of cosmetic products. Termed as a surfactant, it is deemed skin friendly and is one of the common ingredients in soaps and shampoos.

Several toothpastes contain sodium lauryl sulfoacetate but it is mostly found in shower gels, shampoos, soaps and conditioners among other cosmetic products for hair and skin.

Sodium lauryl sulfoacetate is one of the most effective surfactants known to us. It produces a luxurious and often rich lather that can get rid of dirt, oil and bacteria from the skin and hair without causing any damage.

There are some studies that have highlighted a few side effects of sodium lauryl sulfoacetate, particularly on the scalp, hair and also on certain types of skin depending on the nature of use, the exact product which implies the quantum of the ingredient and also the frequency of use for an individual.

Demonization of SLS

Sodium lauryl sulfoacetate is the SLS that you see marketed by many brands of shampoos and soaps. Interestingly, SLS is promoted as an undesirable ingredient and those who use the term actually market products that are free of sodium lauryl sulfoacetate.

For decades, SLS has been a common ingredient in shampoos and soaps. Not many people knew of SLS and its presence, neither were many

interested nor were many observant of what the labels said.

It was only after some people started writing about SLS and its side effects that brought it to the attention of consumers. This coincided with the launch of shampoos and soaps that could claim to be SLS free.

Whether this was the cause of those published writings or it was the other way around is for anyone to guess. The jury is still out on that debate.

What can be stated for certain is that SLS is misunderstood. There is substantial misperception and conscious spreading of misinformation.

SLS is not the best ingredient you can have if you consider what is ideal. It has its shortcomings but it is not as harmful as some people have made it appear to be.

There is no clinical data or evidence, proven correlation or scientific fact that can infer for certain sodium lauryl sulfoacetate is a carcinogen. There are no links to any form of cancer. Yet, there are people who write and promote the idea that SLS is a cause of cancer.

No scientific evidence is furnished and no fact is used to substantiate or validate such an argument. The debate rages on meanwhile.

Sodium lauryl sulfoacetate along with sodium coco sulfate, sodium lauryl sulfate and laureth sulfate are mild chemicals.

They are neither harsh to the skin or hair when applied nor are they used in a quantity that will cause serious health, skin or hair problems.

It is the prolonged use of cosmetic products, not taking care of hair, skin and personal hygiene along with diet, balanced lifestyle and exercise that leads to many skin and hair problems.

These problems get attributed to sodium lauryl sulfoacetate in particular and to other sodium compounds. The truth is one must have a holistic approach to skin and hair care. Only that would prevent the apparent side effects.

Side Effects Of Sodium Lauryl Sulfoacetate

Sodium lauryl sulfoacetate along with other similar ingredients in soaps and

shampoos will cause dry skin or hair.

If someone has naturally dry skin, has a history of irritation or inflammation, has poorly nourished skin that already has some problems then these can get worse after prolonged and repeated use of soaps and shampoos containing SLS.

Those who have a history of dandruff, dry hair, frizzy and thinning hair, breakage, dry scalp and itchy scalp among other conditions will be vulnerable to worsening of the condition when using SLS shampoo or soap too often.

How one uses these products will also influence the side effects as harsh use or rigid use of the shampoo or soap will cause substantial effects.

It is necessary to understand that cleansing and nourishing go hand in hand, caring and then restoring the health of hair and skin goes hand in hand. It is not just about cleansing.

You could clean your hair and not nourish it well enough which will lead to damage.

You could cleanse your skin and not indulge in the right foods which will lead to damage to the skin over time.

You cannot have a partial or half baked approach to skin and hair care.

You must provide the nutrition, take care of your hygiene and also timely cleanse and condition your hair and skin.

A multipronged and holistic approach will not only limit the side effects of SLS but you would not experience any impact whatsoever but the desired easy cleansing effect that such surfactants are supposed to assure.

Why Are Sulfates Bad For Hair?

If you ask the question of “why are sulfates bad for hair”, you’re going to discover that the answer is quite surprising. An increasing number of people are beginning to learn the various negative aspects to using hair products that contain sulfates.

The more you discover about the question of why are sulfates bad for hair, the more likely you are to begin to wonder about your alternatives.

While these [alternatives to shampoos containing sulfate do indeed exist](#), a little education on the subject is still essential.

What Are Sulfates?

The answer to the question of why are sulfates bad for hair demands a little background first.

Take a quick look at the ingredients list for the shampoo you’re currently using. If you notice that one of those ingredients is sodium lauryl sulfate (SLS) or sodium laureth sulfate (SLES), then that’s where your sulfates are coming from.

These chemicals are quite commonly found in not only shampoos, but in a host of other cleaning/hygiene products, as well (such as toothpastes and soaps).

Why a company would choose to include a chemical that contains sulfates is not a difficult concept to understand.

These chemicals act as a foaming agent, are cheap to include in the products, and are capable of removing that unpleasant-feeling oily buildup in your hair.

There are other reasons as to why sulfates are prevalent in your current shampoo, but those are certainly the main ones.

With all this in mind, you are in a better position to ask yourself why are sulfates bad for hair.

Are Sulfates Bad For Hair?

On the subject of whether or not sulfates are bad for your hair, an increasing amount of information points to the following fact: Sulfates are not good for your hair.

While the severity of this fact can vary from one person to the next, there are a number of reasons as to why sulfates are not good for your hair:

- Chemicals containing sulfates are known as surfactants. What this means is that the chemicals in your shampoo that contain sulfates are largely designed to degrade the surface tension for liquids, in order to make it easier for them to be spread around.
- Sulfates have a strong potential to be an irritant to your hair, skin, and even to your eyes. The degree to which this can be the case varies from one person to the next. Some experience very minor irritations through the use of shampoos containing sulfates. Others have severe allergic reactions.
- Sulfates are capable of stripping your hair of essential oils. This can lead to the feeling that your hair has become extremely dried out, both in terms of its appearance and how it feels to the touch.
- Continuous use of shampoos that contain sulfates have the potential to cause long-term damage to your hair. This damage can be realized in terms of its appearance, as well in terms of the overall health of the hair itself.
- A 0.5% concentrate of the chemical that contains sulfates in a bottle of shampoo has been proven to have the potential to act as an irritant. A little research on the subject of chemical concentrations in shampoos will show you that a number of shampoos have concentrations of chemicals containing sulfates that range between 10%-30%.
- Some of the consequences that can result from using shampoos containing sulfates include irritation of the eyes, irritation of the scalp, tangled up hair, hair that feels frizzy or fuzzy, or hair that has become split. In some cases, the consequences can even include swelling of your hands, your face, and your arms.

These are some of the reasons why shampoos that contain sulfates are bad for your hair.

Sulfate Free Shampoos

With all of these reasons as to what shampoos containing sulfates can do to your hair, you're likely going to start to wonder if it's perhaps time to start looking at alternative shampoo products.

Fortunately, these alternatives do indeed exist. Not only do these alternatives exist, but they can be found in a variety of different places.

The most important thing to consider with sulfate free shampoos is the fact that the best of them are going to leave your hair feeling softer and cleaner than it ever has before.

Best of all is the way it's going to do this without causing any particular irritation to your hair.

When it comes to the subject of sulfate free shampoos, it's important to look for natural ingredients. Organic shampoos can bring a lot of benefits to the table.

Unfortunately, certain alternative shampoos have simply replaced sulfates with other damaging chemicals.

As long as you **only use shampoos made from natural ingredients**, you shouldn't have anything to worry about.

It's true that sulfate free shampoos are a little costlier, but the benefits are such that you're probably not going to care.

What You Need To Know About Sulfate Allergy

The subject of sulfate allergy is a subject worth taking seriously. There is a great deal of information on the subject.

If you are at all curious as to whether or not you have one of these

allergies, you will naturally want to do everything possible to learn more.

Do You Have A Sulfate Allergy?

The background information on the subject of a sulfate allergy is a little on the dense side of things, but it still represents a fairly straightforward body of knowledge.

Whether or not you have it is going to come down to a few key pieces of information.

If you do have this type of allergy, your next step will be to learn more about how to manage and treat it.

In addition to this, you are going to want to learn about the ways in which sulfate allergies are different from other types of similar, but nonetheless unlike allergies.

A Look Into Sulfate Allergies

The symptoms of a sulfate allergy can be very mild, to extremely debilitating. This is going to depend on how sensitive you are. One of the biggest problems for those who have this type of allergy is the fact that sulfate is a fairly prolific component.

You can find it in a variety of personal hygiene products, such as shampoos, conditioners, soaps, toothpastes, and even laundry detergent. Those who have this allergy are going to want to look for an ingredient called ammonium laurel sulfate.

You can even find a type of sulfate in multivitamin tablets. Simply put, this is an ingredient that shows up in a lot of different things.

Some speculate that the reason why so many individuals have a sulfate allergy is due to the fact that it's so commonly used in so many products.

Nonetheless, if you are concerned into whether or not you have this type of allergy, you are going to want to look into some of the symptoms of sulfate allergies.

One of the most popular symptoms by far involves a skin rash marked with

lots and lots of itching. These rashes are capable of lasting for a number of days, and they generally begin upon contact with the product containing sulfate.

The more severe cases of sulfate allergies can include the appearance of hives, with the tissue becoming swollen in short order.

This swelling can even impact your throat, which can naturally lead to a plethora of breathing problems. Conditions such as hepatitis and asthma can even make appearances.

How To Treat A Sulfate Allergy And Other Considerations

Dealing with a sulfate allergy comes down to two things: Treatment and management. Treatment involves looking for real ways to treat sulfate allergies. Management involves doing everything possible to avoid a negative reaction.

In terms of treatment, you'll want to make sure you have the allergy to begin with. This is something you are going to want to do prior to taking any medications.

Once the diagnosis has been established, you can explore your treatment options. If you have a reaction, your first step will be to cease using any products you suspect caused the outbreak to begin with.

Taking vitamin C is a good method for dealing with the more mild cases of an allergic reaction to sulfate. Quercetin is a natural product with a variety of antioxidants that have been proven highly effective against sulfate allergy symptoms.

While working against the inflamed areas, this product can also help to toughen up your immune system, which can prove to be extremely useful in dealing with an allergy like this.

When it comes to preventing sulfate allergies, the important thing to do is remain calm. Most people are capable of living with this type of allergy just fine.

Obviously, the biggest preventive measure you can take against this type of allergy is to eliminate any products that contain sulfates from your home.

This may sound like a significant lifestyle change, but it really isn't. You will find a huge array of physical and online retailers that offer products that are completely free of sulfates.

At the end of the day, the biggest lifestyle change you have to make is that you simply have to become a careful reader of labels.

If your partner has a sulfate allergy, you will want to strongly consider switching to sulfate-free products, as well. This will make things easier for everyone.

Sulfa, sulfite, and even synthesized fragrance products can create similar allergic reactions. In fact, if you are indeed allergic to sulfates, then there is an excellent chance that you might be allergic to the antibiotic group known as sulfa.

With sulfites, you're talking about something that is commonly used to help preserve foods for longer periods of time than normal.

These components are different from sulfates, in terms of allergies, but they can still cause problems for someone with a sulfate allergy.

3 Ingredients To Avoid In Shampoos (Conditioners)

Everyone loves the idea of having perfect hairstyles that emulate professional looks that you have when you leave the salon.

The main problem is that many people end up with dry and damaged hair before they know it and your shampoo could be the main culprit.

There are a wide variety of ingredients that are included in traditional shampoo formulas that have been extensively studied and have shown to be damaging to the hair and skin of people that use them.

Below is an informative guide to teach you about the different ingredients that you should be avoiding in your shampoos and the ingredients that you should be looking for.

3 Ingredients To Avoid

If you've done any research into chemicals and compounds that are bad for your hair, you've undoubtedly heard of the 3 hair killers: sulfates, parabens, and phthalates.

#1. Sulfates

Commonly known as the ingredients that are responsible for creating the thick bubbly lather in shampoos, sulfates were originally designed for industrial cleansers.

These chemicals are responsible for cutting through grease and grime in order to get rid of all of the oil in your hair.

The main problem is that your hair doesn't need all of its oil removed, just the excess that is created throughout the day.

The more oil that is removed from your hair, the more oil your body is going to produce to make up for what it doesn't have which results in heavier and greasier strands than ever before.

There are also harmful byproducts that have been found inside of sulfates, including 1,4-dioxane, which has been linked to kidney and liver damage.

#2. Parabens

Parabens are typically known to be antifungal and antibacterial agents that help to clean different surfaces, but in an incredibly unhealthy way.

Numerous studies have shown that parabens have been found inside of tumors and can be related to significant changes in hormone functions, particularly in younger girls.

One of the largest concerns that consumers have with parabens is that they are found in almost every type of children's shampoo because they are such strong preservatives that keep formulas better for longer.

There has been some speculation around whether formaldehyde is one of the main gases that is exuded from parabens after they have been stored for a short period of time.

#3. Phthalates

Phthalates are typically found inside of plastics but they can also be used to create the majority of fragrances that you have in your shampoos.

These ingredients are on a variety of lists in different countries that point directly to carcinogens, the items that are responsible for creating cancer and other ailments.

Other studies have noted phthalates are responsible for disrupting the endocrine functions in young girls and exacerbating the symptoms of asthma in both children and adults.

In fact, California banned the use of phthalates in children's toys dating back to 2009. The main way to make sure that you don't fall victim to these harmful components is to read through the ingredients list on your shampoo.

If it simply states "fragrance" there's a high probability that phthalates are in the formula. Instead, look for labels of essential oils and specific scents that are used to create the fragrance.

Ingredients To Look For In Shampoo

Now that you're aware of the 3 main things to avoid when you're shopping for shampoos, it's important to consider the beneficial components that every formula should have so you can reap the benefits of healthier and moisturized hair.

Raw Plant-Based Ingredients

Opting for 100% organic shampoos is by far your best bet when it comes to making sure that you and your family are protected from the dangers of harmful chemicals.

There are a variety of different brands that have the mission to avoid all unnatural ingredients when creating their formulas.

There are thousands of plants around the world that offer just as many cleansing properties as man-made synthetic chemicals and they smell much better than you could imagine.

Ensure that you read through the ingredients of your shampoo and notice if there are any raw plant-based items included.

Minimal Packaging

One thing that is known about healthier options in terms of shampoos is that the companies don't spend a lot of time creating extravagant packaging that is only going to damage the environment.

Try to find companies that work with recyclable materials as you can know that their idea of protecting their consumers and the environment is their number 1 priority.

In fact, you could also choose to opt for bar soap designed for your hair instead of liquid shampoos as they have the least amount of packaging imaginable.

Homemade Products

If all else fails and if you're feeling a little creative, [consider making your own homemade shampoos at home](#) from a variety of different ingredients including baking soda, olive oil, coconut milk, avocado, and more.

You can get the perfect amount of moisture from items that you would generally buy from the grocery store.

A Look At Sulfate Free Shampoo

You've probably heard a thing or two about sulfate free shampoo in the media lately. People from all walks of life are claiming that sulfate free shampoos are not only more effective at maintaining the health and appearance of your hair, but that they are also better for the planet as a whole.

Do You Need A Sulfate Free Shampoo?

Is a sulfate free shampoo right for you? That's going to depend very strongly on you.

It's important to consider a number of factors. It's important to do the research on these shampoos, and it's important to understand all of the information associated with these products.

There is a great deal of information associated with these shampoos that should be kept in mind.

From that point, you can decide whether or not these sulfate shampoos are right for you.

Information On Sulfate Free Shampoo Products

While researching the subject of sulfate free shampoos, there are a number of facts that you're going to come across.

As you begin to learn more and more about these types of shampoos, you will be in a much better position to decide whether or not to pursue one of these products.

When it comes to a sulfate free shampoo product, here is what you need to know:

- A sulfate free shampoo is a shampoo that does not contain sodium lauryl sulfate (SLS). SLS is also known as sodium laurilsulfate or sodium dodecyl sulfate (which are known as SDS or NaDSO).
- If you check the ingredients listing for many commercial cleaning and hygiene products, you're going to discover that SLS is frequently listed as an ingredient.
- SLS is designed to help remove oily residues, amongst other things.
- Although the sulfate component to these hygiene products does not have carcinogenic properties, the chemicals do have the potential to cause a number of problems.
- Some of the potential problems associated with SLS include irritation to the scalp, the possibility of essential oils being stripped, and the hair becoming too dry.

- People react to sulfates differently. Some are highly allergic, while others only experience some of the problems mentioned above to a mild degree. Some do not experience any of the problems mentioned above to any significant degree whatsoever.
- For those who have sensitive skin or strong sulfate allergies, a sulfate free shampoo could prove to be exactly what they've been looking for in a shampoo product.

As you can see, there are legitimate medical reasons that create the demand for a sulfate free shampoo. Unless you happen to be allergic to any of the ingredients utilized in one of the formulas of these shampoos, it's a possibility you should definitely consider exploring.

These are some of the basics of sulfate free shampoos, but there are a few more things that you're going to want to keep in mind.

Additional Information On Sulfate Free Shampoo Products

The above information is really only the beginning of developing a true understanding of sulfate free shampoos. There are a number of other things that should be taken into consideration:

- Many of the people who turn to a sulfate free shampoo come back to report that their hair has never felt softer, and that the dryness consistent with traditional shampoos is no longer a problem.
- Those who are new to the world of sulfate free shampoos need to keep in mind that it's going to be a different shampooing experience from what you're used to. Sulfate plays a significant role in the foamy lather that builds up in your hair as you're applying the shampoo.
- Because sulfate free shampoos are free of this chemical, applying the shampoo is going to feel quite different than what you are perhaps familiar with.
- Some of the beneficial, safe ingredients you want to look for with one of these shampoos includes glucosides and glycerin. Both of these are organic compounds, taken from natural, sustainable resources.

- The green potential behind a sulfate free shampoo is something else that should not be ignored. These shampoos come from organic resources that do not leave the same carbon footprint as you would get with the more traditional forms of shampoo. For this reason alone, an increasing number of people are trying sulfate free shampoos.
- It's worth noting that sulfate free shampoos and other products along these lines are generally a bit more expensive than traditional shampoos and other health/beauty products.

This should give you a fairly rounded overview of sulfate free shampoos. The benefits of these shampoos are clear.

While some people continue to dispute just how damaging shampoos containing sulfates really are, the fact remains that there are a number of downsides to the shampoos that you are used to buying.

Consider how those downsides can be applied to your specific situation. If you find yourself eager for some sort of change, sulfate free shampoos could be worth investigating.

6 Great Benefits Of Using Sulfate Free Shampoos

On the subject of sulfate free shampoos, you're definitely going to want to familiarize yourself with SLS free shampoo benefits.

The benefits associated with shampoos free of the SLS component are considerable. However, when it comes to the amount of media attention these products have been getting, people rarely get the whole story.

There are tons of SLS free shampoo benefits to consider. It's important to have a complete, rounded view of SLS free shampoo products.

First, it's worth taking a look at SLS. This can give you the background necessary to understand why it's well worth considering what SLS free shampoos can do for you.

An SLS free shampoo can be a fantastic alternative to those who have sensitive skin, or with those who have allergies to the sulfates found in more traditional shampoo products.

In order to enjoy SLS free shampoo benefits, you'll want to look for products that contain ingredients like glucosides and glycerin.

Some of the benefits you'll be able to enjoy with SLS free shampoos include:

- One of the most appealing SLS free shampoo benefits concerns the fact that these are organic products. That means the processes and ingredients involved in the creation of the formulas found in these products are completely natural in every way.
- Those who have used SLS free shampoos will tell you that their hair feels more soft and silky than it ever had while using traditional shampoos.
- As mentioned before, SLS free shampoos **can be a fabulous alternative to those have** sensitive scalps or serious allergies.
- Are you one of those people who absolutely despise getting shampoo in their eyes? Certain traditional shampoo products claim to be tear-free, but that benefit is far more obvious with shampoos made from organic components. This is one of the smaller SLS free shampoo benefits, but it's a notable one nonetheless.
- The green benefits of SLS free shampoo should not be underestimated. The chemicals utilized in many of the shampoos and other hygiene products found in stores and online have been proven over and over again to have the potential to cause substantial harm to our environment. One of the nicest SLS free shampoo benefits is the fact that the formulas are created using renewable resources. This leads to a considerably smaller carbon footprint, than what you might leave with a shampoo that's packed with chemicals and other harmful elements.

- A benefit to SLS free shampoo products that's definitely worth considering is the fact that they are now readily available from a wide variety of sources. Although these shampoos are generally a bit more expensive than some of the more traditional products that are available, a lot of people will tell you that SLS free shampoo benefits far outweigh the little extra you're going to have to pay to purchase the product of your choice. And because these shampoos are so readily available in this day and age, it's easier than ever to shop around, and find something that's going to suit your budget and needs.

Although SLS free shampoo products lack that foamy feeling that you're used to getting while you shampoo your hair (which you get from the sulfates in the first place), the benefits of SLS free shampoos should be abundantly clear to you. Why not give it a try? (Resources, page 68)

A Guide To Sulfate Free Hair Conditioner

If you've been looking into relying on more organic products in your daily life, you've undoubtedly heard of sulfate-free shampoo and conditioner, and for good reason.

As with most cleansers and cleaners, there are assortments of chemicals included in their list of ingredients that can be quite damaging to your body.

Since your hair is incredibly fragile, you're going to want to make sure that it gets the nourishment that it needs to stay strong over the years.

By opting for a sulfate-free hair conditioner, you're going to experience a variety of beauty benefits that you've never experienced before.

Moisturizing Properties

By choosing a conditioner that doesn't have sulfates, you're going to be putting far more moisture into your locks than ever before.

If you've been the type of person to suffer from irreparable dry and damaged strands, a sulfate-free conditioner could be just what you're looking for.

When you have a formula that includes sulfates, it will get rid of all of the natural oil in your hair, much like dish soap gets rid of grease and oil off of dishes.

Although this might seem promising, it's the complete opposite of what your hair needs to be healthy. The less oil that your hair has, the less healthy it's going to be.

A sulfate free hair conditioner is designed to get rid of extra oil but still puts a healthy amount of moisture back into your strands and your scalp.

Reducing Frizz

If you're the type of person that combats frizz during the winter and summer, you no longer have to worry about using cans of hairspray to keep your hair looking fresh.

Frizz is a direct result of hair with an insufficient amount of moisture, which causes your hair to look unkempt and damaged. The more moisture that it receives results in tamed locks that are going to look phenomenal in any type of style.

It's the perfect way to combat against flyaways and other difficult aspects of having various hair types.

Protecting Your Hair Color

Many men and women around the world venture to salons to change their hair color, in fact, many consumers even dye their own hair at home.

The most common complaint is that the color has the tendency to be stripped out over a few washes, which is the last thing that you want when you put hundreds of dollars into the perfect look.

This is a direct result of using a shampoo and conditioner that has sulfates, as they are designed to get rid of color. In fact, when individuals are stripping their hair and removing excess color, the formulas consist primarily of sulfates.

This is why it is essential that you choose a sulfate-free formula that is useful for maintaining the beautiful tones that you have in your hair. You can typically find these formulas titled under "color-safe".

Reducing Hair Loss

Whether you're [suffering from hair loss](#) as a result of genetics or because of consistent styling, switching to a sulfate-free conditioner is a great way to keep your hair strong throughout the years. This again relates back to the moisturizing properties that you'll be able to use to your advantage.

The more moisture your hair has, the healthier your scalp will be and since an unhealthy scalp leads to an increased amount of hair loss, a sulfate-free conditioner is essential for individuals with this concern.

Reducing Scalp And Skin Irritation

People with sensitive skin have to go through all of their beauty products and choose specific items that aren't going to cause excessive drying, itchiness, or flaking.

Sulfates have been known to bring a variety of detrimental side effects to the lives of people with sensitive skin, including: swelling, redness, scaly patches, and more.

When you opt for a sulfate-free formula you're actually going to have the ability to reduce flaking and dandruff, along with excessively oily hair and excessively dry hair.

You might also find that when you start using a conditioner with sulfate, it can negatively impact other parts of your body including the sides of your face, your ears, and your shoulders.

If you've begun to experience skin irritation, it might be time to consider the products that you are putting in your hair.

One of the main things to take into consideration when you're choosing between sulfates and no sulfates is the fact that they are chemicals that were originally designed for industrial cleaners and cleansers.

There have been several instances where sulfates have been linked to different conditions including eczema and psoriasis, as well as the inflammation of acne and the development of dry skin.

By choosing organic formulas or formulas that don't contain any sulfates, you're giving your hair the moisture, protection, and nourishment that it needs to stay healthy and look its best throughout the years.

A Guide To Sulfate Free Face Washes

Every person loves having the ability to clean their skin at the end of a long day, whether it's because they want to clean makeup out of their pores or if they've been sweating all day.

Instead of opting for a generic over-the-counter face wash from regular brands, it's important to consider sulfate-free washes.

There are a variety of reasons as to why sulfates can be quite damaging to your skin, especially the delicate nature of your face.

Below are some things to take into consideration about sulfate and several brands that you can turn to in order to find the best face wash for your skin type.

What are Sulfates?

Sulfates are a phenomenal ingredient for manufacturers as they give them the ability to cut their formulas with an inexpensive chemical that helps with lathering, foaming, and cuts through grease.

Unfortunately, sulfates are the last thing that you would want to put into your hair and on your skin. You can typically find them in shampoos, face washes, and dish detergent.

Sensitive Skin Concerns

One of the main issues that people experience with face washes that include sulfates is the fact that they irritate their skin beyond any realm of control.

This is why many women find that they have to deeply moisturize their skin after washing their face in the morning and in the evening. Although sulfates are useful for lathering and creating bubbles, the chemical compounds can also be a nightmare for sensitive skin.

You might begin to notice that you'll have more dry patches, redness, and itchiness if you continue to use a face wash that contains sulfates.

Creating Dry Skin

Even if you were born with oily skin, using a face wash with sulfates in it will transform you into someone that has to deal with dry skin. Although the chemicals are great for cutting through grease, they also get rid of any natural oils that your skin has produced throughout the day.

For people with oily skin, this is the number one thing that you would want to avoid because the less oil that your skin has, the more likely your body is to overproduce sebum (face oil) to compensate for what it's lost.

Inevitably this would turn into you suffering from excessively oily skin after washing your face on a regular basis.

Individuals with preexisting dry skin conditions will also have to be wary because sulfates can only make the situation worse. You'll begin to notice dry patches on your face after each wash that might be difficult to remedy even with a thick moisturizer.

It can also make it quite difficult to apply your makeup to a soft and even base, forcing your foundation to attach to the dry skin and making it appear blotchy.

Instigating Skin Allergies

A lot of people also find that they are particularly allergic to sulfates, which can lead to a variety of skincare concerns.

If you're suffering from acne, you might notice that more and more pimples will start popping up.

People have also been known to develop other conditions such as allergic contact dermatitis and existing conditions could be exacerbated such as eczema.

The more skin conditions you've dealt with over the years, the more likely sulfates are to bring them back to your attention.

Sulfate-Free Face Wash Brands

#1. Trader Joe's Nourish

One of the best places that you can find sulfate-free face washes is from organic stores including Trader Joe's and Whole Foods. Apparently the Nourish line includes top tier ingredients that can typically be found in high-end labeled face washes but it is sold for a much more affordable price.

The "All-In-One Facial Cleanser" is a great item that you can buy for around \$6 USD and it gives you the ability to wash your face without having to worry about sulfates, but still get that perfect clean feeling afterwards.

#2. Mario Badescu

Although their collection of face products might be more expensive than most, Mario Badescu is a company that gives individuals the opportunity to have great facial products that are going to last a long period of time.

As a high-end skincare brand, they have been talked about in a variety of TV shows and promoted by A-List celebrities such as Kylie Jenner. They have a wide collection of sulfate-free formulas and specially designed products for many different skin types and skincare concerns.

#3. Kiehl's

As a top of the line brand that is about as expensive as you could imagine, Kiehl's gives customers the ability to put their best face forward, but for a price.

Their products are known to be less delicate on the wallet, but they work very well and last an incredibly long period of time.

They have a line of sulfate-free formulas that are specifically designed to help with a variety of issues ranging from dry skin to oily skin. You can typically find their items in Sephora or in Kiehl's stores in your area.

A Guide To Sulfate-Free Body Wash

One of the most important parts of your shower is to make sure that your body is sufficiently clean after a long day out. This is where soap and body wash come into play as they help to ensure that all of the dirt and grime is removed from your body's pores.

One concern that has been brought to the attention of health-wary consumers is whether body washes with sulfates are the right formulas to use or not. In fact, many people have made the decision to switch from traditional body wash brands to more organic formulas for a number of reasons.

Below are some important factors to take into consideration when it comes to choosing between a sulfate-free body wash and a regular formula that contains sulfates.

Working With Sensitive Skin

There are millions of people on the planet that are dealing with sensitive skin on a regular basis. Whether they know that they can't use certain products because it causes puffiness or if they're prone to itchiness and redness, there are many sensitive skincare concerns in the world.

Body washes that contain sulfates are only going to make matters worse, especially if you use them on a regular basis.

This is because you can either be allergic to sulfates or your skin simply won't work well with the formula.

Sulfate-free body washes are specifically designed to give individuals with sensitive skin a way to get clean that they can rely on.

Organic Formulas Are Best

Although some sulfate-free body washes might not be entirely organic, **they will include more ingredients that are safe** for your body and give you the ability to have soft, supple, and glowing skin.

Instead of relying on harsh chemicals that are designed to cut through grease, the organic compounds inside of sulfate-free body washes are essential for giving your skin the nourishment that it needs to stay healthy.

It's essentially giving you the ability to look and feel cleaner than ever before meanwhile making sure that you're getting the right nutrients into your skin.

You can also find sulfate-free formulas that are 100% organic from natural food stores or health stores in your area.

Reducing The Prevalence Of Skin Concerns

It's quite common for people to suffer from an array of different skin concerns ranging from eczema to body acne. Sulfates are incredibly harsh on your skin and the more that the chemicals penetrate your body, the more likely you are to either exacerbate existing conditions or damage your skin to where you develop new ones.

Many people that have been using regular body washes that contain sulfates have noticed an increase in psoriasis and eczema over the years. In most cases, dermatologists suggest using sulfate-free formulas when you're dealing with dry, itchy, and cracked skin.

As mentioned, it gives you the nourishment that you need meanwhile medicating any concerns with natural ingredients.

Restoring Skin's Moisture

In order to make sure that your skin looks its best, it has to get enough moisture on a regular basis and at times, regular skin creams can't do as well as a gentle body wash and a moisturizer.

Without moisture you are prone to experiencing premature signs of aging, flaking skin, and skin that simply looks dull and dry.

The more that you use regular body washes with sulfates, the more likely you are to continually do damage to your body every time that you take a shower.

With the help of a sulfate-free formula, you're letting your body maintain a healthy level of moisture. This is not only important for people that have naturally dry skin, but naturally oily skin as well.

The more natural oils that are removed from your body as a result of sulfates will make your body produce an increased amount of oil on a regular basis, forcing you to become more oily than ever before.

Sulfates Are Chemicals

Above all, it's important to remember that although sulfates create foam and bubbles, they are chemicals and formulas that include them typically include an array of other chemicals as well.

These compounds were originally used in industrial cleaners and cleansers until beauty companies realized how inexpensive they were and could help to make their formulas appear like they were working better.

There's nothing worse for your body than putting it in a situation where it's having toxic ingredients applied on a regular basis.

Once the protective layers of your skin are breached, sulfates can easily penetrate your blood stream and potentially cause different side effects within your body.

Choosing sulfate-free body washes is simple considering that more companies are beginning to realize how damaging they can be to the bodies of their consumers.

Your best option is to find a reputable organic brand such as Jason or Trader Joe's and choose from their assortment of sulfate-free washes for different skin types.

A Guide To Sulfate Free Toothpaste

One of the main ingredients in many beauty products including shampoo, face wash, and toothpaste is sodium lauryl sulfate.

Sulfates are chemical components that are useful for making us feel like we're cleaner, but they aren't necessary to get the cleaning done.

They help to create the foaming and bubbling that you would typically experience from your cleaners, especially in terms of soap-based formulas.

Unfortunately there are a variety of concerns to take into consideration when it comes to toothpaste with sulfates, ranging from bad breath to the development of canker sores.

Developing Canker Sores

When you start using toothpaste with sulfates, you might begin to feel microscopic damage to the tissues inside of your mouth. If you're someone who has dealt with a canker before in the past, there's a large possibility that it could come back simply by brushing your teeth on a regular basis.

There was a study conducted at the University of Oslo that found people who used sulfate-free toothpaste for 3 months were up to 70% less likely to develop more canker sores.

Dealing With Bad Breath

Do you typically wake up in the morning and wonder why your breath tastes and smells so stagnant? This could be as a result of sulfates in your toothpaste and leftover food on your teeth from the night before.

One of the main concerns that people have with sulfates in their toothpaste is that it exacerbates the development of dry mouth, which is infamous for contributing to bad breath.

The less lubricated your mouth is during the night, more bacteria will be able to find places to feed on the food that is leftover in your mouth, causing bad breath. It's also dangerous for your mouth to be unable to create enough saliva as this can severely damage its pH levels.

Damaging Surrounding Skin

This is a concern that most people don't take into consideration until they've dealt with it themselves. When you brush your teeth, it's quite likely that the toothpaste isn't entirely contained inside of your mouth.

You might get some on your lips, your cheeks, and other places on your face. Sulfates are known to cause eczema, instigate acne issues, and irritate sensitive skin.

The more that you brush your teeth and get toothpaste on your face, the more likely you are to deal with skincare issues that will need to be resolved with the help of medicinal products. This is also true for individuals that drool while they are sleeping.

The sulfates will remain in your mouth overnight, forcing whatever saliva is produced to become "hazardous" to your skin. You could wake up with redness and irritation surrounding your mouth as a result of drooling.

Reducing Fluoride Intake

This is a topic that is currently up for debate between the dental community and people that are subjected to consistently ingesting fluoride either through their tap water or through their toothpaste.

Some people suggest that fluoride is toxic to the human body, whereas other dental professionals suggest that it is the only thing that protects the teeth from deteriorating over a short period of time.

When you start using toothpaste that is packed with sulfates, it reduces the amount of fluorides that are able to make their way into your enamel.

This can significantly reduce the likelihood of having strong teeth for the rest of your life. It can also prove to be quite hazardous to your gums and the tissues inside of your mouth.

Foaming Doesn't Mean Clean

The majority of people decide that they are going to continue using toothpastes, face washes, body washes, and shampoos with sulfates because they claim that they don't feel as clean when they use sulfate-free formulas.

The main thing to remember is that although the product may not foam as much as you would expect, it doesn't mean that you're not getting clean.

The majority of products that you were taught to use over the years have always created an insurmountable amount of suds, making everyone used to thinking that they were getting as clean as possible.

When in reality, organic formulas that don't include any sulfates have other great ingredients that are designed to cut through grease and oil without damaging your body.

You will be getting just as clean with a sulfate-free toothpaste that doesn't foam and bubble than if you were to rely on generic brands that have formulas that contain a variety of different damaging chemicals.

With the help of the right organic brands, you can finally take advantage of living a healthier lifestyle and protect your mouth, gums, teeth, and surrounding facial areas from the dangers of sulfates.

Plus, you might even find that the organic formulas taste much better than your typical idea of what toothpaste tastes like.

A Guide To Sulfate Free Laundry Detergents

When it comes to choosing organic products, one of the main things that is constantly debated are sulfates.

If you purchase shampoo, conditioner, soap, or laundry detergent from well-known brands, you have likely fallen victim to sulfates before.

Although these chemicals can be great for industrial purposes and getting rid of grease, they can also bring an ample amount of health concerns into your life.

Whether you're dealing with sensitive skin or if you're simply looking for a healthier alternative, opting for sulfate-free laundry detergents is your best bet.

What Are Sulfates?

Also known as Sodium Lauryl Sulfate (SLS), sulfates are synthetic chemicals that are added to a wide variety of cleaning products for 2 main reasons.

First, they are known to eliminate any traces of grease and oil, and second, they are what help to make bubbles. In the past, sulfates were designated for the sole use in industrial cleaners but today you can find them in a wide variety of beauty products.

Although sulfates are used in small concentrations in most of the items that you have in your home, regular use can lead to a wide variety of health concerns.

Why Choose Sulfate Free Laundry Detergents

#1. Sensitive Skin Concerns

The number one reason as to why more households should opt for sulfate-free detergent is because of sensitive skin. Even if you have the hardest skin imaginable, you can rest assured that you will develop more sensitive skin the more that it's exposed to sulfates.

[[Here is how you can wash your clothes without using a single drop of toxic laundry detergent.](#)]

Aside from its relatively toxic nature, sulfates are known to cause irritation, dryness, redness, and even flaking skin with consistent use.

All of these symptoms are an absolute nightmare for someone that already has sensitive skin. Even piling on moisturizer isn't something that will help to bring your skin back to its normal state.

#2. Preserving Clothing

There's a good chance that you've spent a reasonable amount of money on the clothes that you currently have in your closet and you won't want your investment to go to waste as a result of washing.

Sulfates are not only known as a cleaning agent, but they also have the tendency to strip color.

This is why many hairstylists recommend that their clients use a color-safe or sulfate-free shampoo after having their hair dyed. The more that you wash your clothes with a detergent that has sulfate, the faster their colors are going to fade.

#3. Body Hair Loss

Another common issue that people experience [when they use products with sulfates is significant hair loss](#). Even though you might not be washing your body with the laundry detergent it is absorbed into the fibers of your clothing and then transferred to your skin.

With consistent use, you will begin to notice small amounts of your body hair falling off, as the sulfates will work their way into your hair follicles and damage the follicle. This is common with people who don't use sulfate-free shampoo as well.

#4. Eliminating Skin Irritation

Aside from giving individuals with sensitive skin a detergent that is safer to use, sulfate-free laundry detergent is also essential for getting rid of any signs of skin irritation whether from medical concerns or improper moisturizing.

If you are someone who has been suffering from psoriasis or eczema, sulfate-free formulas are the best ways to keep your skin under control.

You would be surprised to know that when companies are testing their new moisturizers, they use sulfates as an agent to irritate the skin.

Once the skin is irritated, they can monitor the effects that the lotion has on the skin to determine if it is soothing enough or not.

Sulfate Free Laundry Detergent Brands

The easiest way to make sure that you're buying sulfate-free laundry detergent is to visit an organic grocery store such as Trader Joe's or Whole Foods.

If you don't have either in your immediate area, take these brands into consideration:

#1. Zum Clean Aromatherapy Laundry Soap

In the Zum formulas you won't find chlorine, phosphates, brighteners, sulfates, or parabens. Instead, you'll be able to take advantage of the clean and refreshing scent of lavender, patchouli, sweet orange, tea tree-citrus, and more.

All of the ingredients inside of the laundry soap are derived from mostly organic elements and they are useful for softening your laundry as well as cleaning it.

#2. Method Laundry Detergent

The best part about the Method brand is that you can buy it from Target, which is relatively everywhere.

This company takes the health of their consumers and the planet into account as even the bottles for the detergent are made of 50% recyclable plastic.

With 16 different plant-based ingredients and no sulfates, you can guarantee that your clothes will look and feel their best, meanwhile be safe for you and your family to wear.

Some of their most popular scents include: sweet pea, lavender cedar, water lily & aloe, and spring daisy.

A Guide To Sulfate Free Soap

Deciding to live a healthier and happier lifestyle starts with the products that you use on your body, including the soaps that you use for washing the dishes, washing your hands, and washing your body.

Choosing sulfate free soap is something that is essential for people that are prone to skin irritation and who are tired of suffering from red, cracked, and itchy skin.

Below are some of the important things to know about sulfates and how eliminating them from your daily regime can revolutionize your skin.

What Are Sulfates?

The first thing to know is what sulfates are. You can find these ingredients in a wide variety of brands that you would typically find from your local big box store, including Herbal Essences, Dove, Head & Shoulders, and Garnier Fructis.

You can guarantee that any type of body wash or shampoo that offers a thick lather with a lot of suds has sulfates in it.

They are the chemicals put into formulas that help to create an ample amount of bubbles to add to the appearance of things getting clean.

Sulfates are also important for getting rid of a lot of grease, which is why they are necessary in some formulas.

What Are Sulfates Used In?

Aside from body wash and shampoo you can also find sulfates inside of conditioner, face wash, and detergents.

In the past, they were originally used in industrial cleaners, which is why they are a topic of concern in today's society.

Although you can guarantee that sulfates will help to get rid of the grease on your dishes, it might not be the best thing to have on your sensitive skin.

5 Benefits Of Using Sulfate Free Soap

#1. High Availability

The world is becoming more aware of the things that they are putting in and on their bodies, which is why more people are leaning towards clean diets and organic products.

There are also many individuals that want to use formulas that are beneficial for the environment to preserve the integrity of Earth.

Sulfate free soaps are one of the best ways to ensure that you're protecting yourself and the environment, and they are available from relatively any retailer. This high level of availability is what helps to make it incredibly convenient to opt for sulfate free formulas instead of traditional brands.

#2. Protecting Your Skin

Your skin is one of the most important organs in your body and protecting it is essential for eliminating your chances of developing skincare issues ranging from acne to psoriasis.

The more sulfates that you put onto your skin, the more likely it is to get damaged over a short period of time which can lead to premature aging, skins of skin distress, and more.

Sulfate-free soap has a variety of organic ingredients that are harvested from around the world and have been scientifically tested to help your skin look its best.

#3. Perfect For Sensitive, Dry, And Oily Skin

Sulfate-free soap is the best way to make sure that you won't have to deal with consistent itchiness, overly dry skin, and to make sure that you have a normal level of oil production throughout the day.

It offers moisturizing properties that are essential for nourishing your body so you won't have flaking skin throughout the seasons.

One of the main concerns that people have with sulfates is they are designed to get rid of all traces of oil, which is the worst thing to do to your skin.

Your body always needs a healthy amount of oil and once you get rid of all of it, it's going to start overproducing oil to compensate for what it has lost.

#4. Affordable Pricing

Even though many people assume that choosing the organic products is far more expensive, that's not always the case. There are several types of sulfate-free soaps that are slightly more expensive than generic brands, but they don't have prices that are going to break the bank.

In fact, many of the drug store brands that offer soaps with sulfates also have comparable sulfate-free formulas, such as L'Oreal Paris.

You will be able to benefit your skin without having to spend a small fortune.

#5. Eliminating Other Chemicals

If there are sulfates in the soap that you're using, you can guarantee that there will be other harmful chemicals as well such as parabens and phthalates.

The more organic your soap is, the less likely it will be to have components that have been linked to hormone issues, cancer development, and more.

You won't only be cutting out the need for sulfates, but you'll also be giving your body a sufficient amount of nourishment that isn't hindered by synthetic ingredients.

Sulfate-Free Soap Brands

In the event that you've decided to purchase sulfate-free soap, a few great (and affordable) brands are:

- Nubian Heritage (\$5.99 USD)
- Aveeno Active Naturals (\$11.75 USD)
- Nourish Organic (\$8.63 USD)

These are available offline or online (Amazon).

[[Learn how to make your own spa quality soap at home](#)]

The benefits Of Aloe Vera Shampoo

(The Aloe Vera Shampoo DIY recipe is on page 58)

There is no doubt that the aloe vera plant is one of the leading in the health industry when it comes to natural products. Why wouldn't it be?

The gel alone from inside the plant leaves contain 75 different properties. There are so many benefits, but specifically, this article is going to cover using aloe vera shampoo instead of regular shampoo.

From defending against dandruff, to strengthening hair and lengthening it.

When it comes to hair, we all want beautiful, strong, and above all, healthy hair. And having dandruff is not that. Actually, it is anything but.

Your scalp is itchy and scratchy, and normally you have those annoying flakes. Those flakes are dead skin cells. If you are using a dandruff shampoo that works, great, but if not then you might want to try switching to an Aloe vera shampoo.

The gel located inside the plants leaves contain proteolytic enzymes, which is great for us. These proteolytic enzymes help by exfoliating the scalp, eliminating the itch and urge to scratch.

Not only that, but it breaks down all the dead skin cells (those annoying white flakes) which ultimately makes them disappear. Now how amazing is that?

It is no secret that we all want to fix our dry, damaged hair. Whether it is from consistently blow drying it, to straightening it. Over even curling it and dying it. We all have our own favorite things to do to our hair.

But normal shampoo could also be doing harm as well. Normal shampoo can strip hair of the natural oils it needs to stay healthy.

Aloe vera contains an chemical similar to keratin which we all know all know is pretty amazing stuff.

However, aloe vera shampoo is able to penetrate our hair completely, all the way through. This allows the amino acids to do their work!

It adds shine and softness to each and every strand. Not only that, but it also helps control the effects humidity has on our hair. That means no frizz, and tons of moisture.

So we can have the beautiful shiny hair models have that we see all throughout magazines.

Now I know a lot of people dye their hair and worry about the color lightening and fading away. There are a lot of products out there specifically promoted just for hair that is color treated. And some really do a great job.

But if you're finding it hard to find one for hair then maybe trying an aloe vera shampoo is perfect for you.

Like stated before, it contains 75 different properties, some of which are B3, B12, and B-complex.

These specifically help lock in the color all while rejuvenating hair. A great aloe vera shampoo is that by the brand JASON, which is available on Amazon. It's has great reviews and gets the job done!

So the higher end the product, the more costly it can be. There is no shock there. And if one is able to afford all the high end costs, then good for them.

But unfortunately, not everyone is able to do this. If that's the case, there are still great products out there for us.

A few of them are 'Ole Henriksen Aloe Vera Deep Cleanser' for about \$24.00 which is pretty good. And despite it saying that it is a cleanser do not get me wrong, it most definitely has more of the characteristics as a shampoo. You even use it exactly the same way. This is available at Sephora.

Another one which was stated before is by 'JASON'. It is a moisturizing 84% aloe vera shampoo. This one can be picked up at Target.

Also, for those who are a little more adventurous, we can make our own.

Here below is one specific recipe which I actually have tried.

DIY Aloe Vera Shampoo Recipe

- 2 cups distilled water
- 2 tablespoons aloe vera gel
- ½ teaspoons jojoba oil
- 6 ounces liquid Castile soap
- 40-50 drops of essential oils
- 2 ounces herbs

There are many different combinations that can be made with the recipe, all by switching out different herbs and essential oils. For dry hair one could use the herbs burdock, or rosemary. For oily hair you could use mint or lavender. The possibilities are endless. [[Here are more DIY recipes.](#)]

With everything that's been said, one might think that there possibly is not anything else this one little plant could do. You, however, will be surprised. There is one more thing on my list of amazing benefits.

This is to promote hair growth, as well as hair loss prevention. The same enzymes that help with dandruff, help with this also. They promote growth and help retain natural moisture.

Aloe vera helps rejuvenate the hair follicles and prevents the hair from thinning. So ladies, if your man has a growing bald spot or thinning hair, try switching out his shampoo.

So there you have it! From repairing dry and damaged hair, to getting rid of dandruff. From protecting color treated hair and promoting natural hair growth.

All in all, switching your everyday regular shampoo to an aloe vera shampoo has multiple benefits. The possibilities and benefits are endless, all we need to do is find them.

10 Herbs To Look For In Herbal Shampoo

An herbal shampoo is one that has an herb as a primary ingredient, versus a chemical compound of some kind.

Many people reach for these because they tend to be more natural, and overall better for your hair.

Plus, many of these herbal shampoos are free of parabens, organic, hypoallergenic, and use all natural ingredients.

But with so many different products on the market, which herbal ingredients are the ones you really need to look for? What are the best herbs for herbal shampoos?

#1.Jojoba

Jojoba will usually be listed in your herbal shampoo as either jojoba oil or jojoba wax. It is extracted from the leaves of the plant of the same name, and is an absolute must have for your hair.

It assists in breaking down excess oils without over-drying, provides a refreshing deep clean, and even stimulates new hair growth.

#2.Cherry Blossom

Cherry blossom comes from a flower, and smells heavenly. It is incredibly lightweight, making it fantastic for those with naturally oily or limp hair.

It also hydrates dry or brittle hair, and leaves your hair lustrously shiny. It creates a particularly great herbal shampoo when paired with either ginseng or green tea.

#3.Argan Oil

Argan oil will sometimes be listed as Moroccan oil, since that is the only place in the world where this plant grows. Key benefits include a healthy shine, penetrating clean, and UV protection. It also helps to reverse the effects of the sun and damaging hair products.

#4.Aloe Vera

You probably have a bottle of aloe in your medicine cabinet or refrigerator in case of sunburns. But did you know that aloe is also something you should be looking for in an herbal shampoo?

Aloe's unique compounds treat dandruff, cleanse the scalp, and even provide a little extra protection against the sun's harmful rays.

As a bonus, aloe has been shown to be one of the most efficient herbs in regenerating hair growth.

#5.Rosemary

Got grays before your time? Instead of reaching for the hair dye, try an herbal shampoo with rosemary. Rosemary has been shown to significantly slow down premature graying, all while leaving your hair soft, silky, and smooth.

Rosemary herbal shampoo has also been shown to slow hair loss, and effectively treat dandruff.

#6.Sage

Sage is an herb that helps to restore your hair's vibrant color, so if you have dyed hair, this is your go-to herb. Like many other herbs on this list, sage is useful in treating dandruff, and lessening issues like hair loss. As a bonus, sage doesn't only treat dandruff, but all scalp infections.

#7.Chamomile

If you're a blonde, reach for chamomile. This herb has been scientifically proven to bring out the natural highlights in blonde hair. It also leaves hair shiny, moisturized, and strong.

#8.Tea Tree

Tea tree's usefulness lies in the fact that it is an anti-bacterial, anti-fungal, anti-microbial, and anti-inflammatory herb. It can help get rid of dandruff and other scalp infections, leaving your scalp at its healthiest.

#9.Witch Hazel

You probably already knew that witch hazel was great for your face, but did you know it works wonders for your hair too? Witch hazel stimulates blood flow at skin level, which in turn helps your hair to grow thicker and faster.

It also gives you a pore-deep clean, getting rid of the dirt and product build-up below the surface.

#10.Burdock

Burdock is an ingredient you want in your herbal shampoo because it contains a uniquely long chain of fatty acids that not only clean your hair, but reverse damage like split ends and breakage.

It has also been shown to help stimulate hair growth, reverse thinning, and add a desirable shine to your hair.

Precautions

Although herbal shampoos and the herbs they contain are deemed safe for topical use by the average person, there are a few times when they may not be right for you.

You may want to avoid an herbal shampoo or seek a professional's opinion before use if:

- You have an allergy to any of the ingredients listed on the bottle.
- You are pregnant, breast-feeding, or plan to become pregnant in the near future.
- You take any prescription medications
- You have a preexisting health condition

Also keep in mind that these products have been deemed appropriate for topical use to the scalp.

Never ingest an herbal shampoo, as certain topical compounds may be poisonous if consumed orally. Also avoid getting products on your lips, as this may cause accidental ingestion.

Avoid getting herbal shampoo (or any hair product) in your eyes, as these may cause mild irritation to a severe burning sensation.

If an herbal shampoo does get in your eyes, rinse thoroughly with warm or cool water until you are sure it is completely gone.

The Benefits of Jojoba Shampoo

Jojoba shampoo - and anything containing jojoba, actually - is all the rage in the beauty world. Modern beauty experts heap praises on it, dubbing it the 'new best thing.'

But what is Jojoba? What benefits can you expect to receive through Jojoba shampoo?

Read on to find out everything you need to know about this plant and it's extraordinary benefits.

What is Jojoba?

Jojoba is a woody perennial plant which grows primarily in desert climates throughout the Americas and Asia. It is a plant that goes by many different names, which are dependent on the region.

A few names include:

- Goat nut
- Deer nut
- Pignut
- Wild hazel
- Coffee berry
- Gray box bush

The term 'coffee berry' is in reference to the seeds of the Jojoba plant, which look very much like large coffee beans.

Although the plant grows year round, it is slow to mature, and each individual plant can take up to three full years to begin flower growth.

When listed in shampoo, along with other health and beauty products, you will often see the ingredient as 'jojoba oil' or 'jojoba wax.' This essential oil, or pure waxy substance is extracted from the matured seeds of the plant itself.

The term jojoba can be used to reference the plant or the extract interchangeably.

Why It Works

There are two scientific reasons behind the many uses of jojoba. The primary reason is it's unique scientific compound. The extract from the jojoba plant has a scientific compound formula incredibly similar to that of human skin, thus making it particularly compatible with human use.

It is the only plant found in nature to date with this incredible similarity.

The second reason jojoba is so incredibly useful is that it contains high amounts of things human skin and hair need. In addition to an abundance of essential fatty acids, it also contains high amounts of vitamin B, vitamin E, chromium, copper, and zinc.

Historical Uses

Although Jojoba shampoo and other jojoba beauty products seem to be one of the latest trends, it isn't actually all that new.

In fact, Native American's historically made great use of this plant, particularly in desert-dwelling tribes throughout North and South America. These Native Americans discovered that the plant's seeds would become soft when heated, and would create salves from it.

These salves were used to treat and smooth the skin from dryness, irritation, and burns. It was also used to heal the scalp, and condition hair.

In addition, they would also use it to help ease the pain of childbirth, soften animal hides, and stave away hunger during long hunting expeditions.

8 Key Benefits Of Jojoba Shampoo

Although there are many uses of jojoba, today we will look at one of the most common, widely used modern products, jojoba shampoo, and the key benefits you can expect through daily use.

#1. Jojoba shampoo is an emollient. This means that it naturally soothes an irritated scalp, which restores it to it's most natural, healthiest condition.

#2. This essential shampoo also stimulates new hair cell growth by unclogging hair follicles. Hair loss and thinning hair are often the result of clogged follicles.

Daily use of a shampoo containing jojoba can help you create a thicker head of full, beautiful hair, allowing you to feel your most confident.

#3. Jojoba has anti-sebum qualities. This means it will help get rid of excess oils on your scalp, which can cause hair to appear greasy, lank, and limp.

#4.Jojoba shampoo's high nutrient content restores your hair to it's natural texture and health.

#5.It reverses everyday damage from things like UV rays, irritants, heat damage, styling product damage, and pollutants. Your hair will be shiny and lustrous once again, adding a healthy dose of confidence to your everyday look.

#6.It has anti-bacterial properties, which can help get rid of dandruff, and scalp infections.

#7.The deep-cleansing properties of jojoba shampoo will give you the cleanest feeling hair and scalp you've had in a long while.

#8.Jojoba is naturally non-irritating, non-greasy, colorless, and odorless. This makes it appropriate for individuals with sensitive skin or low tolerances to fragrances.

3 Quick Tips For Getting The Most Out Of Your Jojoba Shampoo

#1.Wash hair every other day. Recent studies have shown that even the most non-irritating shampoos have the potential of stripping your hair's natural oils. Modern beauty experts suggest skipping a day between every wash.

#2.Pair your shampoo with a jojoba conditioner, which maximizes the benefits you receive from the essential oil through extended contact. Even if you have naturally oily hair, you should be conditioning every time you wash.

#3.Get the best jojoba shampoo. Do your research and shop around before deciding on which shampoo to purchase. The best shampoos will be free of parabens and contain actual jojoba oil - not a chemical substitute.

Benefits Of Using Peppermint And Lavender Shampoos

Benefits of Peppermint Shampoo

Peppermint is used in a plethora of products, from toothpastes to shampoos. Peppermint shampoo has a host of benefits, from refreshing your scalp and hair to protecting them from the usual suspects.

Peppermint is a natural ingredient so there are no side effects like those associated with sulfates and other chemicals. Let us explore the benefits of peppermint shampoo.

Peppermint shampoo can remove lice. Anyone who is trying to get rid of lice would be aware that they are very hard to eliminate.

You could get rid of a few by combing, you can wash and rinse your hair to get some relief from the itchiness and you may also opt for medicinal creams or gels but the fact that lice can reproduce exponentially makes them very hard to completely eliminate.

What's worse is that the eggs hatched by mature lice would be relatively immune to your normal shampooing unless you can physically cleanse them from your scalp. The denser your hair, the worse it shall get. The more you moisturize your hair, the more these would thrive on your head.

Regular use is recommended. You may also mix peppermint oil in a shampoo but it is better to go for a sulfate free herbal peppermint shampoo.

The scalp is really interesting, so is the hair. You moisturize it excessively and you would block the pores, also facilitate a lice outbreak. You don't moisturize enough and you would have dry scalp.

A dry scalp will facilitate dandruff. Shampooing is good and bad for dandruff. While you will get rid of the dry old dead cells from your scalp after every wash, the fact that you are also stripping the essential oils from the hair and scalp while shampooing will worsen the dandruff problem.

This is why dandruff is a chronic condition. Peppermint shampoo will get rid of the dandruff but not leave a dry scalp. The irritation will be soothed and you would not feel the discomforting itchiness. Regular use of peppermint shampoo will completely remedy the dandruff problem.

Peppermint shampoo has benefits beyond the cleansing, washing, eliminating lice and curing dandruff. Massaging your scalp and hair gently with peppermint shampoo will soothe headaches.

The therapeutic benefit is noticeable. Many people experience the clearing up of sinus congestions after using peppermint shampoo, which is essentially owing to the menthol that facilitates opening up of nasal passages and hence aiding easy inhale and exhale.

Peppermint shampoo has peppermint oil which is one of the essential oils that can nourish your scalp and hair. The vitamins will help your hair to look stronger and to grow longer. Peppermint also stimulates the flow of blood to the scalp, which is again one of the prerequisites for healthier growth of hair.

Benefits Of Using Lavender Shampoo

Lavender is certainly one of the more popular essential oils if not the most popular. Lavender oil is widely used in soaps, shower gels, cosmetic products, moisturizers and shampoos among others. Lavender shampoo has a plethora of benefits that we shall explore herein.

Lavender shampoo is mild and it doesn't cause any abrasion on the skin. Some essential oils have nutrients that can help the scalp and hair but they do cause some abrasion. Using too much coconut oil will make your hair heavy.

Using oils that are dense and have greater viscosity will block the skin pores and hence be unhealthy for the scalp. Thick and sticky oils often cause a different kind of abrasion.

While harsh chemicals will peel off the tiny healthy skin cells from the scalp, the abrasion caused by oils will have a rather dulling and sweaty effect.

Some of these oils aid bacterial growth when the sweat is unable to escape the surface of the scalp owing to the blockage by the oil.

Lavender shampoo has no such problems because lavender oil is light but nutritious enough without any abrasive effect.

Lavender shampoo is good for everyone, even for those who have some

kind of inflammation on their scalp.

There can be irritation, itchiness due to dandruff, some skin inflammations or perhaps a dry scalp causing unnecessary discomfort. Lavender oil will not only cleanse the scalp and hair but will also be soothing and shall reduce the discomforts associated with inflammations.

Lavender shampoo has a few therapeutic effects. It is not intoxicating or addictive in any way. Lavender oil tends to sooth the skin, increase blood circulation to the scalp when you massage gently and it has an amazing smell that will refresh you.

Lavender oil can counter stress, physical exhaustion and fatigue. Lavender has known to be a facilitator of sleep. You would not only be calmer after using lavender shampoo but you would also have better sleep at night.

Lavender shampoo is effective against dandruff. It can heal damaged skin in the scalp. It can nourish hair and help it grow stronger and fuller.

Lavender shampoo does away with additional moisturizing requisite of your hair and scalp since it will provide the essential nourishment.

Resources (Where To Find The Best Shampoos!)

[Morocco Method International](#) has provided the world's finest in raw, vegan, and paleo hair care for more than 50 years. All of their products are sulfate free, gluten free, and free of synthetic chemicals.

[Just Natural Skin Care](#) shampoos are made with the purest plant oils, butters, botanical extracts and essentials from the best that nature has to offer. Their products contain no animal products (or animal testing).

[Hair Restoration Laboratories](#) DHT blocking hair loss shampoos and conditioners are made with all-natural ingredients. The company's mission has always been to intensely research, and offer to men and women at a remarkably fair value, the most effective, proven and non-prescription options to help prevent hair loss and thinning and promote healthy hair growth.

[The Handcrafter's companion](#) shares hundreds of DIY recipes for homemade shampoo, soap and beauty products. Learn how easy it is to make spa quality soaps, shampoos and beauty products at home!

[Water Liberty](#) shares useful information about how to wash your clothes without using a single drop of laundry detergent. (99% of traditional laundry detergents release dangerous chemicals).

Thank you for reading my ebook!

Hopefully you received some valuable information about sulfate-free shampoos and hair care products. Natural hair care products really are a much better choice compared to traditional products out there.

I have gathered a list of the best natural hair care products available today, if you are interested in trying a sulfate-free shampoo.

The list is located at page 68.

Samantha Wright

SulfateFreeShampoos.ws

P.S. Feel free to share this ebook with your friends on social media sites :)

