

# Handmade Shampoo Bar Ingredients

## Wild and Sage Rosemary + Lavender

### INGREDIENTS:

Sodium Rapeseedate (Cold Pressed Rapeseed Oil), Sodium Cocoate (Coconut Oil), Organic Apple Cider Vinigar, Sodium Castorate (Cold Pressed Castor Oil), Sodium Sunflowerate (Sunflower Oil), Sodium Mangobutterate (Mango Butter), Sodium Lactate Glycerine (Naturally occuring in the soap making process), Sodium Olivate (Organic Rosemary Infused Extra Virgin Olive Oil), Lavandula Angustifolia (Lavender) Oil Rosmarinus Officinalis (Rosemary) Leaf Oil, \*Geraniol, \*Limonene, \*Linalool (\*Naturally occurring in Essential Oils)

## Primal Suds Mop Top (Normal Hair)

### INGREDIENTS:

Aqua, Sodium olivate, Sodium cocoate, Sodium rapeseedate, Glycerin, Sodium castorate, Coco nucifera (Coconut) fruit extract, Sodium avocadoate, Kaolin, Litsea cubeba fruit oil, Cannabis sativa (Hemp) seed oil, Juniperus communis (Juniper) fruit oil, Althaea officinalis (Marsh mallow) root extract, Argania spinosa (Argan) kernel oil, Musa paradisiaca (Banana) fruit powder, Simmondsia chinensis (Jojoba) seed oil, Oryza satvia (Rice) powder, Limonene, Origanum majorana (Sweet marjoram) leaf oil, Linalool, Aloe barbadensis (Aloe vera) leaf juice, Geraniol

## How To Use A Solid Shampoo Bar

Please Note: There is usually an adjustment period of about 1 month on chemically treated hair when using natural products.

Lather up in hand then add suds to hair, don't slap bar straight into hair as it contains lots of unsaponified oils that need a bit of sudsification before application. Wash as normal.

If you live in a hard water area you may need to rinse or spray hair with a vinegar rinse of 1 tablespoon ACV (apple cider vinegar) per cup of warm water and rinse out.

### Hints + Tips

Having greasy hair may be a fall out from using a commercial shampoo. Commercial detergent shampoo will have stripped your hair of its natural oils, your scalp would then have produced more oil to compensate for this. Therefore it may take a week or more for your scalp to rebalance its oil production, during this period you hair may feel greasy or heavy.

You can help remove this build up by rinsing you hair with 2 tablespoons of baking soda dissolved in a cup of warm water.

Another trick if you live in a hard water area is to add a tablespoon of baking soda to a pint of warm water. Use this solution to wet hair before shampooing. It can help the shampoo bar lather better and thus rinse out more thoroughly.

Please always make sure you have rinsed your hair thoroughly after shampooing.