

HOW TO USE SHAMPOO BARS

by Zero Waste Path Shop

TRANSITION PHASE

When you first switch to a natural shampoo bar you may go through what is called a "transition phase". During this period your hair may feel oily, you may produce excessive sebum and get waxy residues.

WHY DOES IT HAPPEN?

The reason this happens is that conventional shampoos and hair products often contain silicones that coat your hair to make them feel soft and look shiny. Unfortunately, these substances leave some residues that are hard to remove with natural gentle products.

Another reason is that conventional shampoos tend to remove your natural oils causing your scalp to over-produce oils to compensate. Because natural shampoo bars don't strip the hair of their natural oils, for a little while you may have excess oils while your scalp adjusts to the new washing method.

TIPS & RECIPES

BEFORE USING THE SHAMPOO BAR

To avoid this oily feeling you can do a Baking soda rinse using your shampoo bar. This may be done only once to speed-up the transition phase or regularly if you live in a hard-water area.

RECIPE

1 tbsp of Baking Soda/Bicarbonate of Soda
1 litre of warm water

Dissolve the baking soda into the litre of warm water in a large jar or bottle. Pour the solution on your wet hair, massage well but **DO NOT RINSE!** Proceed directly with the application of the shampoo bar

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USING THE SHAMPOO BAR

Shampoo bars are much more concentrated than liquid shampoo, therefore, rubbing the bar directly on your hair will most result in using too much product, leaving a residue.

TIPS

- Lather the bar in your wet hands and apply the foam obtained to your hair, massage the hair as you would do with a liquid shampoo.
- Section your hair in major areas where to apply the shampoo (i.e. top of the head, the two sides and the back). This will ensure an even application of the product.

AFTER USING THE SHAMPOO BAR

Our shampoo bars don't need any conditioner afterward!!

This is due to the fact that they contain 5% of unsaponified oils and naturally occurring vegetable glycerine (a byproduct of the saponification process, usually removed to be used in other cosmetics).

Instead, after every wash you will need to use an Acid Rinse, this has multiple benefits, it will balance the PH (soap is alkaline while our skin is slightly acidic), it will help remove any residue and it will leave your hair soft and shiny!

RECIPE

1 tbsp of Apple Cider Vinegar / White Vinegar or 1 tsp of Citric Acid
500ml of warm water

Mix the water and your acid ingredient in a spray bottle.
After washing your hair, spray the ACV solution on the roots and lengths
Let it rest on your hair for 1-2 minutes and then rinse well.

Remember that you can play around with different concentrations and acid ingredients, I found that the citric acid worked best on my hair, but it changes a lot from person to person!

Keep the bottle in your shower for the next washes and, don't worry, if you're using vinegar the smell will fade once your hair dry!

QUESTIONS?

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