



YOUR JOURNEY TO BEAUTIFUL HAIR

Using shampoo bars for the first time is exciting, but it's important to know that they're not the same as commercial shampoo, and your hair care routine might need to be tweaked to get the full (and amazing!) benefit of them.

Some people use shampoo bars easily and without any issues, but if your hair feels waxy, greasy or just unmanageable, it is a very common issue, and there are a few simple steps that are literally game-changing for shampoo bars!



1. Bicarb Pre Wash (optional)

You might find your hair needs a little time to adjust to your new natural hair care routine. This can be a few days or a few weeks. It's well worth it though! Commercial shampoos contain many chemicals, and they can build up on your hair over time (especially silicones). Commercial shampoo also strips the natural oils from your hair, so you're likely to be over-producing oils to compensate. Natural shampoo bars are far more gentle, and don't strip your hair, so you might find that initially your hair will feel a little oily until you readjust. The natural minerals in water can also cause a film (a bit like the soap scum on your bath) to be left on your hair. So if you live in an area with hard water, this bicarb pre wash is great every few weeks / once a month ongoing.

2. A Balanced Shampoo Bar

We make our bars so that they keep your hair and skin in balance. They are all made with a blend of natural oils that will provide enough cleansing bubbles, and rich nourishing lather, to keep your skin and hair healthy every day. Our shampoo bars are made with natural hair-loving oils, delicate clays and pure fragrant botanicals, that will support and enhance the beauty of natural hair.



3. Hair Rinse (advised)

Naturally hair has a slightly acidic pH, and shampoo bars are naturally slightly alkaline in pH (nothing to be concerned about). To keep your hair soft, glossy and manageable, we recommend using a hair rinse made with a diluted acid (like apple cider vinegar). It will also prevent the soap film that can happen in hard water areas. An acidic hair rinse is an absolute game-changer when using shampoo bars, and will remove the 'waxy' feel a lot of people experience. It replaces the 'conditioner' in your hair care routine, and is really inexpensive and easy to make!

LET US KNOW HOW YOU'RE GETTING ON
AND GET IN TOUCH WITH ANY QUESTIONS

WHAT IS THE TRANSITION PHASE?

The transition phase just describes the time it takes for your scalp / hair to detox from commercial shampoo and re adjust to more gentle shampoo bars. During this time your hair might feel waxy or oily - this is completely normal. It can last for a few days to a few weeks, or not at all for some people.

To help your scalp / hair during this phase you can do a bicarb pre wash, and you can repeat this every few weeks or months ongoing if you feel your hair needs a deeper cleanse or you live in a hard water area.

RECIPE

2 tbsp (30g) bicarbonate of soda . 500ml warm water (pint glass)

Dissolve the bicarb in the warm water, use to thoroughly wash your hair (into the roots), and rinse.

DO I NEED A CONDITIONER?

Our answer is a simple one. No.

In our opinion, if you use a well made, well balanced shampoo bar, it will have all the 'conditioning' that you need from the natural oils it contains. Commercial conditioners are only needed because commercial shampoo is so stripping of the natural hair oils.

Our best advice for a 'conditioner' is an apple cider vinegar rinse. It's just a weak solution, mixed with water, that helps to re balance the natural pH of your hair, remove any soap film (usually from minerals in hard tap water), and will leave your hair super soft, glossy and manageable (and no, once your hair dries the vinegar smell is gone!). [VIEW OUR HAIR RINSES HERE.](#)

RECIPE

50ml apple cider vinegar . 200ml water . 10-20 drops of your favourite essential oil (optional - we love rosemary)

Mix and add the solution to a old spray bottle. After you've rinsed the shampoo bar suds from your hair, use it generously all over, massage right into the roots, and rinse.

Depending on your hair type / length and how hard your tap water is, you can adapt this recipe to make it stronger / weaker if required.

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