



HOW TO USE OUR SHAMPOOS

shampoo bars

these are saponified shampoos, made with the cold saponification process. They're a bit cheaper to make and are completely natural (soap is the only 100% natural detergent), but they require an acid rinse and may have a transition period, in which your hair adapt to this new type of detergent. They may also strip colour on coloured hair.

(more info on page 2-3)

2in1 solid shampoo+conditioner

these are made with some natural-derived and palm-oil-free surfactants. We use two very gentle ones which have a balanced PH and are sulphate-free. This means that they don't require an acid rinse, don't have a transition phase and are suitable to coloured or chemically treated hair. The ingredients and manufacturing process are more complex and expensive, and as a result the final price on this line is more expensive compared to the saponified ones.

(more info on page 4)



HOW TO USE SHAMPOO BARS

before using the shampoo bar

to avoid the oily/sticky feeling that may happen during the transition period of saponified shampoo bars you can do a bicarbonate pre-wash before using the shampoo bar. This can be done only once to speed up the transition phase or regularly, especially if living in a hard-water area.

recipe:

1 tbsp of sodium bicarbonate

1 litre of warm water

- dissolve the bicarbonate in the litre of warm water using a bottle or a large jar
- pour the solution on your wet hair, massage well but DO NOT rinse!
- proceed directly with the application of the shampoo

using the shampoo bar

shampoo bars are much more concentrated than liquid shampoos so rubbing the bar directly on your hair will likely result in using too much product, and a higher chance of getting residues

tips:

- lather the bar in your wet hands and massage it on your roots
- section your hair in 2-3 major areas to ensure even application,



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after using the shampoo bar

our shampoo bars don't need a conditioner afterward! This is thanks to the fact that they all contain 5% of unsaponified oils and naturally occurring glycerine (a byproduct of the saponification process, usually removed from commercial soaps 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 has a naturally alkaline PH, 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 water

- mix your acid ingredient with the water in a spray bottle
- after washing your hair, spray the solution on your 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, we personally found that citric acid works best for us, but it may change from person to person

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



HOW TO USE 2IN1 SOLID SHAMPOO+CONDITIONER BARS

Thanks to the fact that these shampoos are made with PH balanced surfactants, they don't have a transition phase nor they require an acid rinse, using them will therefore be a bit easier.

washing

you can rub the bar directly on your hair or you can lather it in your hands and use the lather to wash your hair.

we suggest washing your roots first, and rinsing then thoroughly

conditioning

to make sure to get the most out of the conditioning ingredients of the 2in1 shampoos, we suggest applying some lather on your hair lengths and ends, and leaving it for 1-2 minutes, like you would with a traditional conditioner. Leave longer if you need extra conditioning, and then rinse.

tips

- if you need further conditioning we suggest applying 1-2 drops of our Bliss Beauty Oil (or another carrier oil) on your damp ends before drying your hair
- if your hair get tangled easily we highly suggest brushing them, while dry, before washing them. Try avoid brushing your hair when wet as they are much more fragile and prone to breakages



HAVE QUESTIONS?

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