



Everything You Need To Know About Sulfate Free Shampoos And Conditioners!

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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 Ingredients To Avoid In Shampoos

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.

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
- 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

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](#).

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
- 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.

More information: [The natural allergy relief guide](#)

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