

Adjusting to your shampoo bar

Please do not use a shampoo bar once or twice and decide that you don't like it. Everyone is different and everyone hair is different and what works for one person may not be good for another.

You may need to give your shampoo bar several days maybe even up to two weeks to remove the old residues from your commercial shampoo. Give your hair time to get used to the lack of chemicals, and remove product buildup. Maybe you will not experience an adjustment period. But if you do here is some advice.

During the adjustment period you may notice your hair feeling dry, brittle or just not at its best. It may feel as if there is a coating, waxiness, or buildup on your hair. Those who use heavy styling products and/or have long hair may notice this effect (which will subside over time) more than those who use minimal styling products or who have short hair. This effect is caused by styling product build up and by the fact that our shampoo bars do not contain Sodium Laurel Sulphate to remove the build up. Shampoo bars also do not contain artificial chemicals or silicone that smooth the hair. There are people who have used shampoo bars and found their scalp over producing oil (because they used to use a harsh shampoo). Sticking with it, the scalp will soon realize its oils are not being stripped and it will stop over producing. **Eventually, your hair will feel wonderful.** Hard water may produce a similar build-up experience, so a vinegar rinse is highly recommended.

But the most common e-mail I receive from new shampoo bar users with hair adjustment troubles goes like this..."I just love the idea of using an all natural shampoo, but my hair feels strange and has a waxy texture!" Although we have many customers who have no adjustment problems at all, weird or waxy feeling hair it is not an uncommon issue, even after several weeks of use.

Adjustments periods can range from a few days to a few weeks, most adjust within the first week. We also had some customers who simply do not like shampoo bars. I have received e-mails from customers who tried shampoo bars for weeks and stopped using them, only to try again in a month, and have great success. Unfortunately, there is no single common thread in those with adjustment issues.

Most of the time your hair simply needs to adjust as you switch from one type of shampoo to another.

Whether you realize it or not your commercial liquid shampoos and conditioners often contain synthetic silicone and silica that coat your hair, to make it "feel" nice, but leave a residue in your hair. For that reason, many hairdressers will tell you that it is a good idea to change commercial shampoo brands regularly.

This is a common scenario when you try a new shampoo. At first your hair feels funny, then you love it for a week or two, but then your hair seems dull and lifeless again. The first week it was stripping your hair of the old shampoo residue, then it begins to leave its own! Other hair care products can also leave residues in your hair.

Synthetic silicones are derived from polymers which are soft, plastic, gel-like substances that are hard to remove from your hair and scalp. The detergent shampoos with loads of SLS are very good at stripping EVERYTHING (even those natural oils we want). When you switch to an All Natural shampoo bar, you no longer have those chemicals to strip away residue (which in the end is a VERY good thing). Our shampoo bars are very gentle cleansers.

Some find it helpful, especially in the beginning, NOT to rub the bar directly on their hair. They use a sponge to create foam, and only use the foam to wash. It can be very helpful in making the hair less tacky until the adjustment takes place.

You need to give the shampoo bars about a week to rid your hair of the old residues from your commercial shampoo. Because shampoo bar soaps do not strip hair in the same way as detergent based shampoos, you may notice your wet hair feeling different after washing than you may be accustomed. This is perfectly normal, you'll love how your hair feels after it dries.

When you first begin using shampoo bars it is best to clarify your hair and scalp at least once a week using either with an:

1. Cider Vinegar Rinse

Mix 1 part vinegar, apple cider vinegar or white wine vinegar with 2 parts water. To minimize odour, add a few drops of your favorite essential oil. Use as a final rinse after you shampoo

2. Baking Soda Rinse

1 tablespoon baking soda 1 – 2 cups warm water Combine the ingredients in a spray bottle or cup. Wet hair and spray or pour the rinse on your hair and work it through. Rinse thoroughly with warm water.

3. Rhassoul Clay Clarifying treatment

Add some Rhassoul clay into a bowl. Shake it level and just cover the clay powder in water. Leave the clay alone to hydrate and activate for about 10 minutes. Then add more water or powder if needed to achieve the right consistency for the intended use. The clay can be stirred before use to assure a homogeneous consistency. For most uses, a yogurt like consistency is ideal. Wet the hair, then massage the clay-water mix into the scalp for a few minutes. Add a little more water to the scalp to keep the clay fluid. Do not rub the clay into the hair, just let the hair hang, it will be cleaned during the rinse. Rinse the hair and allow it to dry naturally.

If you are used to commercial shampoo and shampoo twice, you will have already noticed that the second wash produces a lot more lather. The first wash is mixing with the dirt and excess oil in your hair so the second wash is working on cleaner hair. The same is true for our shampoo bars.

So lather up, once, twice, maybe even three times at first. Then be sure to rinse, rinse, rinse!!! Again, if you have long hair, pay special attention to the middle back of the hair so that you rinse all of the soap out of your hair.

Hard water can make it more difficult to rinse all of the shampoo from your hair. You will feel the waxy soap residue in your hair length, especially if your hair is long. Some of our customers with very hard water suggest rinsing your hair with rain water.

Please if you have any problems contact us on: theclaycure@gmail.com

www.theclaycure.co.uk