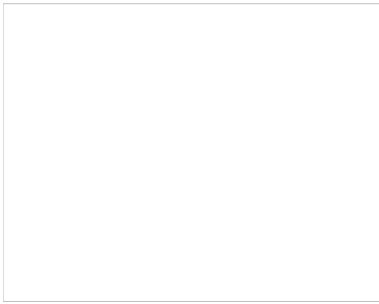


How to Choose The Right Shampoo?



A good hair day is what we all want, but a great hair day is a miracle!

It takes a lot of time to sort the strands and make them follow. Most of the times they are uncooperative due to the wrong hair care regimen that makes them look dull and tangled. Harsh chemicals can often lead to a lack of luster and weaken them.

We often spend a bomb on various fancy hair care products but forget to give a thought while choosing a shampoo which is the first and foremost step towards hair care to build healthy, strong and silky hair. Just like skin, everyone has a different hair type too, hence, depending on that the type of shampoo which will suit individual hair type will vary as well. Let's have a look at what shampoos should be picked for various types of hair:

1. Fine Hair: These are fine and thin strands of hair and hence, have a tendency to become oily quicker. It is advisable to avoid creamy shampoos and instead look out for clear formulas that are gentle, non-creamy and volumizing and can be used daily. Volumizing shampoos comprise of ingredients like PG-propylsilanetriol or hydrolysed wheat protein that make the hair look bulkier by increasing the diameter of the hair shaft. Look for the ingredients in shampoos and avoid the ones that contain silicone in them. Silicone can feel heavy on fine hair strands.

2. Dry and Coarse Hair: The dead, dry and coarse hair is hard to manage when it gets tangled. Always remember to nourish it at every step of hair care. Opting for creamy textured and moisturizing shampoos can be really really helpful. Make it a point to finish the hair wash with a nourishing conditioner to lock the moisture in after the wash. There is a new concept of Co-washing. A lot of people with dry hair have benefitted by opting for this method. Co-washing means conditioner only washing. Yes! We mean ditch the shampoo and use only conditioner. Shampoos are often loaded with sulfates which tend to strip off the hair's natural oils and make the locks parched, dry, frizzy and unmanageable causing an increase in breakage. Whilst co-washing one can rub the conditioner on the scalp just like shampoo which helps in removing dirt and pollutants by the frictional action of rubbing. On one hand, scrubbing action removes the residues and dirt, on the other hand, it avoids stripping off the natural oils and keeps the hair hydrated by locking the moisture in.

3. Oily Hair: The troubles people face with oily hair are no less than others. As there is already an excess of oil production on the scalp one should avoid anything hydrating, moisturizing and creamy which can add more moisture to the scalp and instead switch to something that is balancing and strengthening. Look out for ingredients like salicylic acid which breaks down the excess of oil and reduces it.

4. Colored Hair: We often try different hairstyling techniques to give a different look to our hair. Hair coloring is something which is in trend and we all want to try it once. But we should keep in mind that

colored hair tends to become excessively dry and hence, needs extra care to keep it healthy. Colored hair needs a shampoo that is specially designed for it. One can opt for shampoos that contain ingredients like soy extract, wheat extract or amino acids, this helps preserve color and remain gentler on the hair. Also, look for options like sulfate-free shampoos. Sulfate if present in shampoos tends to fade away the color faster. If the hair type is fine and they are color treated one can look for something which is volumizing and has some conditioning effect as well. Ingredients like marshmallow extract in a sulfate-free shampoo will benefit in such a case. On the other hand for dry, frizzy, color-treated hair opt for sulfate-free shampoos that are moisturizing in nature.

Though shampoos chosen as per hair type will help deal with the problem up to a great extent, there are certain trends or points that we all need to keep in mind no matter what the hair type is!

1. Dry Shampoos: Most of us have heard about dry shampoos and have even used them already. In our busy daily schedules, we don't get enough time to pamper our hair and want to go without washing but can't afford a bad hair day too. In this case, we can opt for dry shampoos. These are available in the form of sprays that help balance the excessive oiliness on hair strands and make the hair look fresh. They are available in powder forms too. Whilst using them remember to use the spray at least 5-6 inches away from the scalp and brush the hair after spray to spread it evenly. Let it dry for about 2mins. Do not use it on damp hair. Do not use it for more than 3 consecutive days.

2. Anti-dandruff Shampoos: The other most common concern that people face with hair is dandruff. Dandruff can occur with any hair type. There are shampoos available in the market which are specially formulated to combat dandruff. Generally, it is advisable to consult a dermatologist as they can help to choose the ingredients and molecules as per individual hair type and severity of dandruff. Moreover, it is advisable to rotate different molecules to treat dandruff effectively. If the same dandruff shampoo is used for a longer period of time then the fungus can adapt to it and will become immune. One can look for ingredients like ketoconazole, ciclopiroxamine, salicylic acid, coal tar, etc. in the shampoo.

3. Sulfate-free Shampoos: Another important category of shampoos that we need to focus on is Sulfate-free shampoos. Sulfate is the molecule that can be harsh for both hair and scalp. It strips off the natural oil leaving the hair dry and frizzy and if someone has dry or sensitive scalp then it can even cause itching and redness on the scalp. Thus sulfate-free shampoos are more beneficial. Though they do not lather much they keep the moisture locked as they maintain the natural oil of hair.

Shampoos play an important role in maintaining clean and healthy scalp which in turn bears healthy and shiny strands. An expert dermatologist can always help to choose the right shampoo as per the hair type and concern.

Some Harmful Shampoo Ingredients to Avoid

Did you know that your shampoo can contain ingredients harmful to both you and the environment? Chief among them: Sulfates. But what exactly are sulfates, and what other problematic shampoo ingredients should you avoid?

Instead of harmful shampoo brands to avoid, we've made a list of some common and not-so-nice shampoo ingredients to watch out for — and why. What are the main ingredients of shampoo to skip? Read on to find out.

1. Ammonium Lauryl Sulfate or Sodium Laureth Sulfate (SLES)

What are sulfates? Sulfates are very strong detergents that work through a chemical reaction, in which they bind with the sebum on our scalp and with water. When you rinse out the shampoo, sulfates take

all the oils and residue with them. But while cleansing, they can also damage the hair, make it brittle, and increase frizz.

2. Sodium Lauryl Sulfate (SLS)

This sulfate creates a lathering foam some people love, but it can compromise follicles when left on the scalp and it has other toxic effects on the human body. Yikes! Anyone with color-treated hair or dry hair should definitely avoid SLS, as it can fade your color and strip your strands of natural oils.

3. Parabens

Parabens are also known to be harmful. They are used as a preservative to prevent bacteria from growing in cosmetics and shampoos. Parabens can mimic the hormone estrogen and have been linked to increased growth of breast cancer cells.

4. Sodium Chloride

Sodium chloride is another name for salt. Sodium chloride in shampoo and conditioner is mainly there to make the consistency thicker. Salt can make an already-sensitive scalp dry and itchy, which can eventually cause hair loss.

5. Polyethylene Glycols (PEG)

PEG is a thickening agent derived from petroleum that is often contaminated with byproducts. There has not been sufficient research done to conclude that PEGs themselves are as toxic as shampoo ingredients, but common byproducts in PEGs can be harmful.

6. Alcohol

Most alcohols have a drying effect, and the higher up in the ingredients list they appear, the more alcohols the product contains. Some alcohols that are not as bad for dry hair begin with a "C" or an "S," like Cetearyl alcohol and Stearyl alcohol. They can actually help your hair retain moisture. The ones that are bad if you already have dry hair usually have a "prop" in their name, like Isopropyl alcohol or propanol.

7. Synthetic Fragrances

Products that have "fragrance" on their label can contain thousands of hidden chemicals. Some ingredients in fragranced cosmetic products can disrupt the reproductive system and cause cancer or asthma. They can also irritate the skin and scalp, which can lead to hair loss.

Harmless Shampoo Ingredients

While there are many bad ingredients in shampoos and harmful shampoo brands, plenty of shampoos use only natural, non-toxic, and organic ingredients, and you can even make your own homemade hair treatments using ingredients from your kitchen. If you are suffering from hair loss or unhealthy hair growth and think chemicals such as the ones mentioned above may be to blame, try switching to a natural alternative. You can also try taking natural supplements that contain plant-derived ingredients that work synergistically to help your natural hair growth.

Vitamins for Hair Growth

All cells need vitamin A for growth. This includes hair, the fastest growing tissue in the human body. While it's important to get enough vitamin A, you don't want too much. Studies show that too much vitamin A can also contribute to hair loss. Sweet potatoes, carrots, pumpkins, spinach, and kale are all high in beta-carotene, which is turned into vitamin A. Vitamin A can also be found in animal products such as milk, eggs, and yogurt. Cod liver oil is a particularly good source.

One of the best known vitamins for hair growth is a B vitamin called biotin. Studies link biotin deficiency with hair loss in humans

Although biotin is used as an alternative hair loss treatment, those who are deficient have the best results. However, deficiency is very rare because it occurs naturally in a wide range of foods. There's also a lack of data about whether biotin is effective for hair growth in healthy individuals.

Other B vitamins help create red blood cells, which carry oxygen and nutrients to the scalp and hair follicles. These processes are important for hair growth.

You can get B vitamins from many foods, including:

- whole grains
- almonds
- meat
- fish
- seafood
- dark, leafy greens

Sources:

<https://www.practo.com/healthfeed/how-to-choose-the-right-shampoo-40115/post>

<https://nutrafol.com/blog/15-shampoo-ingredients-to-avoid/>

<https://www.healthline.com/nutrition/best-vitamins-hair-growth>

#shampoo #dry #oil #hair #ingredients #harmful #color #sulfate-free #alcohol

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