

SHAMPOO

Shampoo is a hair care product used for the removal of oils, dirt, skin particles, dandruff, environmental pollutants and other contaminant particles that gradually build up in hair. The goal is to remove the unwanted build-up without stripping out so much as to make hair unmanageable.

Shampoo, when lathered with water, is a surfactant, which, while cleaning the hair and scalp, can remove the natural oils (sebum) which lubricate the hair shaft.

Shampooing is frequently followed by conditioners which increase the ease of combing and styling.

History

Shampoo originally meant head massage in several North Indian languages. Both the word and the concept were introduced to Britain from colonial India. The word *shampoo* in English is derived from Hindi *chāmpo* (Its English usage in Anglo-Indian dates to 1762. In India the term *chAmpo* was used for head massage, usually with some form of hair oil.

The term and service was introduced in Britain by a Bengali entrepreneur Sake Dean Mahomed in 1814, when Dean, together with his Irish wife, opened a shampooing bath known as 'Mahomed's Indian Vapour Baths' in Brighton, England. His baths were like Turkish baths where clients received an Indian treatment of champi (shampooing) or therapeutic massage. His service was appreciated; he received the high accolade of being appointed 'Shampooing Surgeon' to both George IV and William IV.

In the 1900s, the meaning of the word shifted from the sense of massage to the that of applying soap to the hair. Earlier, regular soap had been used for washing hair. However, the dull film soap left on the hair made it uncomfortable, irritating, and unhealthy looking.

During the early stages of shampoo, English hair stylists boiled shaved soap in water and added herbs to give the hair shine and fragrance. Kasey Hebert was the first known maker of shampoo, and the origin is currently attributed to him.

Originally, soap and shampoo were very similar products; both containing surfactants, a type of detergent. Modern shampoo as it is known today was first introduced in the 1930s with *Drene*, the first synthetic (non-soap) shampoo.

In India, the traditional hair massage is still common. Different oils and formulations with herbs may be used; these include neem, shikakai or soapnut, henna, bael, brahmi, fenugreek, buttermilk, amla, aloe, and almond in combination with some aromatic components like sandalwood, jasmine, turmeric, rose, and musk.

How shampoo works

Shampoo cleans by stripping sebum from the hair. Sebum is an oil secreted by hair follicles that is readily absorbed by the strands of hair, and forms a protective layer. Sebum protects the protein structure of hair from damage, but this protection comes at a cost. It tends to collect dirt, styling products and scalp flakes. Surfactants strip the sebum from the hair shafts and thereby remove the dirt attached to it.

While both soaps and shampoos contain surfactants, soap bonds to oils with such affinity that it removes too much if used on hair. Shampoo uses a different class of surfactants balanced to avoid removing too much oil from the hair.

The chemical mechanisms that underlie hair cleansing are similar to that of traditional soap. Undamaged hair has a hydrophobic surface to which skin lipids such as sebum stick, but water is initially repelled. The lipids do not come off easily when the hair is rinsed with plain water. The anionic surfactants substantially reduce the interfacial surface tension and allow for the removal of the sebum from the hair shaft. The non-polar oily materials on the hair shaft are solubilised into the surfactant micelle structures of the shampoo and are removed during rinsing. There is also considerable removal through a surfactant and oil "roll up" effect.

Composition

Shampoo formulations seek to maximize the following qualities:

- Easy rinsing
- Good finish after washing hair
- Minimal skin/eye irritation
- No damage to hair
- Feels thick and/or creamy
- Pleasant fragrance
- Low toxicity
- Good biodegradability
- Slightly acidic (pH less than 7), since a basic environment weakens the hair by breaking the disulfide bonds in hair keratin.

Many shampoos are pearlescent. This effect is achieved by addition of tiny flakes of suitable materials, e.g. glycol distearate, chemically derived from stearic acid, which may have either animal or vegetable origins. Glycol distearate is a wax.

Ingredient claims

In the USA, the Food and Drug Administration (FDA) mandates that shampoo containers accurately list ingredients. The government further regulates what shampoo manufacturers can and cannot claim as any associated benefit. Shampoo producers often use these regulations to challenge marketing claims made by competitors, helping to enforce these regulations. While the claims may be substantiated however, the testing methods and details of such claims are not as straightforward. For example, many products are purported to protect hair from damage due to ultraviolet radiation. While the ingredient responsible for this protection does block UV, it is not present in a high enough concentration to be effective. Shampoos made for treating medical conditions such as dandruff are regulated as OTC drugs in the US marketplace. In other

parts of the world such as the EU, there is a requirement for the anti-dandruff claim to be substantiated, but it is not considered to be a medical problem.

Vitamins and Amino Acids

The effectiveness of vitamins, amino acids and “pro-vitamins” to shampoo is also largely debatable. Vitamins and amino acids are the building blocks of proteins and enzymes within the body. While vitamins may be able to penetrate cells through the skin, amino acids and proteins are too large to enter a cell outside the bloodstream, and they can have no effect on dead tissue. Proteins are constructed from amino acids following an RNA blueprint inside the cell. A strand of hair is a long protein chain continually being added to at the root. The only way for an amino acid to be of any use is to be intentionally bound to other amino acids in a specific fashion by a living cell. Hair is not alive, and there is no possibility for an amino acid or protein to have any permanent effect on the health of the strand.

The case for vitamins is not as well understood. Some have demonstrated a moderate effectiveness in improving the health of skin, but most likely the benefit is derived from the effect of vitamins on living cells below the epidermis. Extending this benefit to hair, the vitamins and minerals could improve the health of new hair growth, but the benefit to existing hair is unsubstantiated. However, the physical properties of some vitamins (like vitamin E oil or panthenol) would have a temporary cosmetic effect on the hair shaft while not having any bioactivity.

Specialized shampoos

Dandruff

Cosmetic companies have developed shampoos specifically for those who have dandruff. These contain fungicides such as ketoconazole, zinc pyrithione and selenium sulfide which reduce loose dander by killing *Malassezia furfur*. Coal tar and salicylate derivatives are often used as well.

All-natural

Some companies use “all-natural,” “organic,” “botanical,” or “plant-derived” ingredients (such as plant extracts or oils), combining these additions with one or more typical surfactants. The effectiveness of these organic ingredients is disputed.

Alternative shampoos, sometimes marketed as SLS-free, claim to have fewer harsh chemicals – typically none from the sulfate family. They are sometimes claimed to be gentler on human hair.

Baby

Shampoo for infants and young children is formulated so that it is less irritating and usually less prone to produce a stinging or burning sensation if it were to get into the eyes. This is accomplished by one or more of the following formulation strategies:

1. dilution, in case product comes in contact with eyes after running off the top of the head with minimal further dilution;
2. adjusting pH to that of non-stress tears, approximately 7, which may be a higher pH than that of shampoos which are pH adjusted for skin or hair effects, and lower than that of shampoo made of soap;
3. use of surfactants which, alone or in combination, are less irritating than those used in other shampoos;
4. use of nonionic surfactants of the form of polyethoxylated synthetic glycolipids and/or polyethoxylated synthetic monoglycerides, which surfactants counteract the eye sting of other surfactants without producing the anesthetizing effect of alkyl polyethoxylates or alkylphenol polyethoxylates.

The distinction in 4 above does not completely surmount controversy over the use of shampoo ingredients to mitigate eye sting produced by other ingredients, or of use of the products so formulated.

The considerations in 3 and 4 frequently result in a much greater multiplicity of surfactants being used in individual baby shampoos than in other shampoos, and the detergency and/or foaming of such products may be compromised thereby. The monoanionic sulfonated surfactants and viscosity-increasing or foam

stabilizing alkanolamides seen so frequently in other shampoos are much less common in the better baby shampoos. [1]

Animal

Shampoo for animals (such as for dogs or cats) should be formulated especially for them, as their skin has fewer cell layers than human skin. Cats' skin is 2-3 cell layers thick, while dogs' skin is 3-5 layers. Human skin, by contrast, is 10-15 cell layers thick. This is a clear example of why one should never use even something as mild as baby shampoo on a cat, dog, or other pet.

Shampoo intended for animals may contain insecticides or other medications for treatment of skin conditions or parasite infestations such as fleas or mange. These must never be used on humans. It is equally important to note that while some human shampoos may be harmful when used on animals, any haircare products that contain active ingredients/drugs (such as zinc in antidandruff shampoos) are potentially toxic when ingested by animals. Special care must be taken not to use those products on pets. Cats are at particular risk due to their instinctive method of grooming their fur with their tongues.

Solid

Solid shampoos or shampoo bars use as their surfactants soaps and/or other surfactants conveniently formulated as solids. They have the advantage of being spill-proof, and the disadvantage of being slowly applied, needing to be dissolved in use.

Jelly/Gel

Stiff, non-pourable clear gels to be squeezed from a tube were once popular forms of shampoo, and can be produced by increasing a shampoo's viscosity. This type of shampoo cannot be spilled, but unlike a solid, it can still be lost down the drain by sliding off wet skin or hair. Soap jelly was formerly made at home by dissolving sodium soap in hot water before being used for shampooing or other purposes, to avoid the problem of slow application of solids noted above.

Paste/cream

Shampoos in the form of pastes or creams were formerly marketed in jars or tubes. The contents were wet but not completely dissolved. They would apply faster than solids and dissolve quickly. Jar contents were prone to contamination by users and hence had to be very well preserved.

Dry shampoo

Powdered shampoos are designed to work without water. They are typically based on powders such as starch or talc, and are intended to absorb excess sebum from the hair before being brushed. Traditional Shampoos in Indonesia.

Early shampoos used in Indonesia were made from the husk and straw (*merang*) of rice. The husks and straws were burned into ash, and the ashes (which have alkaline properties) are mixed with water to form lather. The ashes and lather were scrubbed into the hair and rinsed out, leaving the hair clean, but very dry. Afterwards, coconut oil was applied to the hair in order to moisturize it.

<http://adrianasassoon.wordpress.com/2009/12/07/history-of-shampoo>

Shampoos, shampooing and rinses

Types of Shampoo

All shampoos fall into one of two categories:

1. cleansers (Prell, Herbal Essence, Breck) that need a follow-up conditioner
2. combo of cleanser and conditioner that don't clean as well as a straight cleanser and don't condition as well as a conditioner but will do a good job of both tasks. Most shampoos are in this category but differ as to which kind of conditioning ingredient they contain.

All conditioners (whether as a separate product or combined in a shampoo) accumulate on the shaft and can't be removed by using the same product all the time. It's good to use a simple cleansing shampoo after every two or three uses of a conditioner or a conditioning shampoo.

Other special shampoos types:

Dry shampoos: powders brushed onto hair and are then brushed out. They don't really clean, but it's a good stopgap if you can't shampoo.

Baby shampoos: these are meant for babies, who have fine hair and not much of it. It's not strong enough for an adult, even if you use it everyday.

Shampoos for color-treated hair: these need to be rich in moisturizers and protein to return water to the shaft. They should be low in alkalinity, and should not have sulphated castor oils that will strip color.

Shampoos for processed hair: these need to be rich in moisturizers and protein to return water to the shaft. They should be low in alkalinity.

Daily use shampoos: these are very gentle and have low amounts of cleansers and usually contain conditioners. They're not strong enough to remove the normal buildup of styling products.

<http://www.askabeauty.com/hair-shampoo-types.htm>

Are cheap shampoos bad for hair?

Cheap shampoos are usually formulated using industrial detergents. Sodium Lauryl sulfate or sometimes ammonium laurel sulfate are most frequently used and they are quite a harsh detergents. These industrial detergents are cheap to make and so many shampoos use these as the key cleaning ingredient. There is a move towards using milder sodium laureth sulfate in shampoos but even this is fairly a powerful detergent. Although these detergents are quite harsh on hair, most people can use them without any real problems. Hair is tough stuff and can withstand harsh detergents. However, people with dry or weak hair may find that a milder shampoo is more appropriate for them.

What usually makes a shampoo expensive are additives, especially expensive herbal oils. Herbal shampoos do not do any better at cleaning the hair than chemical detergent shampoos. Herbals can encourage dermatitis in some people prone to allergies whereas mineral/petrolatum based shampoos are generally less allergenic. If you

What are harsh detergent shampoos?

Sodium or ammonium lauryl sulfates are very harsh detergents. They are cheap to make and generally do a good cleaning job so they are very common ingredients. They are in many shampoos but may not be appropriate unless you have normal to oily hair or only wash your hair occasionally. Laureth sulfate is a milder detergent, less irritating, and leaves hair more shiny (relatively more expensive to manufacture too). It is still a bit vicious for some - particularly people with very curly hair where the natural oils do not spread evenly over the hair fiber.

What are more appropriate shampoos?

Triethanolamine (TEA) salts of alkyl sulfates are much more mild in their detergent action. You might also find shampoos with monoethanolamine (MEA) that are also similarly mild. Shampoos with TEA or MEA salts may be more appropriate for people with damaged or dry hair. So depending on your hair oiliness find a shampoo with the right intensity of detergent. It should say TEA or MEA in the list of ingredients.

What are the mildest detergent shampoos?

Shampoos may include "nonionic surfactants" and/or "amphoteric surfactants" These are the very mildest forms of cleaning agents. Nonionics include; sorbitol esters, anything with "tween" in the name (tween-20, tween-80, etc.), or polyglyceryl ether. Amphoterics include; betaines, alkyl imidazoline, and alkyl amino acids. These types of cleaning agents are most frequently found in baby shampoos. Their cleansing action is very mild and this may be suitable for people who have a very low level of oil production from their sebaceous glands or whose hair is not generally exposed to dirty environments. However, for most people with normal hair and normal oil production levels these detergents may not be strong enough to do a complete cleaning job. Individuals may need to experiment to find the best shampoo for them



BASIC SKIN CARE

Skin is the largest organ of the body. It is made up of the outer epidermis & inner dermis. The epidermis has a number of layers of cells called keratinocytes & pigment cells called melanocytes. The dermis contains blood vessels, sebaceous or oil glands, sweat glands, nerves; all of which are bound together by elastin & collagen fibres. The skin protects the underlying structures from outer environmental pollutants by forming a barrier layer. It helps us perceive stimuli such as touch, heat, cold, pain. It regulates temperature & also helps in the metabolism

of vitamin D. Factors like pollution, sun rays, stress, irregular food habits, inadequate sleep etc contribute to skin damage & premature aging of skin. Thus, it is necessary to take basic minimal care of one's skin. Basic skin care does not involve use of expensive cosmetics & toiletries. One has to follow a very simple regime for skin care.

1. **Diet:** A well-balanced, regular diet along with adequate amount of water is all that you need. One must avoid the so-called junk food, too much of starvation in the form of dieting & eating at odd irregular hours.
2. **Exercise:** About 30 minutes of aerobics, walking, jogging or cycling at least five times a week is essential for a healthy skin.
3. **Sun Protection:** UVA & UVB rays could be harsh on the skin & cause photo damage in the form of increased pigmentation, freckles, premature aging & even skin cancers. Those with normal to dry skin

can use a sunscreen with an SPF of 15 at least 20 minutes before sun exposure. People with oily skin should use an umbrella or a wide brimmed hat for sun protection.

4. **Local skin care:** The surface of the skin contains oil, dead cells, sweat, grime, dirt, grease & pollutants. If this is not removed, the skin looks dull & flaky. Cleansing is an important part of skin care & can be done with simple soaps or cleansers. The skin should be washed at least twice a day with soap & warm water. Deodorant soaps with antiseptic agents are good for oily skin. Super fatted soaps or glycerin-based soaps are good for dry & normal skin. For the skin to look healthy & glowing, its uppermost layer called stratum corneum should contain more than 10% of the total water content of the body. Thus, comes the role of a moisturizer. People with dry to normal skin should use a moisturizer twice a day after cleansing. Those with oily skin should be careful & use an oil free moisturizer only once a day.

Lastly, be gentle on your skin. Do not use harsh cosmetics. If you have a skin problem, seek professional advice.

CLEANSERS

A cleanser is one which removes dirt, sweat, sebum, micro-organisms (bacteria etc.), dead cells (stratum corneum) and make-up if used from the skin surface.

Cleansing comprises of three stages:

1. Wetting.
2. Emulsification and removal of grease.
3. Rinsing.

Deeply ingrained dirt, particularly in the pores of the hair follicles and sweat glands can be removed by warming the skin with hot water or a mild steam bath.

Normal pH of the skin is 4.5 to 5.5, this acidic pH changes to alkaline due to application of cleanser and

gives a feeling of freshness in the skin.

Types of cleansers:

1. Soaps and cleansing bars: They are derived from fatty acids and tri-glycerides (fats and oils).
 - i. Routine bars.
 - ii. Deodorant or anti-microbicidal bars:
These have an added anti-bacterial agent to eradicate bacteria. These soaps have a pH between 9 - 10 and may cause skin irritation. They are good for oily skin.
 - iii. Moisturising base:
These have moisturising agents like lanolin or glycerin. Their pH is between 5 - 7, thus they are non-irritant. They are good for dry skin.

Functions: Soaps help cleansing, perfume the bath, softens the water, forms lather and gives the skin a cool and fresh feeling.

2. Lipid free cleansers / Face wash:
These contain water, glycerin, cetyl alcohol and do not contain any fat. They clean without soap formation and leave a thin moisturising film. They are good for sensitive and photo aged skin.
3. Cleansing creams:
They are oil based products which remove grease and cosmetics on the skin by dissolving it in more oil. They are good for dry skin.
4. Cleansing Lotion:
It is a water based product and is good for normal and dry skin. Since it is water based, it can be easily rinsed with water. It is commonly sold as pore cleanser.
5. Exfoliants:
Help in removing dead cells (stratum corneum cells) from the skin.

6. Abrasive scrubs:

They aid in removing dead cells and control excess sebum secretion. They are mechanical exfoliants made of granules in form of Aluminum oxide, ground fruit pits etc.

7. Cleansing masks / packs:

- i. Setting masks - containing Fuller's earth ('Multani Mitti').
- ii. Peel-off masks - containing gel and latex.
- iii. Non-setting masks - containing cold cream or oil packs.

Setting and peel-off masks achieve cleansing, exfoliation and skin-tightening. They also refresh the skin. Non-setting masks only clean the skin.

MOISTURISERS

For the skin to remain normal and fresh, the upper most layer, namely the stratum corneum should contain more than 10% of the total water content. In places with tropical climate like India, heat, sun-rays and pollution tend to dry the skin. Thus, use of a moisturiser becomes essential.

Basic components of moisturisers are:

1. **Occlusive oils:** They retard water loss from the skin.
2. **Humectants:** They increase the water content of the skin by absorbing water from the environment and lower layers of skin.
3. **Hydrophilic matrices:** They prevent water loss and have a soothing action.
4. **Others:** Water, sun-screens, emulsifying agents, preservatives, fragrances and coloring agents.
5. **Special additives:** Ceramides, Vitamins, EFA's, Aloe vera, Urea, Lactic acid, Alfa-hydroxy acids, collagen, Elastin and Hyaluronic acid.

A moisturiser should be used after bath on a moist skin surface. One may even use a sun-screen during the day and a moisturiser at bed time.

People with normal or dry skin can use both creams and lotions which have water in oil emulsion.

Those with oily skin should avoid using creams. Lotions with oil in water formulations are best suited for oily skin.

SHAMPOOS AND CONDITIONERS

Hair is aesthetically a very important part of the human body. All of us desire to have smooth, soft and lustrous hair. This is done with use of shampoos and conditioners.

It is important to understand one's hair type to make the right choice of shampoos and conditioners.

1. **Normal**
2. **Dry:** This type may be a result of
 - a. Lack of sebum.
 - b. Environmental factors like sunlight, wind, sea water, chlorinated water (as in swimming pool).
 - c. Chemical treatment like hair coloring
 - d. Mechanical injury such as straightening and perming
3. **Oily or greasy hair:** This happens because of excessive sebum secretion from sebaceous glands in the scalp.

SHAMPOOS

Shampoo is a suitable detergent for washing hair, removing sebum, sweat, dirt and dead cells present on the hair shaft and scalp.

TYPES OF SHAMPOOS

A. BASIC SHAMPOOS

1. **Normal hair shampoos:** They achieve good cleansing with minimum conditioning.
2. **Oily hair shampoos:** They give excellent cleansing and very minimal conditioning.
3. **Dry hair shampoos:** They cause mild cleansing and good conditioning. They reduce static electricity and make the hair more manageable.
4. **Damaged hair shampoos:** Meant for hair which have been chemically treated with hair color, bleaching agents or hair straightening agents. They have mild detergents and more conditioner in order to temporarily repair the hair surface defects.

B. BABY SHAMPOOS

These are formulated with 'amphoteric surfactants' which cause little or no irritation. They are mild and can also be used by adults who wish to wash their hair everyday.

C. MEDICATED SHAMPOOS

1. **Anti-dandruff shampoos:** They, in addition to the regular ingredients also contain additives such as anti-fungals, anti-bacterials, Selenium Sulphide, Zinc Pyrithione, Tar derivatives etc.
They remove sebum, oil, scalp scales and the anti-fungal acts on the fungus 'Pityrosporum ovale' which is usually the cause of dandruff.
2. **Anti-Lice shampoos:** They contain Gama-benzene hexa-chloride or Permethrin which kill the lice when applied in a proper manner.

D. **CONDITIONING SHAMPOOS**

They are a combination of shampoo and conditioner. These products may be self-defeating since the shampoo removes sebum, the body's natural conditioner and replaces it with an artificial conditioner.

CONDITIONERS

Shampooing, drying, combing, brushing, dyeing, permanent waving, straightening and styling damage the hair and make it harsh, brittle and entangled. Hair conditioners reverse this hair damage and make the hair manageable, glossy and soft. They increase the strength and reduce the brittleness of the shaft. Conditioners also attempt to mend the split ends ('split ends' result from extensive damage to hair shaft).

Conditioners are designed to revert the hair damage caused by several factors as given below.

1. **Grooming:** Damage after wet combing, blow drying, wet brushing leads to damage of the hair cuticle.
2. **Environmental insults:** Hair may become discolored. There may be damage to the cuticle, split ends and finally breakage of hair may occur due to weathering.
3. **Chlorine and salt water:** This weakens the hair shaft, causes split ends and cracks in the cuticle.
4. **Heat styling:** Blow drying and hot rollers damage the tensile strength of the hair.
5. **Chemical agents:** Permanent hair colors, bleaching increase the frictional force of the hair and consequently the combing force leading to breakage. Perming and straightening reduces the tensile strength of the hair and causes hair loss.

TYPES OF CONDITIONERS

1. **Instant conditioners:** They are applied following a shampoo, left on the hair for 5 - 10 minutes and rinsed. They provide minimal conditioning due to short contact time.

2. **Deep conditioners:** Usually are marketed as creams. Their ingredients are similar to instant conditioners but are more concentrated. They have to be left on the scalp for 20 - 30 minutes before rinsing. They provide good conditioning.
3. **Leave in conditioners:** They are applied after drying the hair and are left on till the next shampoo. They are in the form of blow drying lotions and hair thickeners.
4. **Sunscreen conditioners:** Excessive exposure to sun can cause dryness, loss of color and roughening of surface texture. PABA and Benzophenones are added to conditioners which provide sun protection to hair.

MECHANISM OF ACTION

- They seal split ends.
- They protect the cuticle which covers and protects the hair shaft.
- They restore the acidic pH of the hair which is disturbed by the alkaline pH of the shampoos.
- They cause 'fly-away hair to become smoother and more manageable. In brief dry, brittle and lusterless hair become shiny,

<http://www.skinstreet.net/skincare.html>

Pre-shampooing

The pre-shampoo treatment works to add moisture to your hair in preparation for the stripping affects of the shampoo. This step in my washing process allows me to use a clarifying shampoo at every wash. The purpose of the clarifying shampoo is to remove extra buildup on the hair but without the pre-shampoo treatment, I could only use this product sparingly to avoid over-drying my hair out. Remember that with healthy relaxed hair you must always think about adding moisture whenever and however possible. Once I started pre-treating my hair, I never looked back.

How to Do A Pre-Shampoo Treatment



Do A Pre-Shampoo Treatment

Shampoo can be very harsh and dry to the hair. Doing a pre-shampoo, or pre-poo treatment, preps the hair for this process, to prevent it from becoming too dry. I will illustrate to you how to properly do this and different ways to do it.

Difficulty: Easy

Instructions

1. Step 1

A pre-poo treatment can be done using a natural oil, conditioner or a combination of both. If you choose to use an oil, I would prefer coconut oil. It doesn't just sit on top of the hair like many other oils do, it actually penetrates the hair shaft and moisturize from the inside out. If you choose to use a mixture of oil and conditioner, be sure to mix natural oils with no added ingredients.

2. Step 2

First be sure to detangle your hair completely. You want to make sure each strand is thoroughly covered and in order to do this, your hair must be tangle free. Divide your hair into several sections and apply your pre-poo treatment. Place a plastic cap on your head. At this point you can sleep with the

treatment on your head overnight and shampoo the next morning, or you can leave it for about an hour.

3. Step 3

Once you are ready to shampoo, rinse the treatment from your head using warm water. Apply a small amount of shampoo to your hands, dilute with water and rub your hands together until you see foam. Apply the shampoo directly to your scalp and begin massaging. Rinse, repeat if necessary

How to Pre-Shampoo African American Hair

Pre-shampoo is a conditioning treatment that is placed on the hair before you shampoo. African-American hair is drier than most, therefore performing a pre-shampoo is very beneficial. The treatment coats the strands and forms a protective barrier over the cuticles to keep the hair smooth. It also keeps the harsh detergents in the shampoo from stripping the hair of moisture.

Things You'll Need:

- Hair conditioner
- Oil (extra virgin olive oil, coconut, grape seed or castor)
- Shower cap
- Towel
- Comb
- Bowl

1. Step 1

Take a small bowl and pour in some of your favorite conditioner, either the deep or rinse-out kind. Add an oil of choice; coconut oil absorbs into the hair faster, olive oil is ultra moisturizing, grape seed oil is

known to encourage [hair growth](#) and castor oil can make hair thicker. Mix your oil of choice in the bowl with the conditioner, and make sure it has a smooth, creamy consistency.

2. Step 2

Part your hair into four to eight sections, depending on length and thickness. Apply the mix to each part, concentrating on the ends of the hair. Once the pre-shampoo has been applied, use your fingers or a wide-tooth comb to make sure it is evenly distributed.

3. Step 3

Place a shower cap on your head and allow the treatment to sit for 30 minutes to an hour. You can also wrap your head with a warm towel, to make sure the conditioner really penetrates the hair shaft.

4. Step 4

Remove your cap or towel, and finger comb your hair again. You should notice a difference immediately. Rinse and [shampoo your hair](#) as u

Avocado Butter Hair Treatment



Avocado Butter Hair Treatment

The avocado, also known as "butter pear," is native to South and Central America, Mexico and the Caribbean islands. Its flesh is high in monounsaturated fat, which gives it a smooth, creamy texture and makes it perfect for hair products. Not only can raw avocados be mashed and applied to the hair, avocado oil is also a great deep conditioning treatment. But one of the creamiest, richest by-products of this fruit is avocado butter.

Identification

1. The uncooked flesh of the avocado is expeller crushed to produce an oil. The oil is then hydrogenated, which results in a very soft, greenish, and mild-smelling butter. It melts very easily, which helps it to absorb into skin and hair. In addition to its wonderful moisturizing properties, the butter also works as a natural sunscreen. Kept refrigerated, it should last for one to two years.

Deep Conditioner

2. Avocado butter is extremely rich and heavy, so use it sparingly. Massage a tablespoon into your hair and scalp, and leave in for an hour. Or, mix a tablespoon with any of the following: your current

conditioner, olive oil, jojoba oil, sweet almond oil, coconut oil, shea butter or any other natural butter (not regular butter). Pay extra attention to your hair's ends. Leave the mixture in as long as you can, then shampoo and condition as usual.

Leave-in Conditioner

3. Since avocado butter is so heavy, leaving it in may cause your hair to appear greasy. However, if your hair is especially dry, thick or loves to eat up conditioning products, you can get away with it. Avocado butter works best as a leave-in conditioner for natural African-American hair, since it tends to be drier. Apply a teaspoon or so to dry hair (maybe more, if your hair is long or thick), concentrating on the ends. This helps to control frizz and unmanageable ends; it will also leave your hair looking shiny.

Types

4. Burt's Bees Avocado Butter Pre-Shampoo Hair Treatment is one of the only hair products on the market that uses avocado butter. It is available online, in health food stores, and in some pharmacies. It contains lanolin, so it's not vegan. The other ingredients in this treatment are vegetable glycerin, sunflower seed oil, oat kernel protein, citrus rind cleanser, vitamin E, nettle leaf powder, [rosemary](#) leaf powder, chlorophyll, and fragrance.

Availability

5. There are many websites that sell pure avocado butter in individual sizes, with 4 oz. typically is the smallest, as well as bulk tubs of butter to use in making homemade hair conditioning products.

Benefits

6. Avocado butter will leave your hair soft, shiny, untangled and rehydrated. If you have any extra from your conditioning treatments, rub some on your skin as a moisturizer for your face, knees, elbows, hands and feet