



IF YOU HAVE ANY PROBLEMS WITH YOUR TRANSITION FROM BOTTLE TO BAR, READING SARAH'S EXPERIENCE MAY HELP.

I have shoulder length coloured hair and don't use any styling products so when I read about 'The Purge' (the transition from bottles shampoo to a bar) I felt confident that I could cope. First of all, be prepared for the instant change in texture to your hair. The sleek, silky sheen you're used to is instantly replaced with what feels like straw. I learnt very quickly that I had to wash my hair differently. Rinsing is the key. Rinse, rinse and rinse some more. Then repeat to get a really good second lather (the first lather is always a bit 'thin') but get a luxurious, foamy, silky smooth lather going on the second wash and rinse, rinse, rinse. The texture of your hair will improve as the natural oils balance it back out but you've gone 'cold turkey' from beads of plastic conditioning to natural conditioning and it's going to protest!

The next phase in 'The Purge' was my hair went waxy, almost crackly and static as I brushed it. At this point I almost started losing faith in the bar but after using the Apple Cider vinegar rinse, my faith was restored. This miracle worker cleans excess soap from my hair and nourishes it.

Your hair might be different but I've discovered that after using the vinegar, drying and

straightening my hair it feels good but leave it a couple of days until the next hair wash and wow! Totally manageable, smooth, fabulous hair! Experiment with the vinegar to water ratio depending on how much build up you get, but once a week I treat my hair to this vinegar rinse.

Having taken the shampoo bar on holiday I put my hair (and the bar) through its paces. Saunas, steam rooms, sea water and swimming pool: all sorts of heats and waters to mess with me. The shampoo bar mocked my efforts to find fault. My hair was as it was before I went on holiday in a hot country for a week. Amazing!

Now, I wouldn't be without these amazing shampoo bars. Indeed we now have the full range of soaps, shaving bars, travel bars and shampoo bars in our home. They smell wonderful and every part of the packaging is plastic free and recyclable. My best advice is that perseverance is the key although it took my hair about 3 weeks to fully 'purge' I'd never go back.

Thank you Friendly Soap! :)

Sarah

Friendly
SOAP



Switching to natural shampoo bars is easier than you think

OUR
HANDY
TIPS

Ok, so you love the thought of using a more caring shampoo that's completely natural, but you're worried about making the switch from your usual chemical goo. Don't be. It might take a few washes to make the transition – or 'purge' as it's sometimes called – but it's easy enough if you follow our simple tips.

At first, your scalp might become slightly oily or dry, or flip between the two. It might feel frizzy or waxy too, like there's a bit of residue left in it. **DON'T PANIC** – this is normal, and it's just your hair's way of adjusting because your scalp needs

time to rebalance its natural oil production.

This stage usually lasts around one week, depending on just how much damage using chemical shampoos has done. Stick with it!

Once your hair has adjusted it will feel softer, cleaner and much more manageable, and that's because natural shampoo bars clean and condition your hair without stripping it of its natural sebum. Any dandruff might disappear too, because your scalp isn't being dried out and your skin isn't reacting to those nasty chemicals bottled shampoos are full of.

Tips for an easy transition

- Use an apple cider vinegar rinse (see below) instead of a conditioner, as this helps restore your scalp's pH balance as well as banish old chemicals. It will also protect the shaft of each hair and give it a wonderful shine too.
- Brush your hair gently and often – twice every day is good – brushing it from scalp to tips so you can help redistribute your hair's natural oils.
- Give your hair a few days off between washes, just to allow it to adjust.
- Rinse your hair thoroughly whenever you wash it, to help make sure you get rid of every trace of shampoo.
- Try using a bit of dry shampoo or corn starch if your hair is feeling oily, rubbing a small amount into your scalp before brushing it through.
- To help calm any frizz or tangles, you can also try using a little argon oil through your hair.

Apple cider vinegar spritz

- 1 part apple cider vinegar (use the type with 'mother of vinegar')
- 4 parts water
- A few drops of your favourite essential oil

Baking soda clarifying rinse recipe

If your hair has a lot of product built up in it, before you use the shampoo bar, try the simple baking soda rinse.

Baking soda (or to give it its posh name, sodium bicarbonate) is an easy clarifier to use, and it helps lift grease and product residue from your hair.

- 1 tablespoon baking soda
- 1 – 2 cups of warm water

Combine these ingredients in a spray bottle or cup, then wet your hair, apply the rinse, and work it through. Now rinse your hair thoroughly with warm water, then shampoo it.

Washing your hair

Just run the shampoo bar over your head in one direction, from front to back. This will help you to avoid creating any pesky knots. Once you've a good amount of shampoo on your head, massage it into your scalp using your fingers (or if you're owed a treat, ask your other half to). Now rinse your hair with water until every drop of shampoo is out. That's it – you're done.