

# SHAMPOO GUIDE & TIPS

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## SWITCHING TO A SHAMPOO BAR

Changing from a conventional shampoo to a shampoo bar can take some getting used to for yourself and your hair. Depending on what kind of shampoo you have been using, your hair may go through a transition phase while it adjusts. This is because many conventional products strip your hair of its natural oils so you may notice some extra oil while your hair and scalp adjust. At first, it's a good idea to keep some of your old shampoo and alternate between the two then gradually fade it out.

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## HOW TO USE

Basically as you use solid soap. You can either rub it in your hands and then to your hair or you can apply directly.

Rinse thoroughly.

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### AFTER USE

You shouldn't need to use a conditioner as our shampoos are moisturising enough however, we highly recommend using an acid rinse after washing your hair. This will soften your hair by balancing the ph and remove any excess oils left behind. Don't worry, you won't smell of vinegar once your hair is dry!

### ACID RINSE

Dilute 1 tbsp of vinegar (apple cider/white) or 1 tsp citric acid in approx. 500ml warm water (this should last several washes) and pour over your hair after washing. Leave for a minute or so to work it's magic then rinse well.

We hope you find this guide useful and our shampoo bars work well for you!