Why Your Shampoo Should Be Free of SLS?

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Article published on May 28th 2012 | Health

Hair experts often recommend to use only a sulfate free shampoo. What does this actually mean? It simply refers to shampoos that are free of SLS or sodium lauryl sulfate. SLS is a cleansing agent or a surfactant that effectively works in cleaning off oily deposits from surfaces. Since it easily dissolves in water, SLS is used in a range of products, such as shampoos, degreasers, car washes and floor cleaners. SLS comes cheap and lathers exceptionally well. This is the reason why the sulfate is widely added to shampoos. However, SLS can strip essential oils and moisture from the hair, leaving your hair dry, frizzy and dull.

Evaluating a shampoo!

Is it possible to differentiate between a harsh shampoo and a good one? According to hair experts, it's possible. From the advertisements, that we have been exposed to over the years, most of us assume that a good shampoo is the one that scores high in terms of fragrance, foam and price. However, this may not always be true.

The foam created by a shampoo is not an indicator of how good it is. However, with all those advertisements of celebrities covered in foam, we are led to believe that only shampoos that lather well really work in cleansing the hair and scalp. Now you must understand that the lathering ability is simply due to the presence of SLS. In other words, a sulfate free shampoo that does not feature SLS will not lather much. However, it's safer and better for your hair and scalp!

What does SLS do to your hair?

Regular use of shampoos containing SLS leads to hair thinning and premature weakness. It can remove the oils from your hair and pave way for dryness, split ends and hair damage. It can also irritate the scalp, eyes and skin. It can cause the oil glands in the body to secrete excess oil, leading to oily scalp and skin. In fact, if you take a sniff of this chemical, it will cause a burning sensation within the nose and make you wonder how such a harsh chemical can affect your gentle hair strands. It will definitely convince you to discard your old shampoo and switch to a sulfate free shampoo. Thankfully, leading brands now offer high quality shampoos that are free of sulfates and similar harsh agents.

If you are looking out for gentle yet effective hair care products, you must definitely check out the Keranique hair rejuvenation system. As per Keranique hair product reviews, the shampoos, conditioners and all other products in the range feature powerful and gentle ingredients that help maintain the hair its softness, smoothness and thickness. Its products have been especially developed to reduce hair fall and give you thicker and fuller hair. These products are also free of harmful ingredients. For instance, the sulfate free shampoo, offered by this brand, is a great product that nourishes, protects and smoothens the hair and scalp. The shampoo also offers good results in controlling frizz.

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According to a Keranique hair product reviews, the a sulfate free shampoo in this range is gentle and ideal for color-treated hair. Visit www.keranique.com to purchase these a hair care products.

Article Keywords:
Keranique hair product reviews,sulfate free shampoo,hair care products

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