

“Detergent based commercial shampoos are made from petro-chemical based detergents...”

Fragrance Free Soap Search - Part 2

This article is the second part of a series on fragrance free soaps started in October 2006. The first article can be read at:

<http://www.mcs-america.org/oct2006pg101112.pdf>

Shampoo and Conditioners

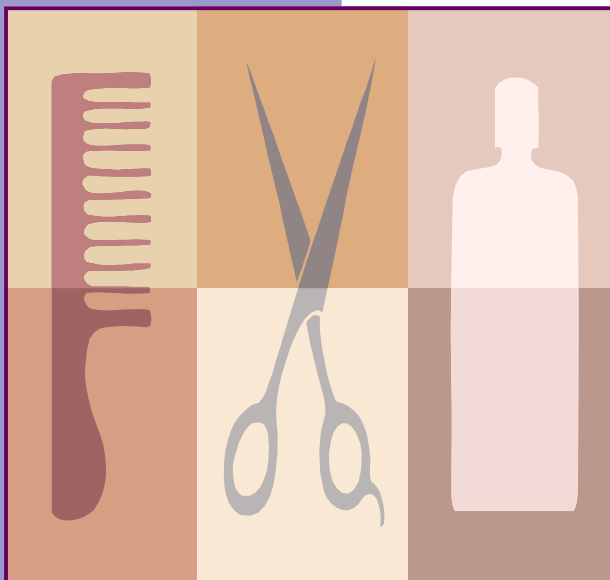
Why is shampoo included in a soap search? Because all the really safe, fragrance free shampoos that I have found are actually soap. I realize our society has gotten used to using detergent based shampoos these days, so it may sound a bit strange to use soap on your hair, but think about it. Detergents were virtually unheard of before the World War era, when they were manufactured from petroleum products for cleaning in cold salt water during WWII. The first synthetic detergent was invented in

1916. Before that time, people always washed their hair with soap, or plants that foam when crushed, or in prehistoric times, probably sand from the rivers they bathed in. Throughout history people have used natu-

ral oils and fats for conditioners, as well as some fruit juices, like lemon.

Detergent based commercial shampoos are made from petro-chemical based detergents, alcohol, other toxic chemicals, and are usually loaded with artificial fragrances, also made from petro-chemicals. Many sensitive individuals react terribly to the ingredients, including the fragrances, in them. Some of the symptoms that are caused by these chemicals are irritation of the respiratory tract, asthma, headaches, blurred vision, dizziness, numbness, tingling, as well as itching, irritation and burning of the skin, eyes, and lungs. These are just a few of the possible reactions to these chemicals and fragrances.

There are several newer fragrance free commercial shampoos and conditioners available today, formulated for those with allergies and sensitivities. These do not contain the artificial fragrances, and are very much odorless. However, these are also detergent based, and contain ingredients such as sodium laryth sulfate, cocamide DEA (an artificial coconut oil made from petro-chemicals) parabens, EDTA. Most of the detergents in them are made from petro-chemicals as well. Very few, if any, natural ingredients are in most of them. They are not very safe either, and many people with EI react badly to these ingredients.



“Your favorite bar soap can be used as shampoo also.”

These commercial products are so popular due to the huge advertising campaigns launched by the companies that make them, telling us their products will make our hair beautiful, healthy, shiny and strong. They do contain ingredients that make the hair feel soft and look shiny, but they are added because the chemicals and detergents they are made from actually do a lot of damage to the hair! They raise the cuticle of the hair shaft, causing it break easily, and coat the hair with a layer of chemical residue.

Next, there are the "natural" shampoos available in health food stores and online. While some are actually made from natural ingredients, many contain the same chemical ingredients mentioned above, plus are often heavily scented with essential oils. These can be safe, if you don't have a problem with essential oils, and read the labels to make sure they only contain natural ingredients. I did not review any of them, as I react as badly to essential oils as I do to artificial fragrances. I did order a few brands, but the smell of the essential oils in them prevented me from trying them.

Another option, if you feel you must use something detergent based, is to

wash your hair with whatever natural dish detergent you tolerate. If this sounds like a strange suggestion, consider this: dish detergents and detergent based shampoos are basically the same formula. Except that commercial shampoos have more expensive fragrances added to them than those in dish detergents, as well as more chemical substances.

Your favorite bar soap can be used as shampoo also. While liquids may be more convenient and easier to apply, the bar soap will perform well to wash the hair.

The best choice, in my opinion, are the natural liquid soaps mentioned below. These are made entirely fragrance free, of natural ingredients. These are safer for us, the environment, and actually better for our hair. They do not cause the damage to the hair shaft that detergents do. With continued use, the condition of the hair improves and there are less split ends, tangles, and breakage. After the first one or two washes with soap, the hair may feel somewhat "gunky", depending on how much chemical residue is actually on the hair from commercial products. The soaps are not what is making the hair feel this way, it is actually the chemical residues coming out of the hair shaft. After several uses, once the chemicals have been washed out, the hair will feel naturally soft and squeaky clean, with less tangles.

Below are the liquid soaps that I have tried on my own hair, found to perform as well as shampoos, and are fragrance free or unscented. The only smell I could detect in any of them was that of the natural oils they are made from. All are hand made, in home-based businesses that make only fragrance free natural products. All are made by people who either have, or are knowledgeable about MCS. They contain no essential oils, herbs, spices, flowers, chemicals,



**“Saponification
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detergents, or fragrances... nothing but natural oils, water, and the alkali needed to saponify the oils into soap.* One exception is the aloe vera shampoo, which contains aloe butter. The oils used are all edible, cold pressed oils, not chemically processed ones. The Castile soaps are made from virgin olive oil, water and the alkali. The others are made from various combinations of oils, such as safflower, apricot, castor, coconut, soybean, macadamia nut, almond.

The conditioners are mostly made from natural edible oils, such as palm, apricot kernel, almond, safflower and sunflower oils, butters like aloe vera, mangoe, and shea butters, plant based waxes, and in some cases, preservatives.

Here are the few that I really liked:

Elysian Dream

<http://www.elysiandream.com/>

Liquid Castile Soap, Liquid Extra Mild Soap, Natural Conditioner for Damaged Hair.

Karen's Naturals

<http://www.karensnaturals.com/>

Karen has several shampoos, which are liquid soaps formulated to have the proper pH for hair. A few are Safflower Shampoo, Apricot Shampoo, Aloe Vera Shampoo, and Macadamia Nut Shampoo. I also like her liquid Castile and liquid Basic Soaps for shampoo. Several conditioners including all natural ones, such as Apricot Conditioner, Sunflower Conditioner. Several "synthetic" conditioners that are made from processed

natural ingredients, such as Shea Butter Conditioner, Almond Conditioner, Mango Conditioner.

Sungold Soap

www.sungoldsoap.com

Level H Liquid Soap

I did not list the ingredients for each product individually, nor did I list all of the Karen's Naturals shampoos and conditioners, only the ones I have actually used. All three manufacturers list each and every ingredient in all of their products on their websites. Please see their websites for a complete list of all the products each one makes, as well as the ingredients in each individual product. All these mentioned soaps and conditioners performed as well as, and usually much better than, the commercial products that I have tried, in my opinion, as well as that of those (Els and non-Els) who helped me to test them.

** Note concerning acidic rinses: If you are concerned about a soap film on your hair, you can try a little lemon juice, lime juice, or a little citric acid mixed with water as a final rinse. I have been using these natural soaps to wash my hair for about a year now, and have never felt the need for this kind of rinse, so have not tried them personally. My hair feels soft, clean, and stronger than when I used commercial detergent based shampoos. The only time I noticed a slight film was when I first switched from commercial, and used Castile exclusively, but it washed off immediately when I alternated the Castile with the safflower or apricot shampoos.*

**Saponification is the process whereby fat and alkali are mixed together to form soap. There is no alkali or oil left once they are mixed. Both have been changed into soap.*

- Deborah Howery

