

ECO-FRIENDLY HAIRCARE

The average shampoo is 35 per cent “surfactants” – or wetting agents – and there is a huge variety of these, says Craig Jones. “They can be petroleum-based, such as SLS, or made using natural oils such as coconut or glucose.” He says the chemical make-up of natural surfactants is different to petroleum-based products.

If you switch from a chemical to a natural product, allow four or five washes for your hair to detox.

- **Original & Mineral shampoos and conditioners** (\$28.95 each, 1300 724 635, www.originalmineral.com) are sulfate-, paraben- and silicone-free.
- **Miessence haircare products** range from Shine Herbal Hair Conditioner (\$19.95, (07) 5539 2011, www.miessence.com) and Desert Flower Shampoo

(\$21.95) to Protect Hair Repair (\$32.95). All products are independently certified to international food-grade standards.

- **OmVeda Amla Shampoo** (\$31.90, 1300 662 383, www.omveda.com.au) uses ayurvedic herbs to cleanse. It is SLS- and paraben-free.
- **Aveda shampoos and conditioners** contain organic ingredients. Try Smooth Infusion Shampoo or Conditioner (\$39.95 each, 1300 300 054).
- **MooGoo products** contain no parabens, sulfates or other chemicals. Try MooGoo Milk Shampoo (\$17.50, (07) 5522 1979, www.moogoo.com.au).
- **VitaMan** uses low-irritant foaming agents, a minute amount of food-grade preservative and botanical ingredients such as grapeseed extract and lemon myrtle. Try the Volumising Shampoo or

Conditioner (\$32 each, (02) 9725 6994, www.vitaman.com.au).

- **PHYT's Shampoo Traitant** (\$34, 1300 656 627) suits sensitive scalps. All products are certified organic.
- **Pureology** contains organic botanicals and no common surfactants or sulfates. Try Hydrate Shampoo (\$38, 1300 386 421).
- **Dr Bronner's Organic Shikakai Conditioning Hair Rinse** (\$16.95, (03) 9572 3311, www.drbronner.com.au) packs an all-natural citrus punch.

