

# HAIR SOAP GUIDE & TIPS

## 1 SWITCHING TO A HAIR SOAP

Changing to a hair soap 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.

## 2 HOW TO USE

You can either rub it in your hands and then to your hair or you can simply apply directly.  
Rinse thoroughly.

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## 3 AFTER USE

You shouldn't need to use a conditioner as our hair soaps are moisturising enough however, it's important to use an acid (e.g vinegar) 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 50ml of vinegar (apple cider/white) or 1tsp 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 hair soaps work well for you!