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Shampoo-Free: A DIY Guide to Putting Down the Bottle and Embracing Healthier, Happier Hair

By Savannah Born

Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, Shampoo-Free: A DIY Guide to Putting Down the Bottle and Embracing Healthier, Happier Hair, Savannah Born, Learn about the hot beauty trend that's changing the way we think about our hair--and improving the way it looks--in the first-ever book about the shampoo-free movement. Parabens, sulfates, methylparaben, sodium laureth sulphate .yuck. Join the growing movement of women and men everywhere who are ditching their expensive addiction to chemical-laden shampoos and going shampoo-free. At first the idea of going shampoo-free might seem radical, or even a little icky, but this beauty secret--that's long had a cult following online and been featured in the New York Times, Marie Claire, Elle, and elsewhere--is gaining traction big time. Whether you're interested in saving money, saving the planet, or simply curious about how and why going shampoo-free can make your hair the healthiest, shiniest, fullest, and softest it's ever been, Shampoo-Free is the first-ever book to compile all the science, testimonials, instructions, and tips in one comprehensive guide. Shampoo-free enthusiast Savannah Born walks readers through how they can create their own simple and affordable solutions to keep hair clean and fresh without harsh chemicals. She offers encouragement and...



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