10 Harmful Ingredients to Avoid in Shampoos and Conditioners

Cosmetics and skin care products usually contain chemicals that can damage the quality of your skin in the long run. The same applies to hair care products.

Many shampoos and conditioners come with ingredients that are too harsh for your hair and scalp.

These toxic elements can dry out your hair and scalp, trigger or worsen various dermatological and medical conditions, and even be carcinogenic with repeated use.

Here's a list of harmful ingredients commonly used in hair products that you need to look out for:

1. Sulfates

Sodium lauryl sulfate and sodium laureth sulfate are foaming agents or surfactants that are commonly added to shampoos and conditioners. They react with water to produce lather, which gives these hair products their cleansing effect.

But sodium lauryl sulfate and sodium laureth sulfate can have







many detrimental effects. Sulfates strip the natural lipids from your hair and scalp, leaving them utterly dry. Dry hair is prone to splitting or breaking, whereas dry scalp is prone to flaking and irritation.



They can also trigger scalp inflammation and exacerbate preexisting skin conditions such as eczema and rosacea.

People with sensitive skin may even develop contact dermatitis

after prolonged use of these chemicals on their scalp. In fact, sulfates are classified as potent allergens for this very reason.

Sulfates can also damage your hair follicles to such an extent that they may not be able to produce new hair, which can lead to hair thinning.

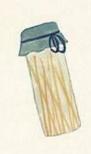
Moreover, these harsh chemicals can cause eye irritation and damage, especially in babies and young children.

Effects of Sulfates on Your Hair and Scalp

- •Dry hair and scalp.
- Scalp irritations.
- Fading hair colour
- Hair Loss

Recommended Sulfate-Free Shampoos

- 1. Pureology Pure Volume Shampoo
- 2.L'Oreal Everstrong Sulfate-Free Fortify Shampoo
- 3. Morrocanoil Extra Volume Shampoo
- 4. Aveeno Pure Renewal Shampoo
- 5. Joico Smooth Cure Shampoo







- 6. Jason Natural Shampoos
- 7.One 'N Only Argan Oil Moisture Repair Shampoo
- 8. Hemps Couture Moisturizing Shampoo
- 9. Aveda Scalp Beneifts Balancing Shampoo
- 10.Tigi Bed Head Superstar Sulfate-Free Shampoo

