



HAPPY HAIR

The definitive guide to giving up shampoo

Lucy AitkenRead

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Happy Hair: The definitive guide to giving up shampoo: Save money, ditch the toxins and release your hair's natural beauty



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Every universal problem encountered on the No Poo journey is addressed and the most frequently asked questions are answered.co. This light hearted and fun guideline can be a must-read for anyone considering reducing shampoo.Happy Hair is certainly a thorough introduction to giving up shampoo by one of the UK's most popular thrift and parenting bloggers, Lucy of Lulastic and the Hippyshake (Lulastic.uk) Happy Hair addresses the science of "No Poo" and is filled with over thirty natural, gentle alternatives to commercial hair care products.



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I love that the analysis is in a single book and I don't have to scour a wide variety of resources to get what I need for my specific hair. I've plucked my eyebrows nearly to obscurity. Fickle style. Many thanks for doing the study because of this lovely book. Previously I tried to hold back as long as possible between washes but nonetheless used hair shampoo and silicone centered conditioner. This book did that for you personally. My normally thin lank hair needs to have volume and appearance rather lush. Not really much locks arriving out in my own brush either. Whee! For awhile now I haven't used shampoo to clean my . Up the No Poo Revolution! I knew I was carrying it out right! I went no poo 2 years ago after doing some internet study about shampoo that turned my abdomen. Five Stars Obviously organized, well explained, short also to the point. Worth the investment in case you are ready to give no hair shampoo a try. If you aren't sure, read the book and then try it, you will end up surprised at the results. Comprehensive and fun to read Finally a comprehensive guide to "making the switch", all in one book! My Do Loves Not Having to cope with the Poo! The sample day-by-day instructions for the first few months were really helpful. THE guideline to no-poo! SO informative! I've attempted to move no poo twice before this third try and I never could find out the proper regimen for my locks/scalp. Hair developing by the handfuls. LOTS of tried and true options for all locks types, conditions that might arise during transition, and a wonderful, natural way to color hair! I have fine hair which refuses to do anything I consult of it. As well as, who wouldn't be happy to place it to the chemical companies?. Arriving off the "Poo" offers changed the way I see cleaning my hair and my locks loves its independence from chemicals! For awhile now I haven't used shampoo to wash my hair. Then I discovered this book that was really beneficial to me. So I tried bicarbonate of soda and I've under no circumstances touched shampoo since, it has been a complete revelation, my locks looks and behaves so much better, no dandruff, no greasy sticky hair, and it is so much more healthy, split ends forget about. I LIKE IT! I do like it, it is brave and bold! Also inspiring. Not to mention.. There are others out there with better and more specific quality recipes such as for example Hair Gone Crazy. we are more beautiful for it, in many ways. :) A reference for trying "no poo" I wanted some direction in heading shampooless. This book gives you much need suggestions from someone who has truly gone shampooless. Also provides several alternative natural ingredients to use when cleansing your locks to assist you find the right formula for your locks type. The author also contains paragraphs from various other "no pooers" to help you on your journey to no shampoo hair. Great Resource for Normal Hair Care I like that there are many tips and basic recipes that use easily available ingredients. I just needed the information comprehensive step by step and this book has provided me the self-confidence and what to anticipate on a day by day basis so I know very well what I'm obtaining into. A great resource for no poo newbies or those seeking to troubleshoot or try extra no poo methods. Finally! All of the research in a single book. I've been researching ways to do that online for a few years now, but there's so much information it's impossible to sift through everything. This book puts it totally into perspective for me personally and even includes a daily program for beginners (worth the money alone!) therefore I need not second guess my decisions each day. My poor eyebrows! And the best part is definitely that the no poo is actually working this time! Worth it I debated buying a book because there is thus many free quality recipes and methods out there but this was well worth the purchase. Really not much by the way of recipes and is a small book Really not much incidentally of recipes and is a small book. Four Stars Exceptional as a starting point for no poo. I'm excited to start out knowing I currently had everything I need in my home. No extra purchasing. I also like that each recipe is actually homemade rather than

one where you are buying a premade soap or hair shampoo and adding what to it. I valued the author's humorous, accessible writing style and all of the troubleshooting tips. I really like having "Happy Hair"! I am no poo for 3 weeks now, my hair is beautiful, and then I'm going to color it - normally and organically!. Thank you, Lucy! Most in depth on the actual procedure and recipes I've seen in my researching.. Right now Personally i think like I have all the information I needed to made a better decision on if going no poo will be right for me personally. I couldn't believe what I was actually doing to my hair! To change something so personal and private as our locks, well it is the single most rewarding way to: stick it to the man, tidy up the earth, unite individuals from any walk of lifestyle around the earth, and protect our children and their furniture.



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