

PAULA BEGOUN



DON'T GO SHOPPING FOR HAIR-CARE PRODUCTS WITHOUT ME



Over 4,000 products reviewed,
plus the latest hair-care information

Completely Revised & Updated **3rd EDITION**

Paula Begoun

Don't Go Shopping for Hair-Care Products Without Me: Over 4,000 Products Reviewed, Plus the Latest Hair-Care Information



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Are \$20 shampoos and conditioners worthwhile? Begoun compares good and bad ingredients, dispels hair-care industry myths, evaluates what helps and what hurts locks, and explains how to show the difference between fact and hype with respect to a product's efficiency. Her "Best Products" lists make it no problem finding items worth trying in virtually any category. Thousands of items are described and evaluated according to their performance, reliability, price, and claims. Can great hair-care products be found at the drugstore, or will be the expensive salon items really superior? Hair sprays, shampoos, conditioners, gels, mousses, pomades, silicone serums, and other items are protected. In this extensive guide to all things hair care, consumer advocate Paula Begoun answers those questions and even more in her reviews greater than 130 drugstore, salon, and department store hair products, from Aveda to Matrix and Pantene to Zirh. The buyer bible of hair-care items, *Don't Go Shopping for Hair-Care Items Without Me*, shows how to find the greatest products available at the most economical prices. Ultimately, Begoun displays consumers how exactly to have beautiful tresses without spending a fortune.



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This book, is preferable to her cosmetics books because she actually packs plenty of additional info in the reserve. First, to those who whine about it being outdated- hi there, maybe you have seen how often companies change product titles? Did you expect some Harry Potter-esque publication that could upgrade itself? THIS BOOK IS EXCELLENT because it explains a few key items- 1) beauty companies can and do lie, therefore the product that claims thicker hair doesn't actually legally have to deliver. 2) locks cannot be repaired- it isn't a damaged arm that may grow back stronger but it can appearance better and prevent being damaged and 3) she explains what shampoos, etc are made of and covers different businesses and product types in depth. One of Paula's better books Over the years I've purchased several of these books as the price of the book can save you much money in terms of misguided cosmetic purchases. It trained me what brands are filled with more irritating ingredients that may increase dander and such, and so much more. I'd like to go back to all natural ingredients in every part of my life but the truth is what truth is, and that is not likely to happen due to time, cash, and circumstance. You'll learn more than enough in the first couple chapters to know what substances you do and do not want in your shampoo be it from the salon or the dollar store. A+ Another hit from Paula! As a person who went to cosmetology school hair products and selling them boost your pay when you are a stylist the products that you use on a client and sell help you create money. She explains at length how a few of the ingredients in every day shampoos, conditioners and design products alike can cause scalp and/or hair damage and irritation. Then of course, her reviews of every hair care line are always outstanding! Don't go Shopping for Hair Items Without Me Paula Begoun calls for the reader to the locks treatment is whether in the medication shop or the salon and dissects every beauty item to help you the reader the buyer know what you're getting and what's best for you. That is a great publication to learn about the products that you use. I was very interested in getting a hair reserve by her as most of her epidermis books changed my life. Salon products are a very costly experience if you don't know what you are getting or find out about your hair type and what the merchandise do. Paula will take the products and clarifies them and their ingredients and helps you understand what's in them and what they do but more importantly she allows you to learn so you can make better options for your money. This book helped me stop spending \$20 a bottle on shampoo and obtaining the same great healthy hair for \$3 a bottle. GREAT reference Book- understand this! Email welcomed and appreciated too. I liked it enough to give as a gift for a friend Very informative, though there are definitely hair care brands that she doesn't review (like KeraCare, for example). The author does a decent job of explaining the elements (both necessary ones and ones which are merely for show) that are contained in shampoos, conditioners, plus some styling products. I like that she addresses that there aren't often major differences in drugstore shampoos and everything you buy at the salons. This book is filled with information, information that will assist you make smarter choices. Why didn't this author (who obviously did a great deal of research because of this book) focus on the obvious ratings and chemical ingredients and their results on 62,000 items rated by the scientists at EWG. While the reserve may be a bit outdated in 2008 it is still worthwhile in picking up. I love this book the most because she also addresses coloring of hair, a number of other treatments, styling aides, and where your money will get the very best bang for the buck. Not Accurate Not reliable and not accurate! . . . However, for somebody a lot more diligent, and dedicated than I this book could be a blessing and offer you much useful information. . Three Stars Copy my partner has is aged. For example, did you know allowing your hair air flow dry is the best of most for your hair, since it causes no damage? Great go-to guide Great reference tool for those who take hair care very seriously! Therefore, I'm hoping this will help my pal. Very informative and will save you money! There are even some styling guidelines included and a chapter on African-American hair. I was a hair product junkie until I bought this book! I came across this book to be a lifesaver! For years, I am searching for the proper hair products for my long thick hair and sensitive scalp and think I've tried every one. I thought all of the nonsense that because they cost more, salon products are better. Not true and

Paula's reserve clarifies why! She also offers chapters specialized in proper hair treatment, the different hair types, hair problems like dandruff, hair coloring, and more. Before stepping in another salon or drugstore buying something that might not work for you and wasting money, I highly recommend you to get this book first! Incidentally, if you have delicate scalp with possible allergies to some locks ingredients in products like I do and searching for products that won't cause problems I extremely recommend you to check out this book. You can find an ample number of product critiques but she provides in even more about the chemistry of what goes into most hair care products. However, there are many brands that I have never heard of which are included, and some of which look like they weren't popular since the 1980's. I can honestly say I have saved money since the purchase of this publication and rethought a few items in the realm of locks care which will also help me save money, and not visit a tiny difference in the health of my hair. Products have changed formulas and brands since book was created. Disappointing! She suggested some certainly bad-for-your-hair (and also poor for your skin and body) unhealthy items as rated by Researchers at EWG. Actually took away my self-confidence, Despite her evident treatment and fine detail in researching, I simply can't believe in what she says.. Interesting Information This is a good reference book. It is full of interesting info. For me I appreciated the information but was also overwhelmed a little bit as I noticed that most of the products I use on a daily or regular basis are probably not particularly healthful for my locks or physical being. It's an inexpensive book, Paula has a website if you actually need someone to tell you the exact name of every item you try, but in the event that you care about your locks and how it appears get this book and disregard the people who can't find out that Sam's Softening Shampoo got renamed to Sam's Moisturizing Shampoo. . Five Stars Awesome! In this book, she not only reviews thousands of hair items both in drugstore and salon lines, but lets you know what ingredients function and don't work, what ingredients are feasible irritants and what isn't, lets you know exactly what every single product can do and won't do, and recommends the best products for each locks type. I did like the book more than enough though to provide it as something special to my friend who has plenty of trouble finding hair maintenance systems that don't irritate her scalp.org ? Five Stars This book is excellent reading! For my own personal use, I love understanding some of the research behind the ingredients, and those really don't make a difference to hair wellness. She tells which ones have been shown to cause discomfort for a lot of people. Never Dated This was highly useful to me and I find that the information within it can still be used today. It is not dated and still beneficial to everyone who wants to take better care and attention of their hair and find products that work for them.



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