

The Shampoo Process

As a reminder, a shampoo is meant to cleanse the scalp first and then secondarily the hair. Always focus the first wash for your scalp. Try not to go overboard with the number of washes. There is a reason most shampoos recommend two washes. Below, I go into more detail as to why it isn't necessary to go three or four times as I see done in some salons.

On the first shampoo you will notice that the shampoo does not foam. This is because the molecules stick onto the sebum etc. Therefore, the incorporation of air which would make the foam is not possible. This is why on the second shampoo it suds more, allowing the shampoo to be spread to the rest of the hair easily. This is due to the action of the foaming agent which is able to act better when air is incorporated forming bubbles, and not the surfactant itself. Therefore, shampooing more than twice (once for the scalp and once for the hair) is actually not necessary unless your hair is extremely dirty. Aggressive shampooing can and will definitely dry out your hair.

So like most shampoo instructions, you should wet your hair first then apply the shampoo, (usually the amount of a large coin), to your hair. You should focus more on the scalp because that is what you are cleaning. If you have straight hair, this is quite easy to do. If you have curly/kinky hair, the hair density can make it a little harder. You can part your hair into sections and apply the shampoo to the sections. Rinse and then repeat. The second shampoo is always easier because the foaming agents are able to act better thus allowing it to be spread all over the hair with little effort.

At the end of a shampoo session your hair should feel soft. Make sure to feel your hair. If it feels tangled or crunchy even after using conditioner, then that shampoo is too drying for you. This is especially important for persons with drier hair types such as those who use chemical processes in their hair such as hair dyes, relaxers, and perms.