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Sulfate free shampoo is what most women prefer nowadays because it is considered to be safer than conventional shampoos. Every shampoo has something called surfactant which interacts with the surface it is in contact with and traps oily material and grime from it. The chemical nature of the surfactant can prove to be harmful for your hair and scalp. That is why you need to choose your shampoo with care especially when you suffer from hair loss or thinning hair problems.

If your shampoo has sulfate as a surfactant, it can possibly strip your hair of essential oils and leave it dry and brittle. Sulfates, such as, Sodium Lauryl sulfate or Ammonium Lauryl sulfate can create lots of foam and bubbles when they mix with water. This gives you a false sense of cleanliness. Unfortunately, most women and men cannot tell a good shampoo from a harmful one. For most women, lather, perfume and cost are the three factors that help them decide on buying a shampoo. The talk about sulfate free shampoo has emerged only in recent times.

â€¢ SLS Can Harm Your Hair Strands in the Long Term

It must be borne in mind that fragrance and foaming are not good parameters of judging a shampoo. For years, no one brought shampoos by looking at the labels and the ingredients. It is only now that awareness about the harmful effects of some ingredients is spreading, thanks to advanced cosmetology. Women now prefer buying sulfate free shampoo because they know it is good for their hair in the long term even if it does not produce huge bubbles as other shampoos do.

Shampoo manufacturers were using sulfates because it was very cheap and easily available. Sulfates are easy to work with, add to the profit margins because of their low cost and lather quite easily. They conveniently forgot to tell you that when used for longer periods, it can cause hair loss.

â€¢ Use Sulfate Free Shampoo Targeted for Thinning Hair

There are some super effective shampoos available in the market nowadays which do not use sulfate or other harsh detergents and chemicals. Keranique hair product has an effective revitalizing shampoo targeted for thinning hair. Safe and clinically proven ingredients go into the making of sulfate free shampoos. They contain powerful antioxidants and rich vitamins that help in cleansing hair and nourishing the scalp. The shampoo also keeps hair detangled and free from frizz.

Thinning hair is not unique to men. Many women also suffer from hair loss and the reasons can be as varied as using the wrong type of hair care products to heredity or hormonal imbalance. Regardless of the reasons for hair loss, you must consult your hair stylist and discuss your problems; the sooner the better. There are hair products for women designed specifically to work with womanâ€™s biochemistry. Everyday hair care products such as sulfate free shampoo and conditioners now available, are specially made for a womanâ€™s hair.

Your hair stylist will be able to analyze your thinning hair problems better and suggest the right type of products for stopping hair loss and help in hair rejuvenation.

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Keranique a [sulfate free shampoo](#) has been proven to be effective in improving hair's luster and texture. a [Hair products for women](#) are popular because they are designed to work with a woman's biochemistry. Try keranique a [Follicle boosting serum](#).

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