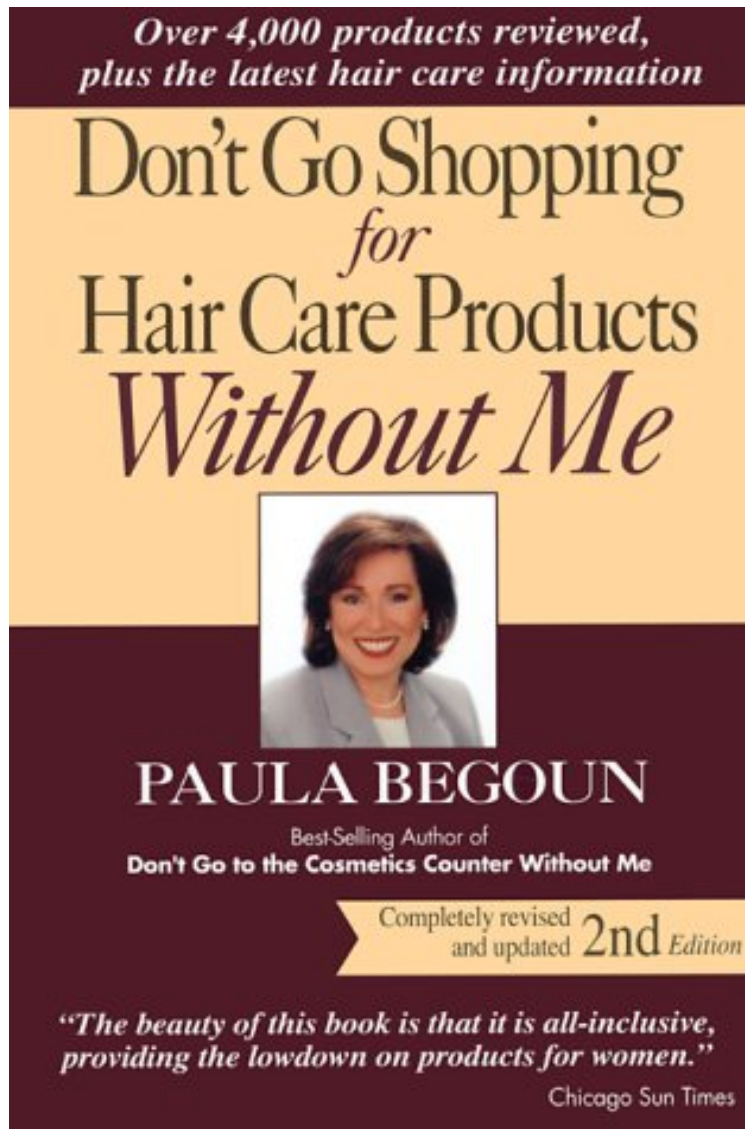


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Don't Go Shopping for Hair Care Products Without Me

Paula Begoun

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Paula Begoun : Don't Go Shopping for Hair Care Products Without Me before purchasing it in order to gage whether or not it would be worth my time, and all praised Don't Go Shopping for Hair Care Products Without Me:

0 of 0 people found the following review helpful. A+By roflol123Another hit from Paula! I was very interested in getting a hair book by her as all of her skin books changed my life. She explains in detail how some of the ingredients in every day shampoos, conditioners and styling products alike can cause scalp and/or hair damage and irritation. Then of course, her reviews of each hair care line are always outstanding!0 of 0 people found the following review helpful.

Interesting InformationBy matildaThis is a good reference book. It is full of interesting information. For me I appreciated the information but was also overwhelmed a bit as I realized that most of the products I use on a daily or regular basis are probably not particularly healthy for my hair or physical being. I would like to go back to all natural ingredients in every part of my life but reality is what reality is, and that's not going to happen due to time, money, and circumstance. However, for someone much more diligent, and committed than I this book may be a blessing and offer you much useful information.3 of 3 people found the following review helpful. I'm no longer a fool for my hard earned money !!By robinaThis is a must have for people like me who spend SO much money at the salon. I have very long blonde hair,to the middle of my back. I always highlight(with hi-lo lights), and have done so for many years. As I read this book, she goes into great detail about how to save money on items that are not necessary. I use to spend close to \$200.00 each time I visit the salon,just on my hair- not including the products I would buy, and I tip well at 20%. I would get a full highlight, extra conditioner-that she said would prevent breakage, and split ends, then she would add the shine product to my hair.She would then style, and trim my ends. I would do all the extra spa type treatments, because this is what she would tell me to do-in order to keep my hair healthy. She would tell me I had so much breakage, well I found out none of this was true. She would then keep pushing their store products(pureology, or which ever expensive product they were pushing) on me. I have done this for years. I have no doubt a small fortune on my hair.Now, after researching and realizing- I'm being had for my money. I have stop many things. Of course, I'm not able to highlight on my own, but I have stop adding on the extra's, and not doing the full highlights everytime I go.I now exchange everyother highlight with a full then partial.I have learned to cut back on products that I do not need. I'm also staying away from expensive products, and my hair looks better than it ever has, if not at least the same. I'm actually getting more compliments, because of the shine I now add on my own. And it lasts a lot longer !BTW, I also went to my physician, and ask about my hair being - so unhealthy and all of this breakage I was told I had, my doctor looked at my hair- and laughed- she said I was a victim of a sale person in the salon,there's nothing wrong with my hair- and said it was beautiful !I know hairdresser's are great at what they do- but after reading this book, I am now more aware of the little games, or scams they play in order to make more money of off me. I won't fall for it anymore. I will stay with the same girl, even though she is so frustrated with me for not buying anything, and the fact that I no longer do the treatments- she keeps trying to work me though. Her lastest on me is how dull she thinks my hair has because ??? I wish I could post a picture of my hair on here- and let you be the judge !

With thousands of hair care products on supermarket, drugstore, and salon shelves, each with its own grandiose claims, consumers are understandably confused. In this new edition - with over 75 percent new material - the "Ralph Nader of rouge" applies her high standards to shampoos and conditioners, styling gels, mousses, hairsprays, dyes, and permanents, and also devotes a chapter to the concerns women of color may have, from relaxing techniques to braiding and weaving.