



Phillip Adam Shampoo & Conditioner

October 10, 2018 By Katie Dawson — 1 Comment

If you've spent any time in the health/wellness world, you know that **apple cider vinegar** is a magical elixir (as long as it has the mother), and you no doubt have at least seen a bottle in the store if not in your own kitchen. I hopped on the ACV train years ago to help with digestion and while I don't think it can cure EVERY single problem, it is pretty awesome.



Apple Cider Vinegar Hair Care

A few years back I came across using ACV as a hair cleanser. At that time I was trying to eliminate shampoo/conditioner from my routine. I thought that would help my hair problems (it didn't) and tried using AVC in my hair. I did NOT enjoy the process and at the end of it, my hair smelled kind of like feet. Not quite what I was going for...

Phillip Adam

When I asked if I wanted to give **Phillip Adam Apple Cider Vinegar Shampoo & Conditioner** a try, I was a little hesitant. But I had been looking for a new shampoo, so I decided to give it a try. At worst, my hair would smell like feet for a little bit.

I was completely wrong about this shampoo and conditioner. It smelled AMAZING and was not at all what I was expecting. If you've never heard of Phillip Adam, you're in good company. This was the first time I had heard anything about a commercially made ACV hair product and I'm happy to spread the word.

Natural Ingredients

Phillip Adam worked as a hairdresser for almost 50 years before he decided to create his own line of hair care products. He knew that he wanted to focus on simple ingredients that would help all different types of hair, and he remembered that his grandma always talked about how apple cider vinegar was great for hair and decided to make it the star of his shampoo and conditioner. He also uses **ingredients** like pea protein to help boost the production of collagen which is important for healthy hair, argan oil to help with shine, and a variety of essential oils that make his shampoo and conditioner smell wonderful.

When I first tried the Phillip Adam shampoo, I was expecting it to be like other natural products I've used in the past: slightly watery, not a great lather, and overall less than stellar. This shampoo was none of those things and lathered well and didn't just fall right off my hair. The conditioner was just as great and my hair actually immediately felt better as I got out of the shower. My hair normally dries pretty frizzy (especially in the summer humidity), but not after using Phillip Adam. And no scent of feet anywhere.



Three Different Scents

I would highly recommend giving this shampoo and conditioner a try if you're looking for a new natural version. You can choose from three different scents or get unscented. Along with shampoo and conditioner, Phillip Adam also has volumizer, pomade, and sculpting clay as well as a line of lotion and body wash. All of their products are paraben, gluten, GMO, SLS, and cruelty-free as well as vegan and biodegradable. You can purchase their products online or check their [website](#) to see if it's sold in a Whole Foods near you.