

SASSY TOWNHOUSE LIVING

Sharing the Best of Everything

How To Get Beautiful Healthy Hair – Good Habits Matter

Keep Your Hair And Scalp Clean – this is always a heated debate – to shampoo every day or not to shampoo every day – that is the question!

I've washed my hair every day my entire life and, I have very beautiful healthy hair to show for it. I get it, some folks just don't like to wash their hair daily and that's fine if it works for you.

I also love discovering new shampoos and conditioners too. Generally, I find two or three brands I love to use and rotate. If I'm really flipping in love with the results from a shampoo and condition, I'll keep it in rotation longer.



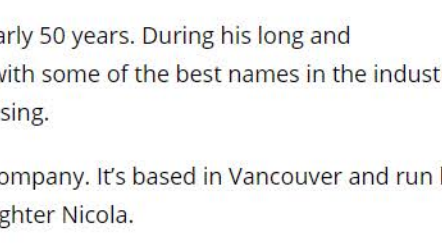
That's the case with some new hair care products I've discovered recently.

Last month, I discovered an all-natural line of hair products from a company called [Phillip Adam](#). I like to call them indie companies because they are not as widely known as the drugstore brands.

I never have much luck with drugstore brands that are well-known as they always seem to dry out my hair and leave it flat and lifeless. That's why I'm so excited that I discovered these products and my hair has never looked or felt better.

All their products are:

- BIODEGRADABLE**
Our products are biodegradable and environmentally friendly.
- PARABEN FREE**
Our products are produced safely and effectively without the use of parabens.
- VEGAN**
All of our products except Pomade (contains Natural Beeswax) are vegan-friendly.
- CRUELTY FREE**
No animal testing was conducted in any stage of the product making.
- GLUTEN FREE**
Our products are completely free of any gluten ingredients.
- SLS FREE**
Free from SLS (Sodium Lauryl Sulfate) and safe for sensitive skin.
- GMO FREE**
Our products do not consist of genetically modified organisms or GMO produced ingredients.



Phillip Adam worked as a hairdresser for nearly 50 years. During his long and successful career, he had a chance to work with some of the best names in the industry and establish a unique approach to hairdressing.

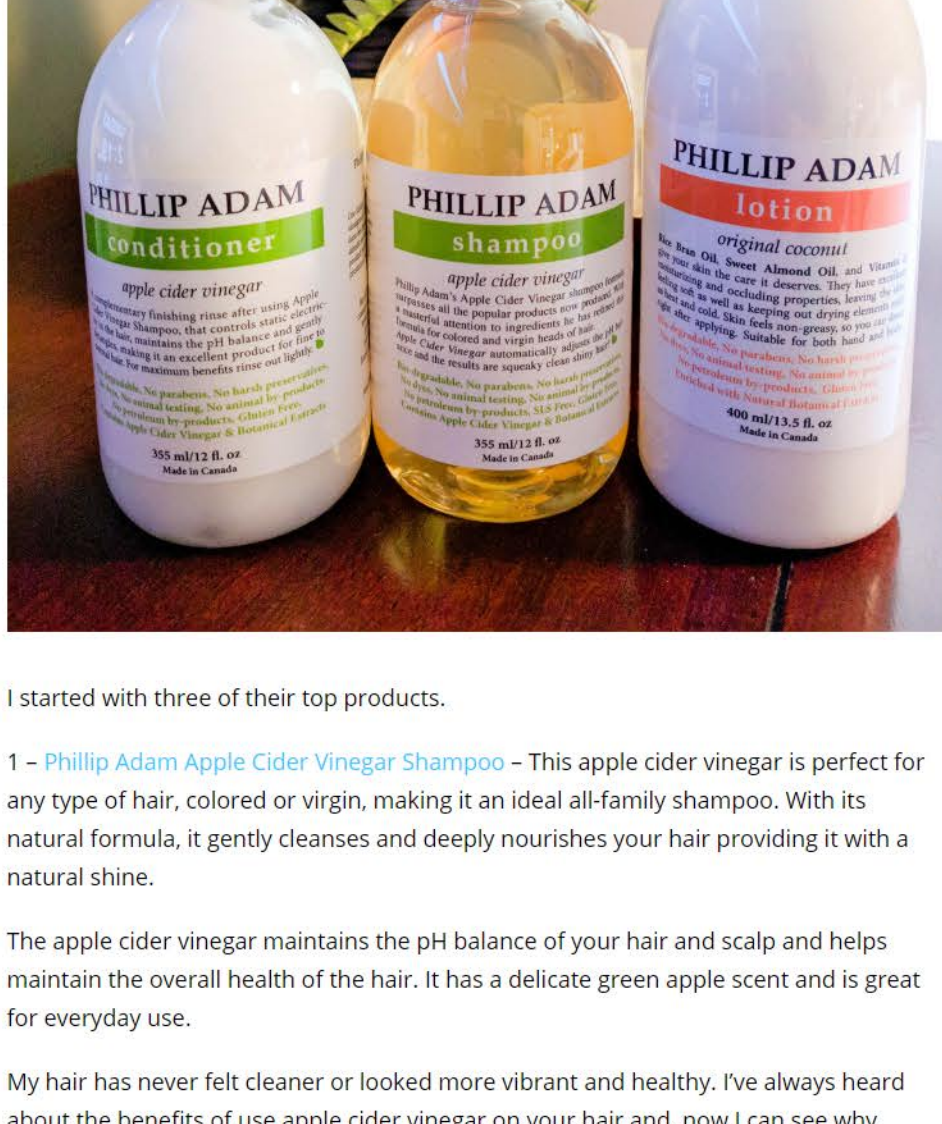
Today, Phillip Adam Inc. is still a family run company. It's based in Vancouver and run by Phillip with the help of his wife Judy and daughter Nicola.

His products are available in over 700 retail locations as well as online, with more and more customers recognizing them as safe and effective for all ages and everyday use.

The outstanding performance of Apple Cider Vinegar Shampoo on both natural and color treated hair has soon made Phillip Adam's No.1 selling product and, I knew I had to try it. I am thrilled with the results!

I've been using their shampoo and conditioner for about a month now and my hair never felt or looked healthier and vibrant.

They also sell an amazing body lotion that I've been using as well and, I'm totally in love with. I'm always excited to share my amazing product finds with you so, let me tell you more about these products.



I started with three of their top products.

1 – [Phillip Adam Apple Cider Vinegar Shampoo](#) – This apple cider vinegar is perfect for any type of hair, colored or virgin, making it an ideal all-family shampoo. With its natural formula, it gently cleanses and deeply nourishes your hair providing it with a natural shine.

The apple cider vinegar maintains the pH balance of your hair and scalp and helps maintain the overall health of the hair. It has a delicate green apple scent and is great for everyday use.

My hair has never felt cleaner or looked more vibrant and healthy. I've always heard about the benefits of use apple cider vinegar on your hair and, now I can see why.

It can be used on any type of hair whether it's virgin, colored or chemically treated. I love having healthy beautiful hair and, these products are the first step in developing good habits I can rely on.

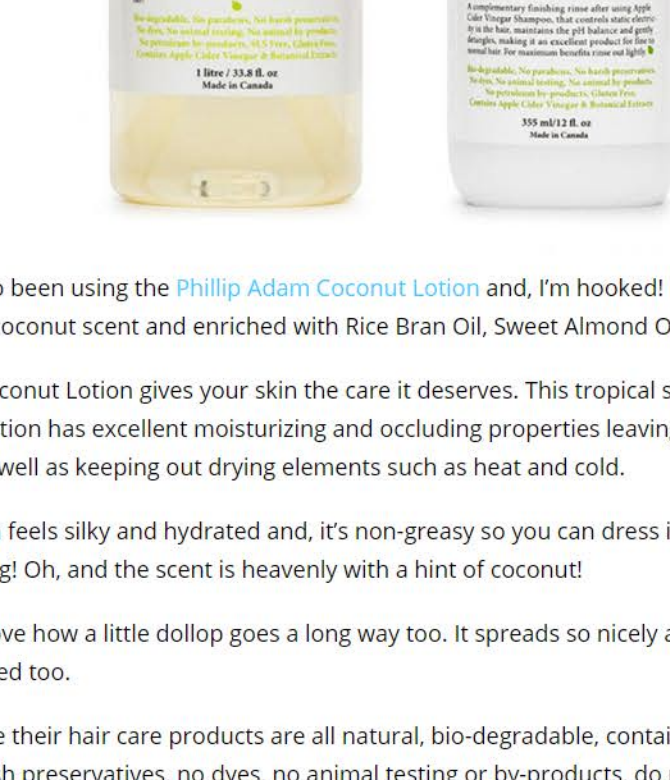
I follow the AV Shampoo up with their [Phillip Adam Apple Cider Vinegar Conditioner](#). This finishing rinse is a perfect complement to the Apple Cider Vinegar Shampoo. It has a fresh apple scent, controls static electricity in the hair, maintains the pH balance, and gently detangles, making it an excellent product for fine to normal hair



The conditioner is magical and makes my hair feel perfectly conditioned. It didn't weigh my hair down and left it full of bounce and body too.

I appreciate how Phillip Adam's products are all natural, bio-degradable, contain no parabens, no harsh preservatives, no dyes, no animal testing or by-products, do not have petroleum by-products and are gluten-free too!

I love scented hair care products but don't want them to be overly scented either. When I wash my hair with [Phillip Adam Apple Cider Vinegar Shampoo](#) the scent in the shower is amazing. It's just a touch of apple and very crisp and clean too. The condition has the very same scent too!



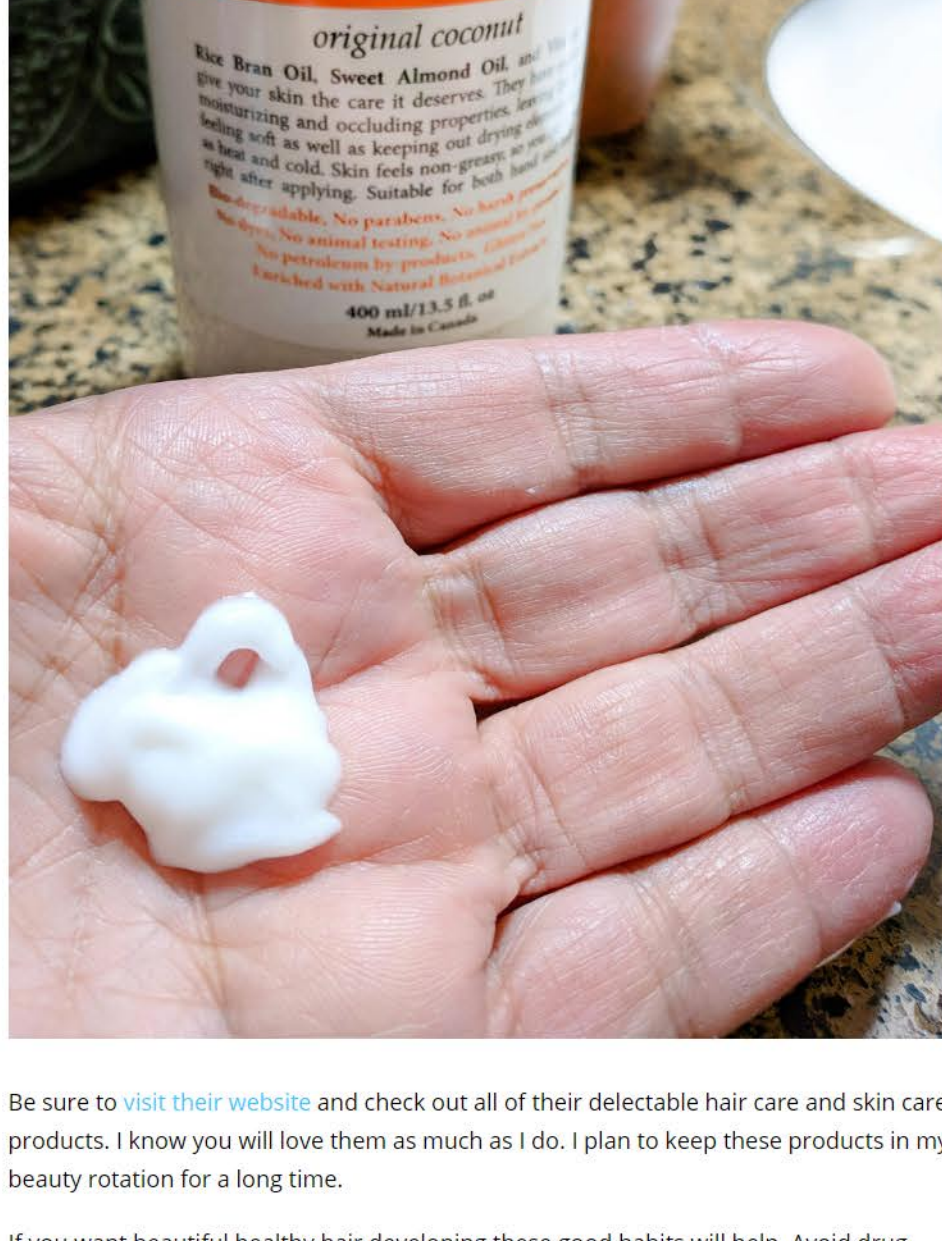
I've also been using the [Phillip Adam Coconut Lotion](#) and, I'm hooked! It's infused with exotic coconut scent and enriched with Rice Bran Oil, Sweet Almond Oil, and Vitamin E.

This Coconut Lotion gives your skin the care it deserves. This tropical smelling hand and body lotion has excellent moisturizing and occluding properties leaving the skin feeling soft as well as keeping out drying elements such as heat and cold.

My skin feels silky and hydrated and, it's non-greasy so you can dress immediately after applying! Oh, and the scent is heavenly with a hint of coconut!

I also love how a little dollop goes a long way too. It spreads so nicely and is quickly absorbed too.

And like their hair care products are all natural, bio-degradable, contain no parabens, no harsh preservatives, no dyes, no animal testing or by-products, do not have petroleum by-products and are gluten-free too!



Be sure to [visit their website](#) and check out all of their delectable hair care and skin care products. I know you will love them as much as I do. I plan to keep these products in my beauty rotation for a long time.

If you want beautiful healthy hair developing these good habits will help. Avoid drug-store shampoos and conditioners too and find products that make your hair feel fabulous!

