

Phillip Adam Natural Hair Care with Apple Cider Vinegar



Apple cider vinegar is an exceptional hair treatment. Not only does it give hair a lustrous shine, it helps to reduce frizz. I've been using it for years on my fine, straight hair *and* my daughter's thick 3B ringlets—and it works fabulously for both of us.

Apple Cider Vinegar is naturally high in acetic acid and helps to maintain a balanced pH level of the scalp. It also prevents dandruff. So when I discovered that the Phillip Adam's hair products contained apple cider vinegar, I was intrigued.

The Phillip Adam Apple Cider Vinegar Shampoo is excellent. It's appropriate for all hair types—including colored. It gives a good lather and leaves hair squeaky clean and shiny. *So, so shiny.*

And if you use quite a bit of styling products on your hair—hello dullness and buildup—this shampoo will help bring some of that baby softness back to your hair.

The conditioner is also lovely, but it's better suited to fine and oily hair types and won't provide the oomph that thick, textured, dry, or damaged hair needs. Still, if you're looking for something that won't weigh down your fine hair and keeps your scalp happy, be sure to check out this conditioner.

Why not just use a bottle of ACV in the shower?

Bringing a bottle of apple cider vinegar into the shower can be tricky. For starters, the quality stuff (Bragg's) comes in a glass bottle, and all it takes is one slip for a dangerous mess to be made.

And—feel free to call me a wimp on this one—pouring ACV onto my hair as a final rinse usually feels so painfully cold it makes me holler like a baby.

This is why using a shampoo and conditioner which incorporate apple cider vinegar is so convenient. **You get the benefits of ACV—a happy scalp, the gentle cleansing of product buildup, the incredible shine—without the hassle.**

You're going to love the scent

Both products smell delicious—like an apple orchard. My seven year old daughter has decided this is her favorite shampoo based purely on the scent! But don't worry, there are no synthetic or frankenscents in this formulation—just fruit extracts and essential oils.

However, if you're extremely sensitive to fragrances, even natural ones, or if you're managing chronic illness, you may want to check out the fragrance-free versions of this [shampoo](#) and [conditioner](#).

Inside the Shampoo

The Apple Cider Vinegar Shampoo—the superstar of this duo—is free of parabens, SLS, gluten, and GMOs.

Here's the full ingredient list: water, [cocamidopropyl betaine](#), [ammonium cocoyl isethionate](#), [glycerin](#), decyl glucoside, caprylhydroxamic acid, caprylyl glycol, apple cider vinegar, apple extract, pear extract, [lime essential oil](#), hydrolyzed pea protein, [lactic acid](#), matricaria flower extract, lemon balm leaf extract, nettle extract, rosemary leaf extract, sage

Ingredient Color Key

Extremely Safe

Reasonably Safe

Proceed with Caution

Insufficient Data

It's appropriate for everyday use. And because it's free of any harsh or questionable ingredients, it's safe for all ages.

There's something very important to note in these ingredient lists: All ingredients have been disclosed. **When you find a product that stands by all its ingredients—like this one—that's a good thing.**

Finding the vague word *fragrance* on the ingredient lists of other products means the company behind the product has chosen to not disclose all ingredients. Thanks to the Fair Packaging and Labeling Act of 1966, *fragrance* is considered proprietary information and allowed to be hidden from consumers. So while you see that single word on the label, it may contain any number of secret ingredients.

But here's the good news: more and more companies are choosing to disclose all ingredients in their cosmetics, thus empowering consumers like us to make a choice with our eyes wide open. **Transparency matters.**

And that's just another reason I love these products.

Inside the Conditioner

The conditioner is lightweight, ideal for fine and normal hair types.

Here's the full ingredient list for the Apple Cider Vinegar Conditioner from Phillip Adam: water, [cetearyl alcohol](#), [glycerin](#), [cetrimonium chloride](#), caprylhydroxamic acid, caprylyl glycol, [behentrimonium chloride](#), hydrolyzed pea protein, apple extract, pear extract, [lime essential oil](#), apple cider vinegar, [lactic acid](#), matricaria extract, lemon balm leaf extract, rosemary leaf extract.

The *caprylhydroxamic acid* is a newish antimicrobial agent (think: preservative) that doesn't appear to have the issues that other common preservatives have (think: parabens). It's an amino acid derived from coconut oil.

Another fascinating ingredient in both of these products is the *pea protein*. Hydrolyzed proteins such as this are more readily able to penetrate the hair in order to make it stronger, shinier, and more elastic—and they may work better than DIY hair protein treatments like an egg or mayonnaise hair mask.

Pea protein is also moisturizing, a crucial characteristic for any hair conditioner!

Where to Purchase

You may be lucky enough to find these Phillip Adams products at your local health food store or Whole Foods, but if not, you can also find the [shampoo](#) (\$12) and [conditioner](#) (\$12) online.

**This post is not sponsored. All opinions are my own.*

***Products get makeovers too. Be sure to check if this product has been recently re-formulated before using it yourself.*