



THE COMPLETE MANUAL FOR UNDERSTANDING CONDITIONERS

What is Conditioner?

Conditioner is used to help moisturize and nourish the hair, making it softer, smoother, and more manageable. It can also help detangle hair, reduce frizz, and improve the overall health and appearance of the hair.

Different Types of Conditioners

There are several different types of conditioners available, including leave-in conditioners, deep conditioners, protein conditioners, and co-wash conditioners. Each type of conditioner serves a different purpose and can be used based on individual hair needs. Below is a breakdown of what each conditioner does and the common ingredients found in them.

Leave in Conditioners

Leave-in conditioners are lightweight and are meant to be left in the hair after washing to provide extra moisture and protection. Leave-in conditioner is typically used after washing and conditioning the hair, and is left in the hair without rinsing. It helps to provide additional moisture and protection to the hair throughout the day. It is especially useful for those with dry or damaged hair, or for those who want to add extra hydration and manageability to their hair. Common ingredients in leave-in conditioners include water, cetearyl alcohol, glycerin, dimethicone, and various oils such as coconut oil or argan oil.

Deep Conditioners

Deep conditioners are more intense and are typically used once a week to deeply hydrate and repair the hair. Common ingredients in deep conditioners include shea butter, coconut oil, argan oil, avocado oil, and jojoba oil.

Protein Conditioners

Protein conditioners are designed to strengthen and repair damaged hair by adding protein back into the hair strands. Common ingredients in protein conditioners include hydrolyzed proteins, amino acids, keratin, collagen, and silk proteins.

Co wash Conditioners

Co-wash conditioners are cleansing conditioners that gently clean the hair without stripping it of its natural oils. Common ingredients in cowash conditioners include cetyl alcohol, behentrimonium chloride, glycerin, shea butter, and various plant-based oils.