

**Low-Foaming, Co-wash Shampoo (normal to dry hair) - 1394**

<b>Ingredient</b>	<b>Function</b>	<b>Percent</b>	<b>Wgt (g)</b>	<b>Wgt (oz)</b>	<b>Vol (tsp.)</b>
<b>Phase A</b>					
Distilled Water (aqua)	Diluent	46.60	46.60	1.64	9.32
Coconut Water (cocos Nucifera [coconut] water, glycerin, Cocos Nucifera [Coconut] fruit juice)	Humectant	5.00	5.00	0.18	1.00
Guar Gum, Cationic (guar hydroxypropyltrimonium chloride)	Thickener	0.50	0.50	0.02	0.10
EDTA (tetrasodium ethylenediaminetetraacetic acid tetrasodium salt)	Chelating Agent	0.10	0.10	0.00	0.02
<b>Phase B</b>					
Coco Betaine (cocamidopropyl betaine)	Surfactant	20.00	20.00	0.71	4.00
Cetyl Alcohol (cetyl alcohol)	Surfactant	3.50	3.50	0.12	0.70
Glyceryl Stearate SE (glyceryl stearate)	Fragrance	2.50	2.50	0.09	0.50
Argan Oil (Argania Spinosa [Argan] kernel oil)	Emollient	1.50	1.50	0.05	0.30
Coconut Oil Organic (cocos nucifera [Coconut] oil)	Emollient	1.50	1.50	0.05	0.30
Behentrimonium (behentrimonium chloride, 2-porpanol)	Conditioner	2.00	2.00	0.07	0.40
Polysorbate 80 (polysorbate 80)	Emulsifier	2.00	2.00	0.07	0.40
Vitamin E Tocopherol (dl-alpha tocopherol)	Antioxidant	0.30	0.30	0.01	0.06
<b>Phase C</b>					
Lavender Hydrosol Lavandula Angustifolia (Lavender) distillate	Fragrance	10.00	10.00	0.35	2.00
Calendula Extract (glycerin, water, Calendula Officinalis [Calendula] flower extract)	Botanical	1.50	1.50	0.05	0.30
Oat Amino Acids (oat amino acids)	Botanical	1.50	1.50	0.05	0.30
Phenoxyethanol SA (phenoxyethanol, sorbic acid, caprylyl glycol)	Preservative	1.00	1.00	0.04	0.20
Provitamin B5 (d-panthenol, water)	Antioxidant	0.50	0.50	0.02	0.10

**Method**

Combine phase A in a heat-resistant beaker, by 1. adding EDTA to the water and blend until dissolved. 2. Heat to 50 - 55 C, add coconut water and guar gum, with stirring to hydrate and thicken the guar. Remove from heat, add phase B once cooled to 45C and stir gently. Add phase C and stir after each ingredient. pH 4.5 - 5.0

**Properties**

This sulfate-free shampoo uses gentle conditioning surfactants coupled with nourishing oils to clean but not strip the hair and scalp. Oat Amino Acids and Calendula Extract help tame frizz and fly-aways while Coconut Water helps smooth the cuticle. Lavender Hydrosol freshens and leaves a pleasant scent without fragrances.