

THE NATURAL HAVEN

SCIENCE AND NATURAL HAIR

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Monday, 13 February 2012

pH of Shampoo : The Ultimate List!

Update 13/02/2012 : Newly added - Matrix, Deva Curl, Renpure

Original - 05/02/2012

Here we go. For those keen on pH and pH balance, here are the first results of my research. The bigger manufacturers were totally helpful since they clearly have good records of the products they make. I also managed to test a few based on those that my circle of friends owned. I will be chasing up many more manufacturers. I promise to name and shame any who do not give up the data (*because your consumer deserves to know!*)

I know this will be asked - *why do manufacturers give a range rather a fixed figure?* The reason is that they use buffers which keep the product within a pH range. These buffers will self adjust the pH of the product if a small amount of acid or base is added (eg if water drops into the product, if acids present on your skin find their way into the bottle etc).

By popular demand, I will be doing another list for conditioners and leave ins. I will put up request posts a little later in the week (once I send out requests to all the manufacturers).

pH of Shampoos	
PRODUCT	pH
Brand: Herbal Essences	
Drama Clean ^M	5.4-6.6
Hello Hydration ^{M,T}	5.3-6.7 (6.5)
Dazzling Shine ^T	(6.5)
Totally Twisted ^M	5.3-6.7
Tousle Me Softly ^M	5.5-6.5
Long Term Relationship ^M	5.2-6.6
Brand: Pantene	
Pro-V Smooth ^{M,T}	5.5-6.5(6.5)
Pro-V Hydrating Curls ^M	5.5-6.5
Pro-V Relaxed and Natural ^M	5.3-6.7
Curly Hair Series Moisture Renewal ^M	5.3-6.7
Brand: Aussie	

Looking for Hair Science?

JUST A NOTE

Please do not substitute any information on this site for medical advice (allergies, using certain products when pregnant etc). Happy Reading!!

WHAT IS ON YOUR MIND?

Coming up soon:

You voted for a review on hair and ethnicity

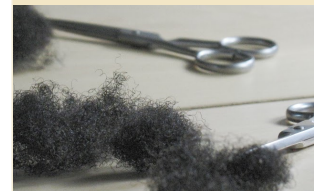
pH Lists (by popular demand)

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[pH of Hair Conditioners](#)

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Long 4c Natural Hair Case Studies



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[pH of Shampoo : The Ultimate List!](#)

Update 13/02/2012 : Newly added -

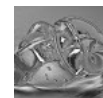
Aussie Moist ^M	5.4- 6.4
Brand: Matrix	
Biologie (shampoos and shower gels) ^M	3.5 - 9
Brand: Tresemme	
Natural with vitamin E ^M	5-6
Naturals Moisture ^M	6-6.5
Naturals ^M	5-6
Brand: Aphogee	
Deep Moisturizing ^M	5-5.5
Shampoo for damaged hair ^M	6-7
Brand: Suave	
Suave (all) ^M	5-7
Brand: Creme of Nature	
Kiwi and Lime ^T	(6.5)
Brand: VO5	
Milks Strawberries and Cream ^M	5.5-6.5
Tea tree tingle ^M	5-6
Kiwi Lime ^M	5.5-6.5
Brand: Dove	
Moisturizing Shampoo ^M	5-7
Brand: Johnsons	
Top to toe baby wash ^T	(5.5)
Brand: Rempure	
Organics - Moisturising Shampoo ^M	6.0-6.8
Brand: Devacurl	
Devacurl and Devacare no poo ^M	6.5
Devacurl and Devacare low poo ^M	6.5
Brand: Nexxus	
Shampoo Therappe ^M	4.8-5.5
Brand: Trader Joe	
Trader Joe Nourish Spa ^T	(7)
Brand: Yes to	
Yes to Carrots ^M	(6-7)
Brand: Giovanni	
Smooth as silk ^T	(6-7)
Tea tree ^T	(6)
(**These are alkaline soap based shampoos**)	
Aubrey Organics Honeysuckle Rose (HSR) ^T	(9)
Aubrey Organics GBP	(9)*
Alaffia (all)	(8-10)*
Oyin Honey Wash	(8-10)*
Castile Soap/Dr.Bronners	(10-11)*
Karen' Body Beautiful Cool Clarifying Shampoo	(8-10)*

Matrix, Deva Curl, Rempure Original - 05/02/2012 Here we go. For those keen on pH and pH balance, her...



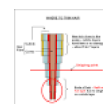
[Curly vs Kinky : What is the difference?](#)

This is a repost that was originally published on 29/05/2011 I finally got my 3d programmer (otherwise known as hubby) to draw out som...



[QFQ: How to stop hair gel from flaking](#)

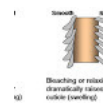
This article is a quick fire question from blog reader Bella who asks, ' Can you tell me why my hair gel flakes, sometimes I get actua...



[Trimming: How much and how often?](#)

Q: So why trim hair if you want longer hair? A:

Trimming hair when growth appears to be slow or stagnant can allow hair to reach a new lo...



[Junk Science: Opening the Hair's Cuticle for Better Deep Conditioning](#)

I have read plenty of articles and seen many videos where people write and talk about 'opening' the cuticle to allow ingredients i...



[Clear Castor Oil or Black Castor Oil - What is the Difference?](#)

I know many of you are fans of castor oil and a common question that you ask me is if there is a difference between the clear store bought c...



[Is Lanolin a natural moisturiser for natural hair? A castor oil alternative?](#)

Lanolin is essentially sheep sebum. Traditionally, sheared wool is simply boiled in water for a few hours and the lanolin rises to the top...

[pH of Conditioners](#)

Following on from the pH of shampoos , here are those of hair conditioners. This particular list is just rinse out and deep conditioners. Th...

[Does male hair grow faster than female](#)

(**pH values are only reliable for water soluble liquids. A shampoo with solids cannot have a reliable pH value**)	
Terresentials Mud Wash	-
Rhassoul Clay (mixed with liquid)	-
Bentonite Clay (mixed with liquid)	-

The values in the table are sourced as indicated below

^M - manufacturer value

^T - The Natural Haven test value


* - This value is untested but likely given the shampoo is soap based

If you have not yet added your shampoo to the research list then please leave a comment!

*The companies I have emailed and I am awaiting a response:
Shea Moisture, Kinky Curly, L'Oreal, Carol's Daughter, Burts Bees, Lush*

You might also like:

- [pH of Shampoo : The Ultimate List!](#)
- [pH of Conditioners](#)
- [pH of Conditioners](#)

Posted by Jc at 17:24 

Labels: [Hair Science - pH](#), [Hair Science - Shampoo](#)



66 comments:

Ronnie 5 February 2012 at 17:52

Could you possibly post on the Shea moisture line of shampoos/conditioners?

[Reply](#)

Replies



Jc 5 February 2012 at 20:57

Yes they are on the email list along with Kinky curly

Anonymous 28 February 2012 at 05:46

I'd like the ph of Creme of Nature Argan oil shampoo

[hair?](#)

This question was posed to me by the lovely Laquita who wanted to know why is it men do nothing to their hair (shampoo with whatever, don...

[pH of Leave In Conditioners and Styling Aids](#)

Following on from the pH of shampoos and pH of conditioners , here are those of leave in conditioners and styling aids/finishing products ...

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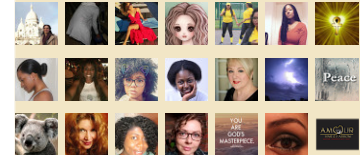


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2. Tangle free: Wash your hair in sections
3. The Dangers of Afros
4. Be Patient with your hair
5. How to find Split Ends
6. Treat your hair like a cashmere sweater
7. Dump the towel get an old cotton tshirt

Anonymous 19 March 2013 at 04:43

If you're still here, hehe, please, what about Macadamia Natural Oil? And thanks for your work. :)

Anonymous 19 March 2013 at 04:46

Also, could you note the ph of Elasta QP brand (shampoos and conditioners)? Thank You. xxx



Natacha Unelus 14 May 2013 at 16:28

could you do a ph list of shampoos that don't have sodium laurate?

[Reply](#)



Sunshyne 5 February 2012 at 20:13

This is wonderful info. Thank you so much!!

♥Sunshyne

[Reply](#)



Friskette 5 February 2012 at 21:40

That's fantastic! I can't believe I was toying with the idea of buying Aubrey Organics at the weekend. You've done a stirling job and saved me a tenner and some unwanted scalp irritation no doubt. God bless you!!!

[Reply](#)



Makeup On A Budget 6 February 2012 at 01:43

What is the best ph range for shampoos?

[Reply](#)

[Replies](#)



Jc 6 February 2012 at 10:48

Cosmetic chemists like a pH range between 4-7. This range is close to the natural range of skin and hair.

Soap based shampoos will most likely always be alkaline (ph 8+) because soap is alkaline. The surfactants in soap

UPDATES: Subscribe in a reader

Posts

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CLASSIC POSTS - Oldie still a Goodie!

1. Is Deep Conditioning a Myth?
2. Coconut Oil
3. Everything About Henna
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6. Science and Hairdressers
7. Should you leave conditioner in hair?
8. An unsupportive husband
9. Can you nourish hair?
10. Guide to Ingredients

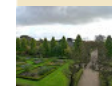
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- [Biracialhair courtesy of Teri](#)
- [Naturally Leslie!](#)
- [Super funny girl - Roshini](#)
- [Motowngirl - A must read](#)

About Me



Jc

Scientist with a hairy passion! Have a burning question to ask? Email thenaturalhaven@gmail.com. Yes I am based in UK!

[View my complete profile](#)

Note: Links in Comments

I welcome all comments but please **do**

however are much larger than those in shampoo and therefore some people find that despite the high pH, the soap based shampoo does not irritate skin or hair.



Yvonne - Diary of a relaxed chic 21 May 2014 at 11:50

This is an interesting finding about soap, as I was toying with the idea of getting a shampoo bar, but not too sure now.



Michael Vlaco 17 October 2014 at 04:25

The optimal pH for hair is 4.5 to 5.5. At this pH the cuticle of the hair is closed locking in the proteins and moisture. Also if you have color tread hair, it locks in the color as well. Anything above the cuticle is open and color molecules are slipping out every time you use a shampoo with a high pH.

Anonymous 23 December 2014 at 06:39

If I'm not mistaken, pH doesn't really do anything regarding the opening or closing of cuticles and shampoos with lower pH doesn't really help with fading of hair color. It fades pretty much every time you wash it.

[Reply](#)

Anonymous 6 February 2012 at 04:00

Great list. Could you find some info on the L'Oreal EverStrong sulfate free line?

[Reply](#)



Nai 6 February 2012 at 23:08

Hey Jc

Another great post! Thank you!

Can you find out about Lush Shampoos? e.g Big, I Love Juicy, Antiphilitron ...

Also Kiehls Amino Acid, Origins, Head Organics ...

Thanks again!

[Reply](#)

[Replies](#)

not include links as 99% of the time I will reject the comment. I cannot usually tell the difference between a user and a seller recommending a product. This is an evidence based blog and it is my intent to keep it objective.

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CONSTRUCTION ONGOING!!

Please bear with me, I am currently rewriting the code on this site so some OLD posts are messy but should be back to normal shortly.

Jc 6 February 2012 at 23:42

I will send emails out tomo :)

[Reply](#)

 **SassGSJ** 7 February 2012 at 21:55

Jc - this is great! This helped me decide on which shampoos to incorporate into my routine. It also explains why sometimes I would get product buildup with certain shampoos and very dry hair with others, even after conditioning and styling with butters etc. Here's my next question - now that I understand the difference with the shampoos and soaps, do you think alternating between shampoos and soaps are a good idea to get a balance between clean hair and scalp, on one hand, and moisturized hair on the other?

[Reply](#)

Kaniece S. 9 February 2012 at 16:02

Can you add KeraCare to that list?

[Reply](#)

 **Etty** 9 February 2012 at 21:36

Shea Moisture african Black Soap Bar
Giovanni Smooth as silk
Giovanni 50:50

[Reply](#)

 **JazzFest** 15 February 2012 at 05:29

Hi Jc,

Were you able to get a reply from Lush about their Rehab Shampoo, or The Body Shop Rainforest Shine Shampoo?

[Reply](#)

Replies



Jc 15 February 2012 at 11:50

Not yet, I forgot body shop but lush is emailed. I will email body shop

[Reply](#)



Carol 15 February 2012 at 22:39

Could you please add Garnier Fructis Triple Nutrition?

[Reply](#)

Replies



Reverie 6 November 2014 at 13:13

I just contacted garnier - they wouldn't give me this information.

[Reply](#)

Anonymous 17 February 2012 at 03:59

Neutrogena Triple Moisture Cream Lather Shampoo!

Please and thank you :)

[Reply](#)

Anonymous 17 February 2012 at 04:01

Oh, and Elasta QP Creme Conditioning Shampoo.

[Reply](#)



Olli 19 February 2012 at 01:27

Organic Root Stimulator Olive Oil Creamy Aloe Shampoo :) And perhaps Avalon Organics Lavender (as I found it ineffectual as well as irritating but it was sulphate free :) and Waitrose own brand shampoos? The waitrose are sulphate free too and cheap old me wants to know if they're a viable option lol.

[Reply](#)

Anonymous 19 February 2012 at 23:04

You may not be able to get these, but I checked their website and they do have stores in the UK.

Sally's Beauty Supplies Silk Elements Luxury Moisturizing Shampoo and Mega Silk Moisturizing Treatment conditioner.

[Reply](#)



Chelsyea M. 22 February 2012 at 19:03

So according to this list, if the shampoo is more basic then it has soap in it? If soap is in it, why wouldn't the company list it as an ingredient? I've used Aubrey Organics GPB Shampoo & my hair doesn't feel stripped & my scalp isn't drier & more irritated versus using other shampoo's with SLS in it. Idk if I really believe everything here.

[Reply](#)

Replies



Jc 22 February 2012 at 20:43

Chelsyea many naturals use aubrey organics shampoo and find it wonderful. I personally measured the HSR shampoo myself, so I am certain of its pH at 9. The second ingredient on the label is clearly stated as Coconut Oil-Corn Oil Soap.

I have not measured the GBP shampoo which I clearly indicated in the table. Its third ingredient is decyl glucoside which AO states on their website is coconut oil soap.

I do not know if you know, but soap is made by mixing oil and a strong base usually sodium hydroxide. The soap is always alkaline as a result AND it works best when kept alkaline. Your hair is not bothered by it simply because it is a well made soap, nonetheless it is a soap. You are proof that pH is not all you need to consider when selecting a shampoo.

You can read about the soap in GBP on the Aubrey Organics site here - <http://www.aubreyorganicsuk.co.uk/ingredient/1001/113/decyl-glucoside-gpb-glycogen-protein-balancing-shampoo-for-all-hair-types/>

Honestly, I do not take Aubrey organics labelling seriously anyway - <http://thenaturalhaven.blogspot.com/2010/06/aubrey-organics-ingredients-order.html>



Chelsyea M. 23 February 2012 at 17:00

Thanks very much!!! :D I love hair and I have to make sure of all the information that's out there is legit. Thanks for your research.



Chelsyea M. 23 February 2012 at 17:10

I didn't know about how soap is made (maybe I should've

looked it up). I've been meaning to really look up the ingredients that would be "challenging" to pronounce or unfamiliar. I started but didn't continue with it. You now have influenced me to do so again. Should shampoo's be acidic basic in order to wash the hair "properly"? One site I looked on said the scalp or hair is acidic. IDK



Chelsyea M. 23 February 2012 at 17:12

Also, which shampoo would you use for yourself? Which shampoo have you found to wash your hair properly without stripping it? Does it's pH level support your finding?

Anonymous 27 November 2012 at 23:48

Those are great questions! I would like to know that as well (acidic base) and the personal findings as well.

[Reply](#)



Lisa 25 February 2012 at 23:38

Hi. Thanks for this post. It is really helpful. I currently use the Creme of Nature Detangling Conditioning Shampoo. Thanks again.

[Reply](#)

Anonymous 2 March 2012 at 14:52

Can you find out Desert Essence Tea tree replenishing shampoo?

[Reply](#)

Anonymous 5 March 2012 at 12:58

Is there a list like this for protein sensitive naturals?

[Reply](#)

Anonymous 4 May 2012 at 06:12

Thank you so much for taking out the time to do this! God bless you.

[Reply](#)



Ericka Ize 5 June 2012 at 00:21

Hey :) Thank you so much for taking time to research and post this on your

blog, very kind of you. I was wondering if you could also find out the ph for the creme of Nature argan oil moisture and shine shampoo as well as Keracare hydrating detangling shampoo. Also how does one go about finding the ph of hair product just in case I may want too in the future. Thanks a mill hun.

[Reply](#)

Anonymous 9 June 2012 at 00:45

Wow thanks for the list! Can you do a test of TIGI Green Peace Love Planet Leave-in Conditioner?

[Reply](#)

Anonymous 4 July 2012 at 15:56

I was wondering if you could find out the ph levels for Organix shampoo and conditioner? I know there are alot so specifically the coconut milk shampoo and teatree mint/argan oil conditioner. Thanks

[Reply](#)

Anonymous 23 July 2012 at 00:46

Is there a list of shampoos and conditioners for people who have dandruff or scalp eczema? if not it would be very help if you guys made one :)

[Reply](#)

Anonymous 2 August 2012 at 19:37

This is great! Thanks so much :)

[Reply](#)



Songz of the Heart 18 September 2012 at 20:26

I use Palmer's Coconut Oil Shampoo and Conditioner. I have a feeling that I may need to switch. Could you please add this to your list as well if possible

[Reply](#)

GiGi 28 November 2012 at 23:40

What do the parentheses around the numbers in the table represent? Great post! Very informative. VERY EYE OPENING! I purchased the Johnson's Head-to-Toe Baby Wash because of this post. I have some of the Trader Joe's Nourish Spa shampoo in my cabinet. I may need to re-visit it. Thanks for sharing! :)

[Reply](#)



Moon Evergrey 2 December 2012 at 09:49

I use Dr.Bronner's Unscented Baby Mild Soap "bar" and it works for me. I have super sensitive skin and shampoo's and any products in general effect me greatly so I thank goodness for Dr.Bronner's bar soap.

[Reply](#)

Nat 2 January 2013 at 01:19

Thank you so much for your research! I'd like to know the pH for Creme of Nature's Argan Oil Shampoo please.

[Reply](#)

Anonymous 25 February 2013 at 23:45

Aubrey Organics state that their AO GBP pH is between 3-5.

[Reply](#)

Replies



Jc 1 March 2013 at 17:27

Perhaps you are talking conditioner because their shampoo definitely is not, I measured it myself. Please send me the link to where you read this, I will definitely take it up with them.

[Reply](#)

Anonymous 9 March 2013 at 06:35

What about nexxus shampoo therappe? i need to know if it is what it says on this chart? help me out here plz..

[Reply](#)

Replies



kyrpersa 4 January 2015 at 19:30

One of its chemical substances is carcinogenic:
nitrosodiethanolamine

(https://www.osha.gov/dts/chemicalsampling/data/CH_257975.html)

This product has been banned by the Greek Authorities
(http://www.efpolis.gr/filesbase/449_sitefile-9715.doc)



Jay (Divachyk) | Relaxed Thairapy 7 January 2015 at 17:31

TY for the awesome blog & info. I love Nexxus Therappe. What are your thoughts on the post above about it containing a carcinogenic?

[Reply](#)

Anonymous 13 March 2013 at 23:20

Toni & Guy?

[Reply](#)



Mandie appleby 19 March 2013 at 16:18

I have been told I need pH balanced shampoo as an attempt to keep my hair during cold cap used in conjunction with chemotherapy. So the pH needs to be around 4 . Any ideas please???

[Reply](#)

Anonymous 20 March 2013 at 15:50

What is the best ph levels for the naturals? I'm a new natural, I just did the big chop. My hair type is 4a/4b. Thank you for all your information and time.

[Reply](#)

Replies



Samantha 18 July 2013 at 22:58

4.5-5.5 is best.

Oh! and if you ever use apple cider vinegar on your hair (I love ACV), remember to dilute it - 1 part AVC to 7 or more parts water (depending on what you're using it for, but never use more than 1 part ACV to 7 parts water).

HTH

[Reply](#)

Anonymous 23 July 2013 at 04:11

what should the pH be for maximum strength? I really need this for the

science project I am doing. Thank you.

[Reply](#)

Replies



Jc 24 July 2013 at 15:09

Generally shampoo is pH'd between 4 and 7 as it will be in contact with skin. The efficacy of a shampoo is related to the surfactants it contains first and foremost. pH is also a factor but that is dependant on the surfactants it contains.

[Reply](#)

Anonymous 21 August 2013 at 03:50

Looking for a sulfate free shampoo with a ph balance of 4.0-5.5. Do you have any recommendations. Thanks

[Reply](#)

Replies



Michael Vlaco 17 October 2014 at 04:26

Soma

[Reply](#)

Anonymous 2 December 2013 at 04:32

So im trying to go natural witg my. hair. I can not use a shampoo with ph over 6. Some of the shampoo u have listed have 6 & over. Example 5 to 7. Is that still healthy? Is it a 5 or 7? And baby shampoo doesn't clean my hair.

[Reply](#)

Anonymous 23 January 2014 at 05:15

Organix argan shampoo moroccan shampoo coconut milk shampoo

[Reply](#)



Braelynn 7 April 2014 at 12:57

You guys can test your own products. Get some ph strips online or EBay, they are cheap.

[Reply](#)

Anonymous 13 August 2014 at 14:25

You can make a pH indicator also and the best shampoo is Dove. Also get shampoos with the pH level of 5 to seven.

I am only in Grade 6 so please don't judge me and I did this as an expo science project

[Reply](#)

Anonymous 5 October 2014 at 16:12

Err you ever able to get the ph of Shea Moisture products? The coconut line please

[Reply](#)



Koils Of A Libra 26 November 2014 at 12:06

Awesome! I've been looking for this! I use Herbal Essence Hello Hydration and was freaking out because I thought the ph was crazy high. I just may not even switch shampoos now! Thank you, thank you!

[Reply](#)



Aris Trotter 31 January 2016 at 05:26

Anything ever come back from shea moisture?

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We Did The Research For You. Here Are the Best Ones We Found. smarter-reviews.com/Shampoos/Top-5

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