

CANUCKS BEAT KINGS 2-1 IN OVERTIME

SPORTS, F1



REBIRTH

SPRING FASHION SPECIAL

SECTION E

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ARTS & LIFE

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Fruits & Passion Nutrition – Regeneration Shampoo (250 mL) and Conditioner (200 mL)

Price: Shampoo \$18.50, conditioner \$19.50

Any good? The products cleaned my hair, but that's about all.

Describe it: I really wanted to love these products — after all, they're made of 97% plant ingredients, and Fruits & Passion spent several years creating this line that does not contain sulphates, parabens or dyes. But I was largely unimpressed with the products — they don't smell that nice, and the conditioner is more like a paste than a liquid. Both are difficult to extract from their containers. And a goodly amount is needed.

Would you buy it: No

Marks out of 10: 6

(Available at Fruits & Passion locations)

Jason Fragrance Free Daily Shampoo and Daily Conditioner (both 500 mL)

Price: \$9.49 each

Any good? To me, this is health food for my head; these products are not only fragrance-free (meaning synthetic, normally), it's made without phthalates and other chemicals. However, it isn't perfect. The shampoo is a work horse, sudsing and cleaning quite well but I found the conditioner wasn't as effective as others at detangling washed hair.

Describe it: The shampoo contains brown algae and Vitamin B5 for softness and shine and the conditioner contains aloe vera and clary sage to nourish the scalp and Vitamin B5.

Marks out of 10: 7 for its healthfulness.

(Available at Whole Foods, Capers Markets)

SHELF LIFE

IN A LATHER ... Care for your hair

Malin & Goetz Peppermint Shampoo and Cilantro Hair Conditioner (both 236 mL)

Price: \$27 each

Any good? The shampoo lathers into an explosion of suds so a little goes a long way. Ditto with the conditioner. The shampoo cleans gently but thoroughly and seemed to moisturize my treated hair. The conditioner left my hair glossy and silky and detangled very nicely but I found I lost a little more hair while using it than usual.

Describe it: They come in no-nonsense containers. The shampoo has a perfectly peppermint fragrance which I love in the morning; the conditioner also has a refreshing fragrance and I was glad it wasn't of cilantro.

Would you buy it? They both did a great job and if I were feeling extravagant, I'd bust my budget and buy them.

Marks out of 10: 8

(Available at Kiss & Makeup at The Village at Park Royal)

Linden Leaves Herbalist Rosemary & Cypress Shampoo and Balm Mint & Tangerine Conditioner

Price: \$23.95 each

Any good? Sooooo good.

Describe it: Linden Leaves products hail from New Zealand. With these products you get aromatherapy along with your shampoo and conditioning. Made my hair and my spints feel great. Suitable for all hair types.

Would you buy it? For sure.

Marks out of 10: 10

(Available at www.lindenleaves.ca. Order online or check local store availability)

Matrix Shade Memory Shampoo and Conditioner for blondes (both 400 mL)

Price: Shampoo \$16.95, conditioner \$17.95

Any good? Yes, this shampoo has a lovely, lightly scented perfume and provides deep hydration for the hair.

Describe it: If you have blond highlights or colouring, chances are your hair gets brittle easily. This special formula for blondes includes vitamin E and grapefruit to clean and strengthen hair, while maintaining that freshly dyed look. The conditioner isn't too heavy and left my hair with lots of bounce.

Would you buy it? Yes, it's a lovely product.

Marks out of 10: 8

(Available at Trade Secret, including Louheed Mall and Richmond Center)