

GOOD HEALTH Daily Mail, Tuesday, January 25, 2005

Daily Mail

IS YOUR HAIR DYE MAKING YOU ILL?

THE Sun

IS YOUR HAIR DYE SAFE?

NEARLY half of all British women permanently darken hair, rather than temporary dyes, and burning on the scalp, forehead and face. In extreme cases it can trigger anaphylactic shock, a life-threatening condition where the throat swells and breathing becomes difficult. "This is rare," says consultant dermatologist Dr David Hallamshire from the Royal Hallamshire Hospital in Sheffield. "Allergy to PPD is particularly a problem for professional hairdressers. If people are allergic to it they should have a non-permanent hair dye that does not contain PPD. Always do a skin test and wait 48 hours before using the dye. But allergies can still occur even after years of using the same dye. Once you are away from the products you will not go away. Some herbal hair darkening products have reduced levels of the chemical. They include Naturtint Permanent, sold in health food shops for £7.99.

REACTION... allergic

HELPFUL HEALING

We hand your questions to our panel of experts...

Janine Carroll is Managing Director at Nature's Dream, the distributor for

NATURTINT. Janine believes that consumers should have access to good information, and spends a lot of time educating people about conventional versus gentle hair care products.

Sebastian

natural LIFESTYLE

THE MAGAZINE FOR NATURAL PRODUCT CONSUMERS

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OK!

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Naturtint

Permanent Hair Colorant with Active Vegetable Ingredients

100% Grey cover

MORE CONDITIONING LASTING

Fancy a fire red or cheeky chestnut for Xmas?

Naturtint, the gentle hair colourant offers a wonderful range of 24 fabulous hair colours from baby blonde and fire red to the latest set

HEALTH FOOD BUSINESS

THE UK'S LEADING TRADE MAGAZINE FOR THE NATURAL & ORGANIC PRODUCTS INDUSTRY

Closer

THE MODERN WOMEN'S WEEKLY

SHINE ON!

Want gorgeous, glossy hair without chemical nasties? Ren's new haircare range is free from harsh detergents and synthetic products so your scalp. We like Moringa Seed Micro Protein Universal Shampoo, £16.50, and Tomato Bioferment Conditioning Cream, £18.50 - but actually they're perfect for repairing your locks.

Get eco-friendly tresses!

can slap it on without worrying about your scalp. We like Moringa Seed Micro Protein Bioferment Conditioning Cream, £18.50 - but actually they're perfect for repairing your locks.

don't have to stick to your hair colour, either. Nature's Dream Naturtint is a range of permanent hair dyes, £7.99, and rinses, £6.99, with natural vegetable ingredients. The dyes contain soya, corn, coconut and wheat extracts, which will leave your hair in great condition, and can cover grey hair. To order, visit www.naturesdream.co.uk.

Yours

THE BIG VALUE



Jackie's verdict:

"I really like the colour and the fact that it makes me look younger. The style makes it look like I have more hair and it's thicker. I'll certainly colour it again. I can't believe the difference!"

healthy

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Other natural dyes include:

- Naturtint, £7.99, in 24 permanent shades containing no resorcinol (which can be an irritant) or ammonia; and
- Naturtint Reflex, £6.99, in nine semi-permanent shades which are also free of peroxide and PPDs. These are the chemicals in dark dyes that have been linked to bladder cancer

0845 601 8129; www.naturesdream.co.uk for all orders.

LOOK GOOD, feel great!

Clever colour

Jackie Anderson, 56, Herne Bay, Kent

Experimenting with her hair has never scared Jackie. "I've had it coloured and streaked many times before and every so often I go to the hairdressers and have something different," she says. Jackie first noticed the grey creeping in when she was about 45. More recently, however, she lost her hair after breast cancer, diagnosed in 2003, led to a course of chemotherapy. "I was devastated," she says. "I used a wig straightaway, as once your hair starts coming out, it comes out quickly. Although everyone thought it looked real, I wasn't confident because I knew it wasn't my own hair." Jackie's been in remission since August last year and her hair is now growing back. Before colouring her hair, we gave Jackie a patch test. Before her hair salons, checks for allergic reactions to hair dyes.

CASE STUDY

Marianne Perren, 36, is a working wife and mother. She's always tried hard to balance her hectic life with a sensible health and beauty regime, but when some grey hair appeared, she became concerned. "My hair was becoming increasingly lacklustre", she says. "The arrival of grey hairs made me feel even worse. I was worried about using harsh chemical dyes, but knew I had to do something. I'd seen the Naturtint range in my local health store so I picked up one of the leaflets and called their customer helpline. I was really impressed with the help they offered and decided to give it a try. There was no mess, no chemical smell and the instructions were easy to follow. In just 25 minutes, my hair was a superb, natural brown with a soft after-care products and the condition feels better than it has in years, in fact, my hair now looks as healthy as it did when I was in my teens!"

Reader Offer!

25 FREE Naturtint Hair Colours!

To enter Free Prize Draw and receive a colour chart, please send your name and address quoting TOP SANTE to: Nature's Dream, Attlefield Farm, Helidon, Northants, NN11 6GG. Offer Closes 28 February 2005.

Naturtint

Bella

Nature's Dream Ltd.

Hair & Beauty Products

hot STARS

It's a dream come true - get a flat tum!

After a bit of over-indulgence at the weekend, we generally spend the start of the week with heavy, bloated stomachs - but that doesn't have to be! Nature's Dream E'lifexir Flat Tummy, £7.99 for 30 tablets, is what you need. The chewy tablets contain peppermint oil and are rich in bifidobacteria, making bloated bellies a thing of the past.

E'lifexir

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Natural Products

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