

Around the world

Think you know where your shampoo and styling ingredients come from? Think again - we took a trip across continents to find the origins of nature's mane must-haves...

Grapeseed from California

Found in: *The Body Shop Grapeseed Glossing Serum, £7*

Pressed from the seeds of grapes and a by-product of winemaking in the sunny climes of the Golden State, grapeseed oil contains vitamin E, linoleic acid, proteins and minerals that nourish the hair and scalp instantly upon application. It helps to give moisture, ease dandruff and can even promote hair growth.



Jojoba from Arizona, USA

Found in: *Aussie Take the Heat 3-Minute Miracle Deep Treatment, £4.99*

Contrary to popular belief, jojoba doesn't actually originate from Australia - it actually comes from the Grand Canyon state of Arizona. Made from the seeds of the evergreen jojoba plant, jojoba oil is extremely versatile, making it one of the most-used ingredients in hair products like shampoos and conditioners. The oil can soothe a dry scalp by sinking deep into the pores, and can also repair brittle hair by absorption into the follicle shaft. Even psoriasis and dermatitis can be treated with jojoba oil because of its anti-fungal properties! This one is definitely a hair saviour!



Avocado from Mexico

Found in: *milk_shake Active Yogurt Mask, £11.69*

Did you know that avocado is a great source of monounsaturated oleic acid, which is great to help lower cholesterol levels? Because of its rich texture, avocado oil is very good for use on kinky, curly or wavy hair as it helps to smooth the cuticle. It even has some ability to filter out rays of the sun, providing great protection for coloured hair.



Papaya from Central America/Mexico

Found in: *TIGI S-Factor Papaya Leave-In Moisture Spray, £8.75*

Native to the tropical areas of Central America and Mexico and otherwise known as the pawpaw, papaya extract has long been used to add shine to dull, lifeless hair or relax coarse, unruly or frizzy hair. It also helps to control flakes or prevent dandruff. You can make your own homemade papaya moisture treatment at home by blending coconut milk, honey and papaya together in a food processor to create a rich conditioner. Apply and leave on hair for up to 30 minutes, then rinse thoroughly for strong, healthy and shiny hair.



in hair ingredients

Guava from Central America

Found in: Korres Guava Shower Gel, £8

Guava is an ultimate superfood for body, skin and hair. It's an important source of vitamin C, which stimulates collagen synthesis and is great for giving skin a full and healthy glow. Its high vitamin C content also promotes healthy hair growth and can aid hair loss. Our advice? Grab a bottle of Korres Guava Shower Gel and use it on your body and hair – now!



Passionfruit from Brazil

Found in: Herbal Essences Ignite My Colour Vibrant Colour Shampoo, £3.99

Passionfruit seed oil is rich in vitamin C, calcium and phosphorus. Calming and relaxing, the oil is frequently included in sleep-inducing bath products. Its anti-inflammatory, anti-spasmodic and sedative properties make it the oil of choice for use in massage applications and formulations intended to ease muscular aches and swelling. Herbal Essences has used passionfruit seed oil as part of its Vibrant Colour Shampoo formula to keep your colour looking lush and radiant.



South America



Lemon verbena from western South America

Found in: L'Occitane Citrus Verbena Shower Gel, £14

Lemon verbena is a perennial shrub with long, pointed leaves that emit a strong lemon scent when rubbed with the fingers. Enriched with organic verbena and lemon oils, this shower gel gently cleanses, leaving the body delicately scented with a clean, citrus fragrance. Lather up on hair to leave your mane feeling squeaky clean and fruity fresh, too.



Pineapple from Paraguay

Found in: Herbal Essences Fresh Balance Shampoo, £3.99

The pineapple is a huge favourite in cooking – in tropical countries it's served at the roadside as an exotic snack, while we westerners love it in our fruit salads, as a juice with breakfast and even as a pizza topping. The amazing power of pineapple doesn't stop there – the fruit's fresh juice clears and cleanses the hair and scalp and is great for tackling excess oil. Using enzymes from fresh fruit on your skin and hair is an excellent way to keep them at their best.



Marigold from England

Found in: Yves Rocher Brilliance Shine Vitality and Radiance Shampoo, £6.70

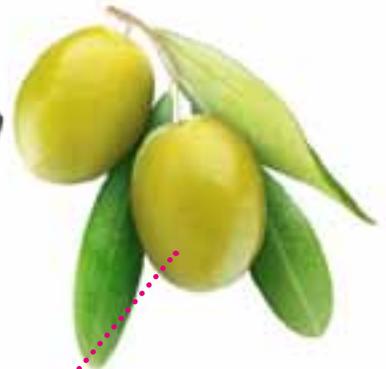
Otherwise known as calendula, pot marigolds are one of the most versatile and robust flowers. Their blooms are edible and add a splash of colour to salad dishes and baking, while their yellow colour is used as a dye in Middle Eastern countries. They also help add shine and bring out highlights, especially in blonde hair.



Olive oil from Italy

Found in: Palmer's Olive Oil Formula Co-Wash Cleansing Conditioner, £5.99

Produced by pressing olives straight from the tree, olive oil is a firm favourite in everyday cooking, health and skincare. Even the ancient Egyptians used it with beeswax as a cleanser, moisturiser, and antibacterial agent. It does wonders for your hair too and makes a wonderful conditioner for naturally curly or afro hair that is hard to tame. If you want to go further than using olive oil-based products, simply pop to the supermarket and buy a bottle of oil before soaking your hair in it, wrapping your head in cling film and going to bed. Wash out and voilà! Super soft, glossy hair!



Europe



Lavender from Spain

Found in: Paul Mitchell Lavender Mint Moisturizing Shampoo, £13.95

An essential aromatherapy oil, lavender has long been used to promote relaxation and calm – we were surprised to discover that the plant actually originates from Spain rather than the purple fields of France. Ideal for calming and soothing a sensitive scalp, Paul Mitchell's Lavender Mint Shampoo is nature's remedy to relieve anxiety and ease tension while caring for your tresses. It also contains a combination of rich moisturising ingredients to ensure hair is left glowing, manageable and improved in strength.



Bergamot from Italy

Found in: John Frieda Sheer Blonde Everlasting Blonde Deep Conditioner, £6.29

Otherwise known as citrus bergamia, the bergamot orange is a fragrant citrus fruit that is about the size of an orange but with a yellow colour similar to a lemon. It is perfect for keeping scalp infections at bay thanks to its antimicrobial properties – good to know when your roots become invaded by microbes that cause damage to the hair follicles. Bergamot oil can also add sheen and help repair damaged hair – making it perfect for blonde after-care.



Argan oil from Morocco

Found in: Lee Stafford ARGANOIL from Morocco Flexible Hold Hairspray, £9.99

A huge hair industry favourite, argan oil is a rich, nourishing oil native to Morocco. It contains many of the ingredients associated with repairing hair. The Berber women of Morocco have used the oil as part of their daily beauty regime for hundreds of years and consider it to have many benefits, including preventing moisture loss in their unforgiving desert surroundings. Now these ancient beauty secrets, proven for centuries, are spreading worldwide and becoming a part of modern day haircare.



Shea butter from Africa

Found in: L'Occitane Shea Ultra Rich Conditioner, £15

Made from the shea karité nut, shea butter in itself is not a hair conditioner. It does not contain the nutrients to keep hair from becoming dry and brittle. What it does do however is seal in the conditioner you put on your hair - hence products containing shea butter often contain a blend of other moisturising ingredients. Shea butter concoctions moisturise the hair shaft to help prevent dandruff, breakage, and split ends. It also helps restore lustre to hair that has been over-processed due to blow-drying, perms, relaxers or dyes.



Africa



Aloe from South Africa

Found in: Aveda Pure Abundance Style-Prep, £19.50

Aloe Vera has been used for centuries as a medicinal plant thanks to its beneficial properties. References of it appear in many cultures: from the ancient Egyptians, Greeks and Romans to Indian and Chinese literature. Applied externally, it heals burns and wounds, stimulates cell regeneration and has significant antioxidant, skin softening and soothing properties. Aloe also has the power to condition and detangle hair, making it a perfect ingredient in Aveda's Pure Abundance Style Prep, which helps ease knotting, conditions, protects against heat damage and combats breakage from combing.



Baobab from Madagascar

Found in: Burt's Bees More Moisture Super Hydratant Conditioner with Baobab, £9.99

Native to Madagascar, the Baobab tree, otherwise known as Adansonia, is a terrific moisturiser and is used throughout Africa for both skin and healthcare needs. In Zimbabwe, the fruit is even used in traditional food preparations, including crushing the crumbly pulp to stir into porridge and drinks. Baobab Oil contains vitamins A, C, D, E and F to fortify and strengthen hair, and makes a great ingredient leave-in conditioner to improve smoothness and manageability.



Goji Berries from China

Found in: O'Right Goji Berry Smoothing Hair Lotion, £17.75

Goji berries are powerful little beauties that help tighten cuticles and to reduce frizz and static. Their highly active amino acids also help to repair damaged hair to leave it feeling silky smooth.



Ylang ylang from the Philippines

Found in: Mark Hill MiracOilLicious Nourishing Shampoo, £6.49

An essential oil used in aromatherapy to promote a good night's sleep, ylang ylang is well known for its calming properties. Add a few drops to your hairbrush and comb it into the hair and scalp to help stimulate hair growth and reduce stress. It's a perfect accompaniment to a head massage...



Ginger from Burma, China and India

Found in: The Body Shop Ginger Anti-dandruff Shampoo, £4.50

Ginger isn't just a great cooking spice - it puts some zing into your haircare too! It's natural antiseptic properties help clear the scalp of any dandruff and any other dry scalp conditions. If you suffer from hair loss, ginger can also help through its natural ability to encourage blood flow to the scalp. Improved blood flow stimulates the hair follicles and ultimately results in restored hair growth.



Coconut from Thailand, Malaysia and the Pacific Islands

Found in: OGX Nourishing Coconut Milk Conditioner, £6.99

Coconuts are frequently used in hair and skin moisturisers and body butters because coconut oil is easily absorbable. Coconut is also a source of lauric acid, which can be processed in a particular way to produce sodium lauryl sulfate, a foaming detergent used in shower gels and shampoos. Coconut milk is also intensively moisturising and great at improving the condition of hair either mixed with other ingredients in haircare products or applied to the hair in its organic natural form.



Tea tree oil from Australia

Found in: Paul Mitchell Tea Tree Special Shampoo, £13.95

Australia's aboriginal people have used tea tree oil for centuries thanks to its natural antibacterial agent. When it comes to common scalp problems like hair loss, dry skin, dandruff and head lice, tea tree oil can be an effective, more natural alternative to using harsh chemicals. In shampoo form, it's very useful for unclogging hair follicles and clearing up bacterial and fungal infections. If you suffer from oily roots, it makes a great cleanser too and is perfect for removing product build-up.



Bananas from Papua New Guinea

Found in: The Body Shop Banana Shampoo, £4.50

Bananas contain a generous amount of fibre, making them great energy boosters. They also contain potassium, iron and vitamins B6 and B12. The banana is your best friend if you suffer from dry, itchy, flaky hair - it keeps locks hydrated and healthy. With regular use, banana-based products can increase the moisture content of your hair, smooth frizz and soothe an itchy scalp.



Australasia

Macadamia nut from Australia

Found in: Macadamia Natural Spray Oil, £23.50

Macadamia nut oil is a highly beneficial oil expressed from the nut of the macadamia tree. It has been found to be highly beneficial for hair, scalp, skin and general health. It helps to replenish the hair's natural emollients thanks to its high content of essential fatty acids, which also help to nourish and protect the hair from harsh UV rays while repairing hair follicles for improved elasticity and shine.



Kiwifruit from New Zealand

Found in: Lush I Love Juicy Shampoo, £10.75

A well-known superfood, the kiwifruit is rich in vitamin C, vitamin E, potassium, dietary fibre and magnesium. It also contains low amounts of sodium, cholesterol and saturated fat. These benefits extend to the hair too - expect fabulous shine from your hair when using a kiwi-based shampoo. Aside from their high vitamin C content, kiwis also contain extremely effective moisturisers that greatly benefit stressed, thin hair.

