



Beauty

Fume-Free Hair Care

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Most of us are so used to the harsh smells in hair salons that we barely notice them—but we should, especially since there are better choices when it comes to hair care.

The salon industry is incorporating, step by step, greener practices and healthier products, but the evolution is far from over. Support your salon's efforts to move away from toxic chemicals by requesting organic hair treatments free from:

- ammonia
- parabens
- sodium sulfates
- formaldehyde

It is up to us to demand higher quality, safer products if we want to positively impact the industry and protect our health. Most salons now offer nontoxic, organic hair treatments, so do your hair, your body and the environment a favor and ask about your options before you reach the stylist's chair.

A handful of the city's salons have made big strides in the organic hair care arena and are smelling sweeter already.

Swing Salon in the East Village is the only **Green America-** approved salon in the city and was named a Con Edison Green Power Pioneer for its use of 100% wind power. This salon donates hair clippings to **Matter of Trust**, a non-profit that creates hair mats for emergency oil spill clean-up and landscape-grade compost.

Le Salon in Midtown uses **Organic Color Systems**, a healthy alternative to ammonia-based color that even pregnant and breast-feeding women can use to safely color their hair. They also have formaldehyde-free organic keratin protein treatments to restore damaged hair and **Organic Curl Systems** for perms.

Grace Heaven on East 3rd Street offers several options for herbal coloring and, instead of a silicone-based de-frizzer, uses a mix of delicious-smelling essential oils to finish hairstyles.

Next time you need a change of style or color, make the switch to nontoxic treatments too. Your hair—and your lungs—will thank you.

FOOT TRAFFIC: ORGANIC HAIR CARE IN NYC

- . [Swing Hair Salon](#) 280 East 10th Street . [Le Salon](#) 310 East 44th Street
- . [Grace Heaven Hair Salon](#) 226 East 3rd Street

Organic hair care doesn't end in the salon. Make the most of your new cut or color by using nontoxic products at home. We love [Avalon Organics Biotin B-Complex Thickening Shampoo](#) for adding body and shine naturally, and the essential oils in [Hamadi Organics Shea Rice Milk Conditioner](#) always leave our hair soft.



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