



# **Don't Go Shopping for Hair-Care Products Without Me: Over 4,000 Products Reviewed, Plus the Latest Hair-Care Information**

*Paula Begoun*

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Are \$20 shampoos and conditioners worth it? Can good hair-care products be found at the drugstore, or are the expensive salon products really superior? In this comprehensive guide to all things hair care, consumer advocate Paula Begoun answers those questions and more in her reviews of more than 130 drugstore, salon, and department store hair product lines, from Aveda to Matrix and Pantene to Zirh. Thousands of products are described and evaluated according to their performance, reliability, price, and claims. Begoun compares good and bad ingredients, dispels hair-care industry myths, evaluates what helps and what hurts hair, and explains how to tell the difference between reality and hype with respect to a product's performance. Hair sprays, shampoos, conditioners, gels, mousses, pomades, silicone serums, and other items are covered. Her "Best Products" lists make it easy to find items worth trying in any category. The consumer bible of hair-care products, *Don't Go Shopping for Hair-Care Products Without Me*, shows how to find the best products available at the most economical prices. Ultimately, Begoun shows consumers how to have beautiful tresses without spending a fortune.

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