

BEAUTY

APPLE CIDER VINEGAR IS THE KEY TO HEALTHY WINTER HAIR

by Sharon Feiereisen



Apple cider vinegar has been touted all over social media as a wellness cure-all. It has a funky smell (and taste...) which has limited how much I've tested various theories, but a recent treatment for my oily scalp and winter-induced dried strands at the [Paul Labrecque Salon and Spa](#) has me overlooking the funky smell. Usually when you go to a luxe salon for a pampering hair treatment you're lavished in products that smell as good as they function (like those from my *love* [Kerastase...](#)), but the focus of this treatment was an apple cider vinegar-based [Biologique Recherche](#) product. True to their name this isn't a brand about fluff and marketing, they're about products that actually work, which is why now – nearly three weeks after my treatment my scalp still feels great and my strands look brighter (it's not the point of the treatment – but the products gave a major boost to my highlights' shine).

Here's what the treatment entailed and how you can get it at home.

It's called the Biologique Recherche Lotion P50 Capillaire Purifying Hair & Scalp Treatment (60 minutes with blowout – though I asked so many questions I was there for 2 hours! – \$150; without blowout \$95/30 minutes). While you can do the treatment at home (and I will get into that shortly) it takes A LOT of patience. These products don't work unless you apply them properly and that takes time. I was sitting under a heated lamp for 20 minutes at one point and each product is really massaged into the scalp and/or hair. So, unless you have a lot of patience I'd opt for the in-salon experience because the products aren't cheap and they're not worth the money if you don't actually use them properly.



The products used are:

Biologique Recherche Shampoo Traitant VIP 02

Biologique Recherche Lotion P 50 Capillaire Purifying ScalpLotionBiologique Recherche

Masque Capillaire (Mask for pre-shampoo / conditioner)

Biologique Recherche Serum Complexe Capillaire

Biologique Recherche Serum Complexe Cegaba Bioproline

Biologique Recherche Lotion Keractive (Leave-in conditioner / post shampoo / pre-blowdry)

Depending on your hair type, the shampoo/conditioner used may be slightly different. The *magic* here is thanks to the P50 Capillaire treatment, which helps balance pH, regulate sebum secretion, moisturize, and lightly exfoliate – it's perfect if you workout often, but don't wash your hair everyday and you also live in a dry climate. This combo of products really helped manage my hair texture and added lasting shine (again, it's not meant to be a replacement for a gloss, but if you're on a time or money budget I would use it as one). I'm really not one for spending two hours at a salon if it's not for highlights, but turns out apple cider vinegar is worth it...

Image: Epicurious

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