

Kiwi

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No Fears

Choose a natural shampoo to treat your baby's tresses with extra care. BY JENNIFER MEDLEY

Sugar and spice and everything nice: unfortunately, these are not what all baby shampoos are made of. Recent studies have found traces of harsh chemicals and skin irritants in many big-name brands. Because an infant's permeable skin and scalp are five times thinner than an adult's, parents should take care to use only baby hair-care products that guarantee safe and pure ingredients.

The following natural shampoos came through squeaky clean after a test run on a thick-haired 11-month-old. All are gentle on baby's skin and free of health-compromising parabens, phthalates, petrochemicals, synthetic foamers, numbing agents (used in traditional "no tears" formulas) and other yucky stuff. They may not contain sugar and spice, but for baby, nothing could be nicer.

1. Weleda Calendula Shampoo and Body Wash
This gentle formula is easy on the eyes and works up to a super-creamy lather using plant-derived ingredients. It leaves hair feeling silky and smelling fresh. (\$10, www.usa.weleda.com)

2. Seaside Naturals Little Star Baby Wash and Shampoo
This organic, castile-based cleanser has a thin consistency due to the absence of thickening agents, but hair turns out shiny and soft, with an earthy herbal smell. (\$12, www.seasidenaturals.com)

3. Angel Baby Shampoo and Body Wash
Instead of foaming agents, a self-foaming bottle lathers up this organic castile soap with a lavender-citrus scent. (\$13, www.earthmamaangelbaby.com)

4. California Baby Calming Shampoo and Bodywash
To soothe baby, try this pesticide-free lavender and chamomile oil blend, which will leave hair with a healthy sheen. Mild enough for eyes and for skin issues such as eczema. (\$11.50, www.californiababy.com)

5. Aura Cacia Calming Baby Wash/Shampoo
Gentle on baby's eyes, this is a good all-around cleanser. Its calming aroma comes from a lavender-heavy blend of organic essential oils. (\$9, www.auracacia.com)

6. Aubrey Organics Natural Baby and Kids Shampoo
This is the perfect transition for parents accustomed to the powdery scent of old-school baby shampoos. The formula foams well and leaves hair shiny and moisturized. (\$8, www.aubrey-organics.com)

7. Erbaorganics Baby Shampoo
Essence of mandarin adds zing to the lavender-chamomile fragrance of this shampoo, which features 77% organic ingredients. (\$12, www.erbaorganics.com)

Photograph by David Lazarus