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Customized Hair Care Recommendations for Curly Hair



Shower Care:

We suggest using a pre-shampoo to help with detangling after. Use a conditioner or conditioning oil, apply thoroughly to the hair (sectioning may help). Leave in for 20 min or so before shampooing.

Use a mild shampoo as not to strip all of the natural moisture and oils from your hair. After you shampoo, wring out your hair to remove as much water as possible, then apply your conditioner and let it sit in your hair for at least 2-5 minutes before rinsing. This will allow it to absorb and condition your hair better than when it is sopping wet.

Do not use hot water if possible. Cold water will help cut down on the frizz.

How often?

NOT every day! Curly hair does not need to be shampooed as often as straight hair. Too much shampooing will stretch and dry out the curls.

What to use in between washes?

Dry Shampoo works WONDERS! Apply it to your roots at night. This will give extra time for the natural oils on your scalp to absorb, and any tossing or turning you do while sleeping will help give your hair more texture & volume.

If you tend to wake up with tangles, try sleeping on a satin pillowcase.

Taking a shower without washing is o.k. We recommend conditioning the hair between washes and a deep conditioning treatment is also recommended. To detangle the hair, use a wide tooth comb (not a brush). Try to do this when it is wet, and do not pull or “rake” the hair.

Your service professionals top recommendations for your specific hair are:

Styling:

What to use?

Try to refrain from using any blow dryers, flat irons, curlers or any hot tools. They strip away the moisture which is essential to your curls. Try and air dry the hair whenever possible. In the event that you need to, ALWAYS use a **Heat Protectant** when using a hot tool on your hair.

If you must blow dry, try and use a diffuser. The diffuser will help cut down on the frizz. When the hair is just about completely dry try and set the blow dryer on cool to help close up the cuticle of the hair and lock in the shine.

Service Professional Recommendations:

Oils and Leave In Conditioners will help preserve moisture. Apply these from the midshaft of your hair to the ends.

