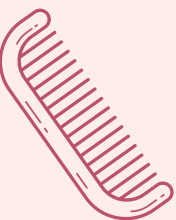


Simple & Effective Natural Hair



Wash Day Guide

What You'll Need:

- Moisturizing shampoo
- Conditioner
- Strengthening and Moisturizing Deep conditioner
- Wide-tooth comb or detangling brush
- Microfiber towel or cotton T-shirt
- Leave-in conditioner or curl cream
- Oil or butter (optional for sealing)

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Step-by-Step Wash Day Routine

1. Pre-Detangle (10–15 mins)

Lightly spritz your hair with water or apply a detangling leave-in.

Finger-detangle or use a wide-tooth comb, working in sections.



2. Cleanse Your Scalp & Hair (5–15 mins)

Use a moisturizing shampoo to cleanse your scalp—focus on roots.

Pro tip: Use this time to massage your scalp as you shampoo as well.

As your Shampoo the ends of your hair run your fingers down the your hair to slightly detangle your hair to prevent tangling while shampooing.

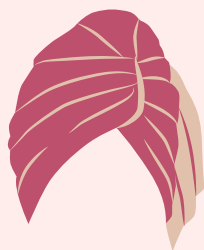
Gently squeeze the suds down the length of your hair (don't pile it on your head).

3. Condition & Detangle (15–20 mins)

Apply conditioner and work through in 4-8 sections(for thicker hair you'll want more sections).

Detangle thoroughly, then twist or clip sections as you go.

Let it sit while you finish your shower or for 5–15 minutes.



4. Rinse & T-Shirt Dry (5–10 mins)

Rinse thoroughly with cool water.

Blot excess water with a microfiber towel or T-shirt.

5. Moisturize & Style (15–30 mins)

Appely a leave-in conditioner and/or styling product section by section.

Optionally seal ends with a light weight oil if you aren't going to style with a cream custard.

Choose a quick style: two-strand twists, braid-out, or wash and go.



Quick Tips:

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Keep it in 4-8 sections to reduce tangling.

I recommend deep condition every week, naturally curly and extremely curl hair are prime to dryness.