DAILY CURLY HAIR



MORNING REFRESH:

- Lightly mist hair with water or a curl refresher spray to reactivate curls.
- Apply a small amount of leave-in conditioner or curl cream to maintain moisture.
- Gently scrunch curls to enhance definition.

PROTECTIVE STYLING

- Opt for loose hairstyles like pineapples or braids to minimize breakage.
- Use accessories that don't cause tension or damage, such as satin scrunchies.

NIGHTTIME CARE:

- Wrap hair in a satin or silk scarf/bonnet to reduce friction.
- Sleep on a satin or silk pillowcase for added protection.

WEEKLY CURLY HAIR



Cleansing:



Massage scalp to remove buildup & boost circulation.

Conditioning & Deep Care:

Apply conditioner evenly root to tip.

O Detangle with fingers or wide-tooth comb.

Rinse with cool water to seal & shine.

Once a week, use a deep treatment for repair.

Cover with a plastic cap & apply gentle heat.

Rinse after the time listed on product.

STYLING

Apply leave-in + curl cream or gel.

Use "praying hands" or rake through sections.

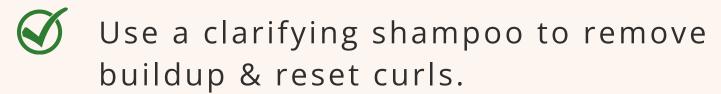
Scrunch to shape curls.

Air dry or diffuse on low heat.

MONTHLY CURLY HAIR



Clarifying:



Follow with a deep conditioner to restore moisture.

Protein Treatment:

Use protein if curls feel limp, weak, or overly stretchy.

Always balance protein with moisture to prevent dryness.

Trimming:

Trim split ends or knots to reduce breakage & damage.

Additional Tips:

Limit heat tools to protect curl pattern & strength.

Stay hydrated & eat well for healthy hair from within.

Use curl-safe products (no sulfates, silicones, or drying alcohols).

Listen to your curls—adjust your routine as needed!