

# DAILY CURLY HAIR

## ROUTINE

### 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

## ROUTINE

### Cleansing:

- ✓ Use a sulfate- & silicone-free shampoo or co-wash.
- ✓ Massage scalp to remove buildup & boost circulation.

### Conditioning & Deep Care:

- ✓ Apply conditioner evenly root to tip.
- ✓ 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

## ROUTINE

### Clarifying:

- ✔ Use a clarifying shampoo to remove buildup & reset curls.
- ✔ 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!