

HOW TO WASH & STYLE CURLY HAIR - A CHECKLIST

- Pre-poo conditioner with no silicones or sulfates
(I use Trader Joe's Tea Tree Tingle.)
- Hair oil, for pre-poo (I use jojoba.)
- Co-wash with no silicones or sulfates
(I use Curl Junkie Daily Fix.)
- Conditioner with no silicones or sulfates
(I use Curl Junkie Curl Rehab.)
- Leave-in conditioner
(I use Curl Junkie Curl Assurance Smoothing Lotion.)
- Moisturizer
(I use Qhemet Biologics Burdock Root Butter Cream.)
- Gel (I use Uncle Funky's Daughter Curly Magic.)
- Alligator clips, at least 4
- Plastic conditioning cap
- Spray bottle, to keep your hair wet as you style

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HOW TO WASH & STYLE CURLY HAIR

1 Pre-poo

Pre-pooing your hair with conditioner is ideal because it really helps with detangling. Since Trader Joe's Tea Tree Tingle Conditioner is only \$3, I can really glob it on. A little oil on the ends (like jojoba) is good too. I leave it on while I exercise, but honestly sometimes I get busy and the pre-poo lasts all day.

2 Wash

In the shower co-wash your hair, rinse and apply a dollop of conditioner in two sections, really working it through and detangling with your fingers. Using alligator clips, pin each section into a knot and put on a conditioning cap while you shower. If you have time, step out the shower to deep condition with a heating cap (but I never do). After rinsing out the conditioner, use a quarter size of leave-in conditioner on each section of sopping wet hair. Pin each side again with the alligator clips and put on the plastic cap - inside out. This keeps your hair from drying while you get out the shower, dry off, apply lotion, etc.

3 Style

Unpinning one side, apply moisturizer then divide that side into two sections, clipping each into a knot. Repeat that on the other side. Now you have four sections of hair. Starting in the back, unpin one section and divide that in two (you may need more sections, depending on the thickness of your hair). Working with that smaller section, distribute the gel from root to tip, using your fingers to rake and smooth, detangling as you go. Continue the same with each smaller section in that area then move on to the other clipped sections.

4 Dry

I always let my hair air-dry, but you can use a bonnet dryer if you want dry hair faster - just try not to touch it. Once it's dry, pulling it into a low ponytail or two space buns for about 30 minutes will help break up the gel cast and elongate the curls. Usually I wear it super curly the first day, sleep in two top buns and the next day it's looser curls. Don't forget to sleep on a silk pillowcase and/or wrap your hair - curls do not like cotton; it will suck the moisture and tangle.

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