



# YOUR CUSTOM HAIR ROUTINE

CURLY/KINKY DRY DAMAGED HAIR  
3A-4C HAIR TYPE

RIZVAN



# GET TO KNOW YOUR HAIR

RIZWAN

# INTRODUCTION



The Curly Girl Method (CGM) introduced by Lorraine Massey can be a life changer for many curlies. Rizvan follows this method plus more. CGM involves avoiding brushes, heat-styling tools, regular use of shampoos, and any products that contain waxes, drying alcohol, sulfates, or silicones. This means avoiding pretty much anything that will dry out, cause build-up, or risk damaging your hair in any way.

Curly hair is naturally very dry so the regular shampoo and conditioner that works fine with people with straight hair just does not work with curly hair. To rejuvenate dry damaged hair and restore it back to health you need to follow these steps:





## STEPS

- 1. Stop using shampoo with every wash** unless specified by a health care provider. The reason for this is that shampoo will create that lovely lather you like but also suck out your hair's natural oils making it dry. This is especially true for regular shampoo as it contains sulfates that work as a detergent, drying your hair out even more. Rizvan Hair Extravagance clarifying shampoo is curly girl approved so it does not have any sulfates, silicones or other nasties. This is also known as a low-poo.
- 2. Although our shampoo is very gentle, it is still recommended to use a Co-wash** primarily and then shampoo at least once a month, or if you really must, alternate between co-washing and shampooing. What is a Co-wash you ask? A co-wash is a cleansing conditioner you can use daily or weekly, depending on your needs. It has cleansing properties which cleanses the scalp without depriving your lengths of moisture, maintaining some of the hair's natural oils.
- 3. Use a deeply hydrating conditioner.** Rizvan Hair Extravagance Hydrating Conditioner does exactly that! This magical, creamy conditioner will smooth down your hair and form a protective barrier against the humid environment. It will provide moisture to your curls, make them bouncy again and leave them healthy. Like all our hair products, it is free from all silicones, sulfates, parabens and drying alcohols.



**4. Deep condition weekly.** This is especially important when you've just started your curly hair journey since your curls need maximum hydration. It is also very important if you are focusing on growing curly hair faster. Rizvan Repair Deep Conditioning Hair Mask is an all-natural, multi-tasking hair mask with 19 of the most powerful natural extracts known for hair and scalp health to melt into dry strands to hydrate, nourish and tame frizz, for beautiful shiny silky-soft hair and to soothe and cleanse the scalp.

**5. Use a Leave-in conditioner.** After you're done with your shower and your hair is still wet, smooth on our Leave-In-Conditioner to keep your curls hydrated until next time you wash it and keep it free from tangles and frizz.

**6. Use a curling custard and/or gel.** This is the last stage of your routine. Traditionally gel has a reputation for drying out hair, leaving it crispy and ramen like. However, gel has a very important role in the CGM. Using the right gel gives more definition, more hold and less fluff. And that's what we want, right? In addition, gel ensures that your curls retain the moisture better and are therefore better hydrated. Rizvan Rose Curling Custard is incredibly moisturising and works perfectly followed by the Orange Blossom gel. These two products prevent hair from having that dry, spaghetti, stringy look that a hard hold gel can give when used on its own. If your hair is high porosity and coarse and you need a harder holding gel to really control that stubborn frizz you can add that as a final step on top. When hair is 100% dry, scrunch out the crunch to reveal beautiful, soft bouncy curls.



**7. Protect your curls at night.** You toss & turn at night and wake up next morning to find it's made your curls messy, frizzy & they've lost definition. If you want to keep your curls beautiful, you need to protect your curls at night. Our satin bonnets are extra large so won't crush your curls, they also retain moisture to keep your curls looking fresh!

**8. Avoid heat as much as possible.** Heat isn't great for hair to begin with but for curly hair it can be disastrous. The more you avoid, the better it is for your curl's health. It is best to let your hair air dry, however, if you do have to use your hair dryer, do it with a diffuser on cold air mode. This will reduce frizz.

**9. Don't brush your hair dry.** This is a big no-no. Brushing hair dry causes breakage which results in more damaged, frizzy hair. The only time you can brush or comb your hair after applying a conditioner or leave-in conditioner and only with a wide tooth comb or Denman brush to create clumps for definition, NOT to detangle hair. Your hair is after applying fingers, VERY gently with lots of conditioner.

**10. Refresh hair between washes.** When hair starts to look a bit frizzy or scraggly between washes, you can refresh your hair by spraying it with a bit of water and smoothing on a little more of the leave-in conditioner, and/or curling custard or gel. Let it air dry and scrunch out the crunch when 100% dry.

**11. Keep hydrated.** How can you expect your hair to be hydrated if you are not hydrated from within? Drink up!



Rizvan is a proudly Australian made, family-owned company. All our products are handmade in Australia using 100% natural ingredients, always sourced locally where possible. We use no silicones, sulphates, parabens, drying alcohols, BPE, or any other nasties. This is our personal promise to you.

We often find that our customers spend hours researching, trying new products, spending large sums of money and not seeing results. By now I assume you have tried multiple brands and are likely seeking something new as you've been let down before. We wrote this guide because we want to make sure you use the right combination of products the right way to achieve best results.

The following products are the most suitable for your hair type. Take a few minutes to familiarise yourself with them so you know what function they perform. Thank you for downloading this guide! We are looking forward to having you as a long term customer and we are ready to answer any questions you may have at

[hello@rizvan.com.au](mailto:hello@rizvan.com.au)



# RECOMMENDED PRODUCTS

A HAND PICKED SELECTION SUITED TO  
YOUR HAIR TYPE







## Hair Extravagance Co-Wash.

This suds-free replenishing conditioner cleanser (co-wash), will help cleanse the scalp while keeping hair hydrated. Hair will look and feel soft and shiny, while scalp feels cleansed and refreshed. Includes 6 botanicals to maintain beautiful hair and a healthy scalp.



## Hair Extravagance Clarifying Shampoo

Although CGM recommends co-washing over shampoo, many people with wavy hair prefer to use shampoo overall or in alternate between co-washing. Wavy hair is generally not as dry as curly hair and so co-washing may just not be enough to get a good cleanse. It's important that you are paying attention to your hair and removing product build-up. If you need to shampoo your hair more often than you co-wash then do it! Our shampoo is low-poo, which means it contains NO sulphates, silicones, parabens, drying alcohols. Infused with organic herbal extracts, this gentle, hydrating shampoo is suitable for all hair types. Removes residue and build-up without drying, stripping or irritating the scalp or hair. Gentle enough to use daily.





## Hair Extravagance Hydrating Conditioner

Rich and creamy, this conditioner hydrates and softens hair to repair any damage. It also nourishes and strengthens hair, leaving your locks looking and feeling amazing. Enhanced with 6 of the best hair and scalp friendly botanical extracts and a blend of pure essential oils to fortify, enrich, nourish, impart shine and body, prevent oxidation and hydrate.



## Repair Deep Conditioning Hair Mask

This weekly miracle worker, is an all-natural, multi-tasking hair mask which includes 19 of the most powerful natural extracts known for hair and scalp health to melt into dry strands to hydrate, nourish and tame frizz, for beautiful shiny silky-soft hair. It also helps to relieve a dry, itchy scalp.





## Leave-in Conditioner

This creamy herbal leave-in conditioner and detangler is designed to smooth the cuticle and remove knots, snarls and tangles. An argan oil base with marshmallow root to give hair extra slip, it won't leave hair feeling oily but will just give it the hydration it needs to stay beautiful until your next wash.



## Rose Curling Custard

Adds gloss and volume to all hair types. This unique, clear-gel formula infused with roses and green tea sinks right in to plump up fine, limp strands. It will make the most of any hair texture, taking lush, light and manageable to a whole new level.





## Orange Blossom Natural Styling Gel

This all-natural formula delivers frizz-free bouncy curls with incredible shine. Infused with orange blossoms, green tea, aloe vera and flaxseeds to give your hair extra hold, shine and nourishment and consistently beautiful silky curls each and every wash day.



## Scalp Massage Brush

Improves blood circulation to strengthen hair roots and stimulate hair growth. It exfoliates scalp to lift dirt, sebum and dandruff. Use wet, in the shower to help with hair washing with either a co-wash or shampoo or dry to massage scalp to relieve headaches and promote hair growth.



## Extra Large Adjustable Satin Sleep Bonnet

Protect your hair and keep your curls looking fresh and amazing with our satin bonnets. The extra large size means your curls don't get crushed and you wake up to frizz free curls every day! Equipped with adjustable straps to fit any head size to stay in place when you sleep. There are so many ways to style it!





*Your* Custom Hair  
Routine

# Routine



**Here is your custom hair care routine. You can see a short video of how to use all of our products by clicking [here](#).**

1. Use Hair Extravagance Co-Wash as you would a shampoo, massaging well into scalp for several minutes before rinsing well. Reapply as you would a conditioner or if needing extra moisture use the Hair Extravagance Hydrating Conditioner.
2. Use Shampoo at least once a month or as needed. Can be used with the scalp brush for greater scalp stimulation and cleansing.
3. Conditioner should be applied after shampooing or after using a co-wash to add extra hydration. Can be used to “Squish to Condish” to pump moisture into hair. The conditioner can be used to Squish water from hair into a bowl or bucket. Dip hair back into conditioner residue and scrunch. Repeat this step approx 5 times until hair feels slippery. You want that “seaweed” feel. Follow with styling products.
4. To maintain hair hydration and shine, use the Repair Deep Conditioning Hair Mask weekly. For shoulder length hair, mix one teaspoon of the Repair Deep Conditioning Hair Mask with two tablespoons Hair Extravagance Hydrating Conditioner. Apply on freshly washed/damp hair and massage from scalp to tips. Cover, apply heat for approximately 1/2hr-1hr, then rinse well until water runs clear. Avoid drying hair with a towel as this causes friction. Use a terry cloth or an old t-shirt to catch extra drips.

5. Follow with the Leave In Conditioner while hair is still damp, avoiding roots. To apply, on freshly washed hair, while it is still soaking wet, section off hair into 3-5 sections depending on your length. Work the leave-in into each section by working up to the roots from the ends. Smooth the product into your curls. Take time to distribute the product well and coat each section of hair equally with the product. Scrunch and follow with Rose Curling Custard. The leave-in conditioner can be used as needed when hair is feeling dry -always use with water.

6. At this point you may choose to apply the Rose Curling Custard or the Orange Blossom gel, or as many of our customers love to do -apply both! Use a generous amount of either or product, or if using both use the curling custard before the gel. Apply to freshly washed dripping wet hair from roots to the tips raking through with fingers, a wide tooth comb or a Denman brush. Scrunch to accentuate curl pattern. you may follow this with a hard hold gel if needed Air dry or diffuse. Once hair is 100% dry 'scrunch out the crunch' to reveal luscious, silky, bouncy curls.

7. If you are experiencing hair loss or hair is not growing fast enough, massage a few drops of our Grow Gorgeous Hair growth oil onto scalp with the scalp brush or fingers for at least 5 minutes, several times a week.



### **Tip!**

**Never use a towel to dry hair.  
Always use a t-shirt or hair turban to  
'plop' or just catch the extra drips after  
scrunching.**