



HEALTHY HAIR & LENGTH COURSE – MONTH 1

Key Learning points for the next two months. Master these foundational learnings. They are crucial to success.

- Wash your hair minimum every two weeks.
- Detangle your hair before you wash your hair with oil and water or a cheap conditioner.
- LOC/LCO method – there is no right or wrong just what works for you.
- For length retention protective style and low manipulation works really well on 4c hair
- Minimise friction – so use satin pillowcase or bonnets or silk scarves. Beware of the damage caps and head wraps can cause, winter coats, jumpers too if they are constantly rubbing on your hair.
- Spritz hair at least once a day/two if needed.
- No heat for a long stretch
- Hair to be kept off shoulders most times. If you wear something that is snagging on your hair that's damage to hair
- Hair to be worn in a protective low manipulation style at least 80% of the time.
- Heavier oils in winter e.g., Castor or Olive oil to seal the ends of the hair in particular.
- No towels on hair use cotton t-shirts or get appropriate towels.
- Hair practices that will set you back if you do not take appropriate care before, during and after installation are – braids, weaves, crochet braids, Ghana weaves, twist out every day, leaving hair out every day.

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