



HEALTHY HAIR & LENGTH COURSE – MONTH 1

Products you need in the first two months¹

Shampoo, olive oil, castor oil, coconut oil, deep conditioner, leave-in conditioner, aloe-vera gel, glycerine.

This is a guide to some products. A guide is not a recommendation or endorsement.

- Moisturising shampoo - Cream of nature Argan Oil (we will start washing with a moisturising shampoo)
- Clarifying shampoo – Tresemme deep cleaning shampoo (we will use this once every six weeks)
- Chelating shampoo - we will use this only 2 or 3 times a year. May not be needed if you do not use any product with silicone or mineral oils or petroleum oil or live in a hard water area.
- Tresemme Botanique Nourish and replenish conditioner – This is not a deep conditioner. Use it to detangle if you do not want to use water or oil or if your hair is particularly coarse or dense or both.
- Deep conditioners –
 - Joico treatment balm (most people who have tried it love it is on amazon UK around £21. Equi Botanics mask (£35) – mixed reviews.
 - As I am Hydration Elation Intensive Conditioner –reasonable - lower cost and I have heard good reviews).
 - Shea Moisture (lower cost mixed reviews, extensive range.
 - EDEN BodyWorks JojOba Monoi **Deep Conditioner** –
 - Camille Rose Naturals Algae Deep Conditioner
 - Cantu deep treatment mask is a deep conditioner (add olive oil to upgrade this product
 - Angel En Provence – Helichysum pure nourishing hair mask – good reasonable priced but hard to find on internet.
 - African pride shea moisture intense leave in conditioner
- Leave in Conditioners:
 - Equi botanics Marula Oil leave in conditioner
 - As I am leave in conditioner
 - Cantu argan oil leave in Conditioners - is decent and works particularly well for very thick hair or strands.
 - Beautiful textures leave in conditioner – worked really well for my daughter because her hair is thick - try this line for more affordable stuff
 - SheaMoisture Raw Shea Butter Deep Treatment Masque

¹ These are all a guide you may be using something else that is just perfect

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 pillow case 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.

O R I