



HEALTHY HAIR & LENGTH COURSE – MONTH 1

Wash Day routine

Detangle your hair first

Section your hair into about 8 parts and twist these parts. Mix Olive oil and water in a spritz bottle, more water than oil (this will act as your detangler). Then take each section at a time and spritz each section with your oil and water mix, from tip to roots and begin to detangle.

You can use a conditioner with slip instead of water and oil.

Detangle your hair with your fingers, a wide tooth comb or with a brush designed to accommodate the curls/coils of natural hair. As you detangle each section twist it back up. You are going to wash your hair in the twists.

Get into the Shower

Do not start washing your hair when it's still dry! Before you apply your shampoo let your hair absorb the running water until every strand is wet. When your hair is wet it's time to begin. Put the shampoo on your scalp, not your hair. You will want to focus your energy on your scalp because this is the 'skin' that needs to be cleansed thoroughly; where hair sprouts from. When you've covered your whole scalp, let the soapy water or suds flow down your strands. There is also nothing wrong with a little shampoo down your strands. Now rinse thoroughly.

Deep condition your hair after every single wash

Deep conditioning is not a nice to have but in my strong opinion a helper towards length retention. Please remember Afro textured hair is inherently dry. The sebum or scalp oils can't reach the length of our strands because of how bendy our curls are. Therefore, we need to supply our ends and strands with the moisture that it needs to stay moisturized and retain length.

Deep conditioning effectively will moisturize, strengthen, and encourage length, but only if you have a proper routine in place. At this point I know you want me to tell you the exact deep-conditioner to try but it doesn't work like that. Throughout the course you will begin to understand what your hair or your child's hair likes. You will need to kiss a few frogs before you find products that work for you – this is inevitable. You may learn that your hair prefers deep conditioners with slip or emollient products, but you will only know with trial and error. That said, I have put together a list from which you can try below.

Apply your deep conditioner like you are applying a relaxer; cover every strand. And again, it is better to work in sections when doing this. Once your hair has deep conditioner all over it wear a shower cap and sit pretty for 20 mins, 15 mins minimum. Please deep condition your hair after every wash.

For best results, use a hair steamer/heated cap. If you don't have one, or don't have the space for one, wear two shower caps and have a cup of tea! Only deep condition with heat

for 20-30 minutes. **Do not deep condition overnight or for hours on end, this can weaken your strands and lead to damage/breakage**

Lock in moisture using LCO or LOC method

After all that hard work of de-tangling, washing, deep conditioning, you want to make sure you trap all that moisture in. I like to follow the LCO method: liquid, cream, oil. But some do the LOC method.

LOC stands for Liquid, Oil, Conditioner, and LCO stands for Liquid, Conditioner, Oil. Both reference the method in which you apply moisture to your hair after you have rinsed your deep conditioner off. While the difference in steps may seem trivial, some argue that the results can actually be quite different depending on your hair type. Try both approaches and see what your hair likes.

LCO	LOC
Moisturise hair with water	Moisturise hair with water
Apply cream to seal in the moisture from the water	Apply oil to seal in moisture from the water
Apply oil to seal in moisture from the cream	Apply cream to seal in moisture from the oil

After following this routine for a few wash days, you should notice your hair feeling softer, looking shinier, improvement in elasticity and more curl definition (. After a few months, you'll notice thickness. And then after about six months, you'll see length. However. Children's hair responds much quicker. **The wash day routine is the foundation and the most important lesson for the next two months. It is important that you practice what I have gone over in class in the correct order.**

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