

Briogeo's Be Gentle, Be Kind Avocado + Kiwi Mega Moisture Superfood Mask Transformed My Dry, Knotty Curls

My knotty curls are truly no match for this powerful green mask.

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June 22, 2020



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\$36 AT BRIOGEO

TL;DR:

- **What It Is:** A deep treatment formulated with avocado oil and kiwi extract
- **What It Does:** Softens and moisturizes hair
- **Who It's For:** All hair types, especially dry coils and kinks

My hair-care routine has taken a bit of an L these past few weeks. I typically twist or braid my parched, low-porosity **3C/4A curls** to keep them moisturized and limit the amount of knots I'll have to deal with on wash day. But lately, laziness has hit hard and instead I'll just do a wash-and-go. When it's time for wash day again two weeks later, I'm left with dry, dull, and tangled hair.

But when my last wash day arrived, I was in luck and didn't even realize it. **Briogeo's Be Gentle, Be Kind Avocado + Kiwi Mega Moisture Superfood Mask**, which launched on June 10, had arrived in the mail a few days before, so I decided to give it a try.

After cleansing my curls, I scooped out the thick mask and smoothed it on my hair, making sure to especially work it into my ends. I mentally prepared myself for the nice arm workout I was going to receive from detangling, but I was amazed at how quickly it softened my hair. I didn't even leave the mask on for the suggested 10 minutes before combing through the curls — my **Felicia Leatherwood Detangler Brush** worked through the knots relatively easily. What I thought was going to be a 30-minute process ended up being closer to 15. I was shook, I'm not going to lie.

This light green creamy mask smells like something completely unexpected: Skittles. It's packed with some ingredients you typically see in hair products (like cocoa seed butter, avocado, and sunflower oil) and ones you don't see that often (like kiwi, spinach, and eggplant extract) to infuse hair with moisture. I love that this mask is protein-free because my low-porosity coils do not need to be overloaded with protein. **Low-porosity hair** is characterized by tightly-closed cuticles that make it hard for water to penetrate each strand. Adding more protein strengthens these cuticles, thus making it nearly impossible for moisture to enter.

This treatment restored my hair when I thought nothing else could and made wash day just a bit easier. For \$36, you can get your own at [briogeo.com](https://www.briogeo.com) or [sephora.com](https://www.sephora.com).

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