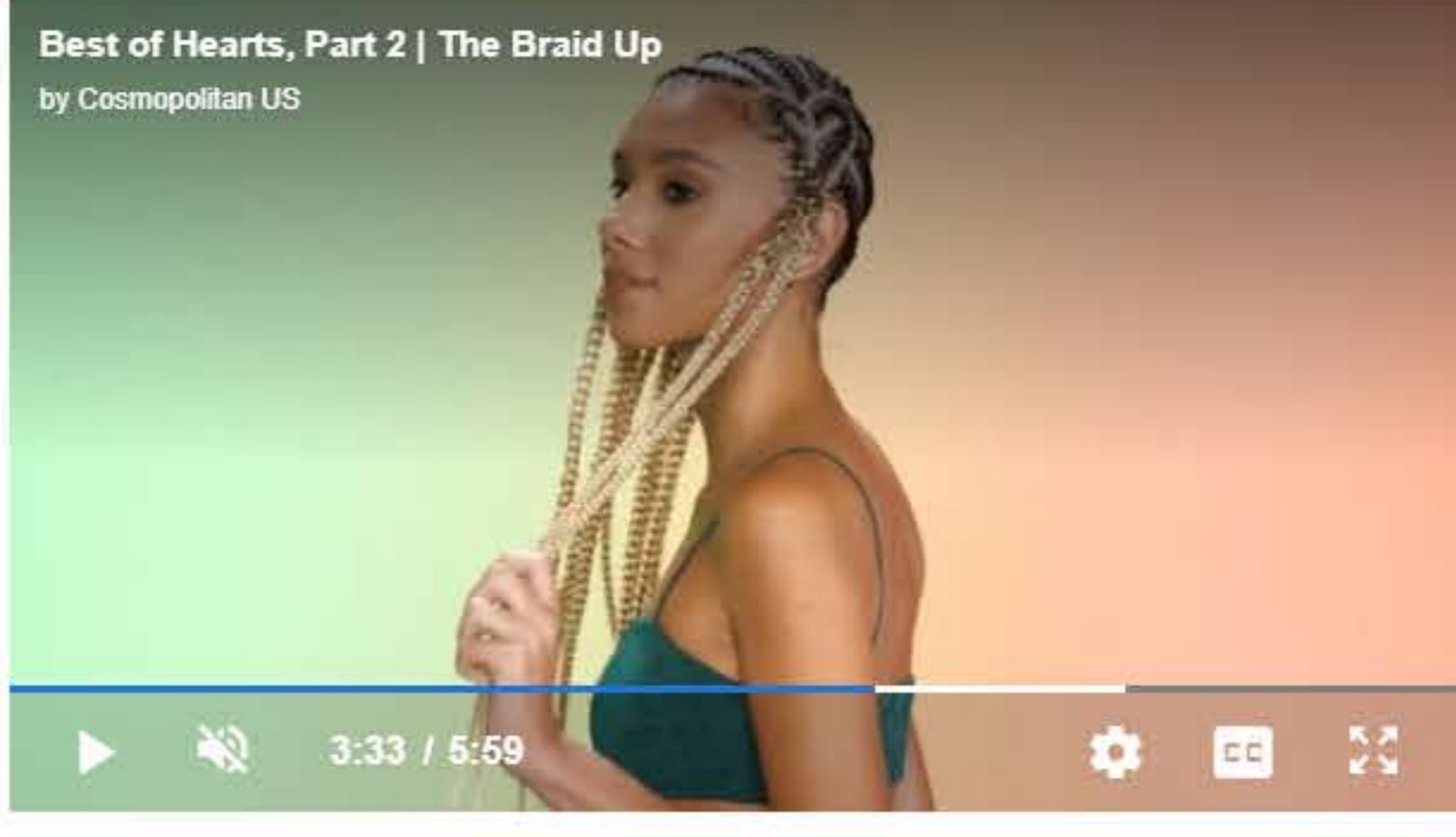


'The Braid Up': How to Copy Our Best Heart Braids

Check out the heart-shaped looks that really wowed us lately. ❤️

BY ANNABEL IWEGBUE | PUBLISHED: FEB 17, 2023

SAVE ARTICLE



Ohhh, so you saw our initial "Best of Hearts" roundup and thought we were finished. Not quite! This protective-style trend is quite literally the gift that keeps on giving. Whether it's paired with knotless braids, stitch braids, hell, even straight backs, a lovey-dovey design makes any style go from standard to stunning.

So, in today's highly anticipated sequel to *The Braid Up's* original heart highlight reel, we've picked out even more looks that have inspired us to really lean into the whole braided-art thing. Watch and learn from the pros to see how it's done. And, if you like what you see, check out these tips on how to properly make and maintain heart-shaped braids your own:

1. Massage your scalp with oil. Will it help you de-stress? Most likely! But it'll also help your roots retain balance and moisture, which you need to keep your hair healthy. Check out some of our favorite hair and scalp oils, below:



Viva Naturals Organic Extra Virgin Coconut Oil

\$14 AT AMAZON



Fable & Mane HoliRoots Pre-Wash Hair Treatment Oil

\$34 AT SEPHORA



Kreyòl Essence Haitian Black Castor Oil

\$18 AT ULTA BEAUTY



Pura D'or Organic Moroccan Argan Oil

Now 13% Off

\$13 AT AMAZON

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2. Follow a "C" shape. If you're creating your braid parts yourself, think of the shape as two capital Cs brought together with a capital V shape. Does this sound like an elementary school art lesson? Probably. But hey, this trick will prevent any lopsided looks.

3. Sleep with a silk-lined bonnet. Maintain your hair's ~glory~ by wrapping it up with a silk-lined bonnet before bed. Just remember: Wrapping wet hair can cause more harm than good, so on wash day make sure your braids are fully dried out before heading to bed.

4. Take the braids out when it's time. We know, when you fall in love with a look you want to keep it forever, but six to eight weeks is the longest you'll want to keep a protective style in according to the pros. After that, you'll be looking at fuzzy braids and potential hair breakage.



Hair: In collaboration with Stasha Harris of Magic Fingers Studio
Stylists: Latosha Star, Chastity Morales, and Monique Williams
Makeup: Ashley Johnson
Videographer: Rob Mroczko
Production assistant: Jay Aguirre
Director of digital series: Tara O'Connell

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Annabel Iwegbue is an assistant editor at Cosmopolitan who covers entertainment, lifestyle, career, beauty, and astrology. Just you know, all the things. You can check out some of Annabel's work here and also find her on Instagram and Twitter.

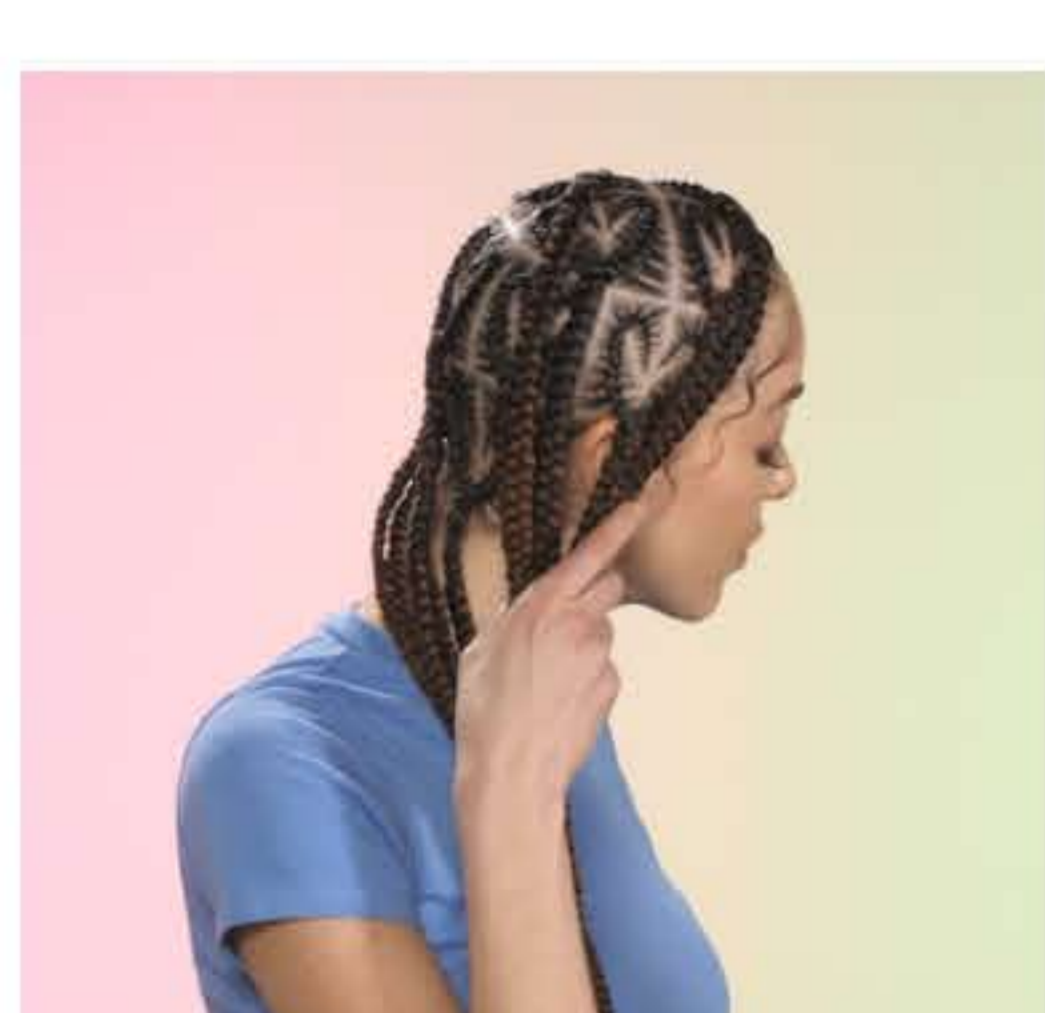
the braid up



Double-Stitch Braids are a *Winner*



Get Into These Rihanna-Inspired Game Day Braids



Found: Heart-Shaped Protective Styles You'll Love



These Knotless Box Braids Are a Certified Classic



These Crisscross Braids Are Here to *Slay*



Two Braiders Create Epic "Half-and-Half" Styles



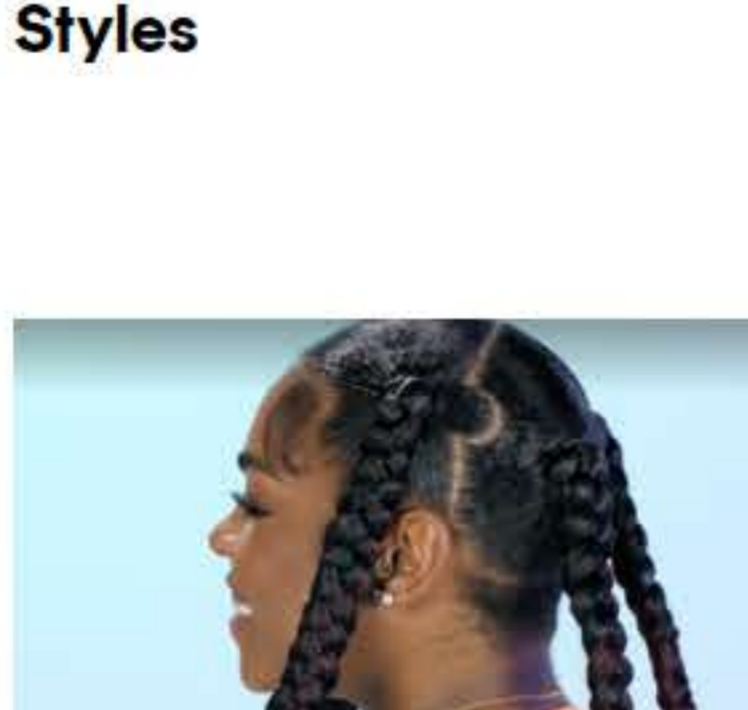
Braiders Duel to Create the *Best* Colorful Style



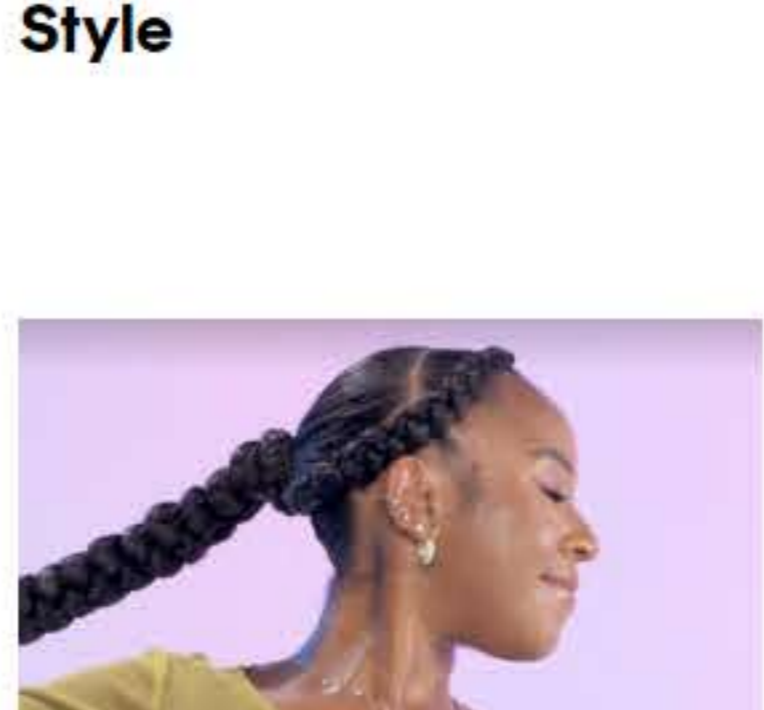
Can These Braiders Re-Create Rihanna's Best Looks?



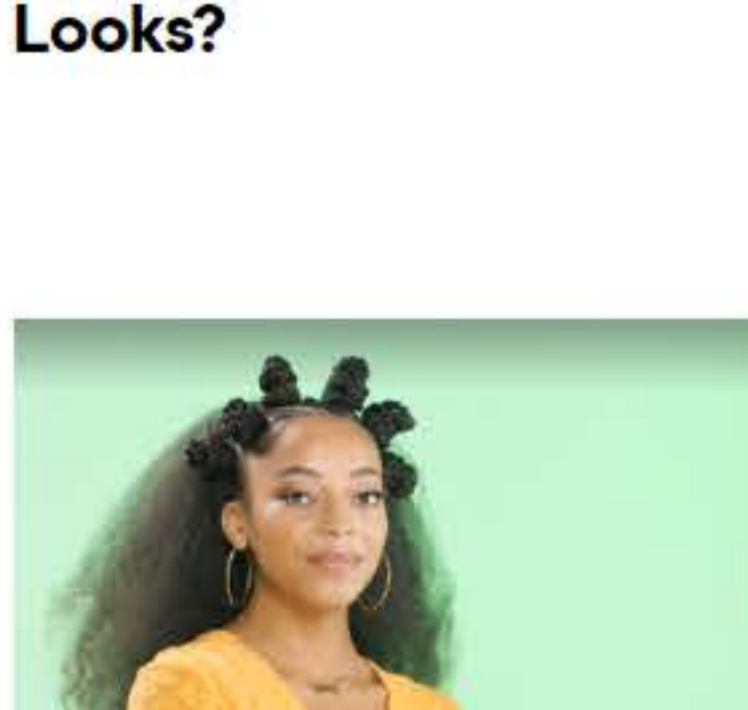
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