

C H E C K L I S T

DAILY HAIR CARE PRACTICES FOR TRANSITIONERS

- Check hair for moisture.
- Sleep on a satin pillowcase or bonnet. Alternatively, use a satin scarf wrapped around your hair.
- Arrange hair when going to sleep to avoid frizz and not disturb hairstyle (pineapple, twists or braids).
- Keep hands off my hair.
- Drink water.
- Have balanced and diverse diet.

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WEEKLY HAIR CARE PRACTICES FOR TRANSITIONERS

- Pre-poo hair before cleansing hair.
- Oil massage to stimulate hair growth and avoid dry scalp.
- Wash hair weekly or bi-weekly.
- Detangle hair weekly, don't delay it!
- Deep condition.
- Use a microfiber or jersey towel or a simple cotton t-shirt.
- Do protective or low manipulation hairstyles.
- Keep hair journal up to date, record products, hairstyles, trim dates, etc.

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MONTHLY HAIR CARE PRACTICES FOR TRANSITIONERS

- Clarify hair to remove product build up and hard water minerals.
- Trim hair to promote hair growth and remove split ends.
- Protein deep conditioner to strengthen hair.
- Clean hair tools and accessories (brushes, combs, diffuser, headbands, scrunchies, etc.)
- Check product stash and record favourites/flops and need to buy more.
- Review hair goals and tweak hair regimen and practices if needed.