

The Ultimate 5 Step
Guide To

**NATURAL HAIR
BREAKAGE CONTROL**

The Ultimate **5 STEP GUIDE TO NATURAL HAIR BREAKAGE CONTROL** **WORKSHEET**

HAIRCARE ROUTINE

- How do you maintain your hair between hair washes?
 - Daily, occasional or no moisture.
 - Spray bottle with ____
 - Mid-week co wash.
- Do you wear your hair in **protective styles**?
 - How **tight** do you wear your hair?
 - Does it cause itchiness, skin scalp stretching? (yes, then looser)
- Do you wear your hair in braids, locs, twists, etc.
 - How do you keep them moisturised? How often?
 - Does your scalp dry and itchy, hair feels dry?
 - How long are they in? (Consider break after a 6 to 8 week peri
 - Are they heavy? (Consider breakage/traction alopecia)
- Do you use glue for your **hair extensions**? (It's damaging)
- How often do you **trim your hair**? (Split ends lead to breakage!)
- Do you **finger detangle** or use a comb? (Patience is necessary)
- Do you section your hair for cleansing or do you pile it?
- Do you dye your hair regularly? (Consider increasing moisture and/or protein needs read **about them**)
- How often do you use heat? (Do you use a heat protectant/control temperature...)
- Do you have the **omg-my-hair-is-so-beautiful-I-can't-stop-touching-it** syndrome? (avoid this)
- _____

STOP

MODIFY

ADOPT

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PRODUCTS

- Do you use products with **silicones**?
 - Are they water soluble or not?
- Do you **clarify** to remove **build up** or **hard water minerals**?
 - Do you have soft, medium or hard water?
 - Do you swim frequently? (protect and cleanse)
- How often do you **deep condition** for moisture/nutrition?
 - Every wash day/every other week
- How often do you deep condition for protein?
 - Every wash day, every other day,...
 - (at least 1/month or once every 6/weeks)
- Do you **deep condition overnight**? (read blog post!)
- Do you **pre-poo your hair**? (offers + protection)
- Do you use a **sulphate free shampoo**? (less dryness)
- How long do you **pre-poo** your hair? (min. 1hr)
- Do all, some or most of your hair products have proteins in it? (consider if you have protein overload)
- _____
- _____
- _____
- _____

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ACCESSORIES

- Do you wear a [satin bonnet and/or pillowcase](#) to sleep on?
- Do you use satin lined hats or beanies? (prevent moisture loss to wool, cotton, or synthetic fibres)
- Do your [hair accessories](#) have sharp or pointy metal parts it?
- Do you use hair jewellery on your hair? (it often snags or snaps hair)
- Do you tie your hair in rubber bands? (it breaks hair)
 - How often and how long for?
- _____
- _____
- _____

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WORKSHEET

NEW HAIR REGIMEN

PRE-POO CARE

- Oil/Oil Mix - _____
- Hot Oil - _____
- Oil/Conditioner Mix - _____
- Conditioner - _____
- _____
- _____
- _____

WASH ROUTINE

- Cleansing - Shampoo Co-wash Sulphate free
- _____
- Conditioner - _____
- Deep Conditioner - Moisture/Nutrition ___/Month
- Deep Conditioner - Protein every ___/Weeks
- Clarify/Chelating - every ___/Weeks
- Hair Stylers - _____
- _____

POST WASH

- Hair Method - LOC Curly Girl Greenhouse Effect
- _____
- Hairstyles - Protective Style Wash & Go _____
- _____
- Heat Styling - Yes ___/Month | No
- Styling Products - _____
- _____
- _____
- _____

HAIR MAINTENANCE

- Mid-week Moisture - _____
- Mid-week Co-wash - Yes No
- Satin Bonnet Satin Pillowcase Pineapple
- _____
- Hair Cut/Trim - Every ___/Weeks Trimester Quarter Semester
- _____
- _____
- _____
- _____