

5 THINGS YOU NEED TO KNOW WHEN CO-WASHING CURLY HAIR

1. SCALP CONDITIONS

- Co-washing deposits product ingredients on the scalp and hair.
- Deposited ingredients can worsen scalp conditions such as dandruff, dermatitis and psoriasis.
- If co-washing is done as the exclusive method to clean hair, it should be reconsidered.
- Talk to a dermatologist or trichologist.

2. EXERCISE

- Exercise and warm weather (Spring and Summer) increase scalp skin renewal.
- Renewal of the scalp's skin sheds tiny invisible cells (dead skin cells).
- Products ingredients from co-washing product pile up on top of shed skin cells.
- The combination of skin cells, product ingredients, exercise and warm temperatures foster the growth of bacteria and can result in dandruff.
- Co-washing is not enough to remove this threat.

3. PRODUCT INGREDIENTS & HARD WATER RESIDUE

- Ingredients present in cleansing conditioners such as silicones, mineral oil, butters and oils create build-up over time.
- Minerals present in water accumulate on hair strands, especially in areas with hard water.
- Stronger hair cleansing method is needed to remove all build up, as co-washing products are unable to.

4. MOISTURE OVERLOAD

- Conditioners and cleansing conditioners have ingredients that moisturise and condition curly hair.
- Co-washing every day or very often during the week gives hair a constant supply of moisture.
- Hair is weakest when wet if not left to dry it becomes extremely vulnerable and can break easily. There is also the possibility of **Hygral Fatigue**.

5. PROTEIN OVERLOAD

- Hair is mainly made of protein which is lost through daily manipulation or washing.
- Cleansing conditioners can be formulated with proteins to replenish hair's protein needs.
- Too much protein from co-washer and other products can cause protein overload and cause hair to break easily.
- Check for protein in products, especially the first five ingredients.