



BETTER HAIR KNOWLEDGE
FOR BETTER
MOISTURE
WORKBOOK

BETTER HAIR KNOWLEDGE FOR BETTER MOISTURE

Porosity

1. Do a strand test of your hair's porosity on a glass of water and record your results bellow.

For example, if your hair sinks to the bottom of the glass you have high porosity hair. If you need further help follow the link [here](#).

High Porosity

Medium Porosity

Low Porosity

2. Write down what kind of treatments you will include in your hair regimen to address your hair's porosity.

Refer back to this post [here](#) which explains how to improve high and low porosity hair.

Texture

1. Hair texture will guide you into your hair's preferences. Coarse hair generally likes heavy oils and butters while fine hair doesn't. Do a simple texture test and record your results bellow.

Fine hair, for instance, is barely visible while coarse hair is the opposite. If you need help follow the link [here](#).

Fine Texture

Medium Texture

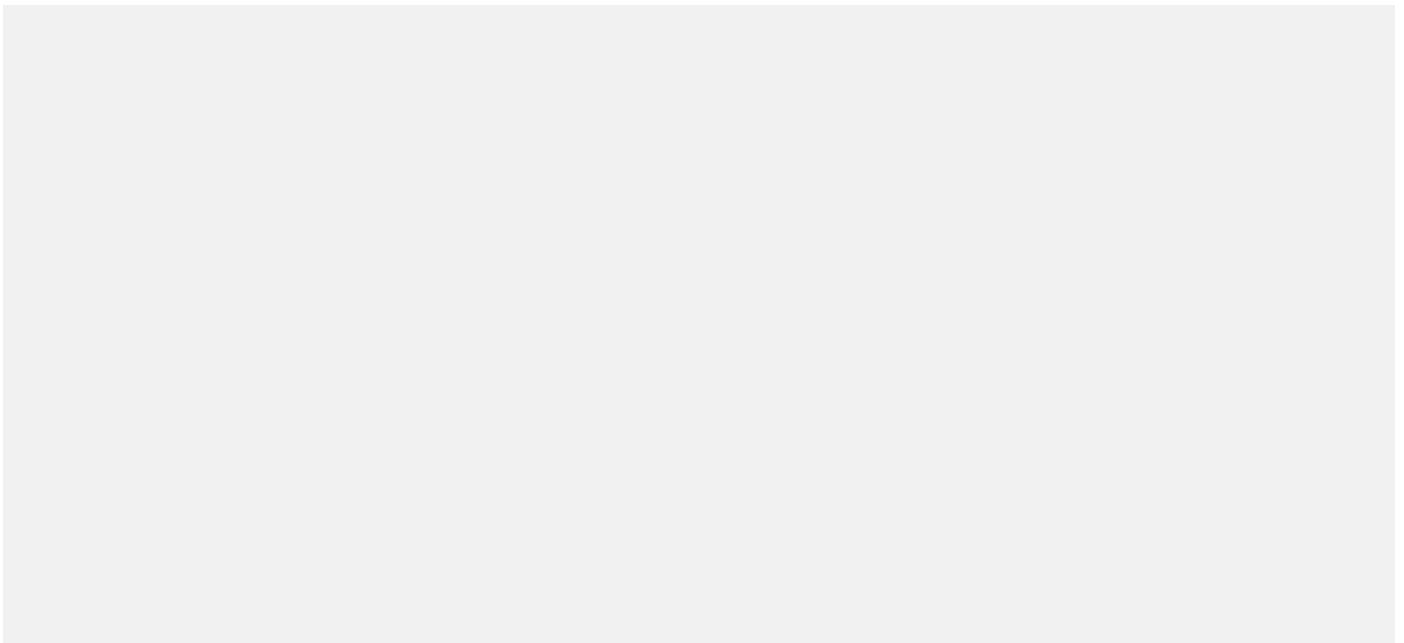
Coarse Texture

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Texture (cont.)

2. Have a look at your products ingredients and write down the ones that will complement your hair's texture.

For instance, if you have coarse hair products which have butters and oils as their first ingredients will suit your hair better. Refer back to the post [here](#) for more guidance.



Density

1. Knowing your hair density will tell you the amount of hair product your hair needs. Observe your hair in front of a mirror and record how easy it is to see your scalp.

For instance, if your scalp is difficult to see you have high-density hair. Click [here](#) for more guidance.

High Density

Medium Density

Low Density

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Elasticity

1. Your hair's elasticity (movement and bounce) is a good indication of its moisture level. To know your hair's elasticity take a wet hair strand, hold it on both ends between your index finger and your thumb and gently pull and release the hair. Register your results.

If your hair bounces quickly to shape thick the normal elasticity box, if it takes too long or never bounces back you have low elasticity. Click [here](#) for more guidance.

Normal Elasticity

Medium Elasticity

Low Elasticity

2. Depending on how your hair scored on the elasticity test, register all the products you will keep in your hair regimen, and when and how you'll use them.

With normal elasticity hair, you can rotate between products that have oils and butters. Only use proteins sparingly. Low elasticity needs proteins more regularly, but don't have it on all your products and don't use it all at the same time. For medium elasticity hair, you need to rotate oils and butters with proteins. Read [this post](#) for more information on deep conditioners and [this one](#) for knowledge of proteins for hair care

Don't forget to read through **[The 4 Elements of Knowing How to Moisturise Transitioning Hair](#)** blog post to help you fill in this workbook!