THE WATER ONLY WASHING METHOD



CLARIFY Remove product build up, hard water minerals

SCALP MASSAGE Stimulate sebum production & distribution along hair

WATER WASH Wash hair in sections & stroke to distribute sebum

BRUSH DETANGLE

Use brush to detangle hair and further distribute sebum

MOISTURE

No use of hair products. Use of vegetable oil in hair ends is optional only until hair is not covered in sebum

HAIR MAINTENANCE

Hair dry. While hair is not covered in sebum do protective styles to avoid dryness and breakage

Repeat daily from point 2 until hair is covered in sebum. Once hair is covered in sebum can take a 2 - 3 day break. Nappendice Name and Name and

DETANGLE & OIL RINSE style with aloe vera juice +rose water and shea butter cream

3 - 4 day break

SCALP MASSAGE

Stimulate sebum production & distribution along hair. Optional use of aloe vera juice to lightly moisten and avoid breakage

WATER WASH + MASSAGE

Wash hair in sections, massage scalp & stroke to distribute sebum

OIL RINSE

Facilitate finger detangling and seal moisture

MOISTURE

Aloe Vera Juice +Rose Water and shea butter cream

HAIR MAINTENANCE

Style as desired

3 - 4 day break Start from point 2, repeat for 2 weeks and Co-wash. Repeat process.

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THE Making it work for me! WATER ONLY WASHING METHOD



How will you clarify your hair?

Decide if you'll use a regular clarifying shampoo, natural hair product or a natural ingredient (i.e. clay).



How often will you wash your hair?

Will you wash your hair every day, every other day? Consider excessive manipulation and **hygral fatigue**.



Scalp massage.

How long will you do it for? Will you section your hair? Could you use a scalp masager to help?





Water Wash.

Will you wash with water only, will you use a **no-poo**, a **sulphate-free** solution or will you cowash (conditioner wash) your hair? How often?



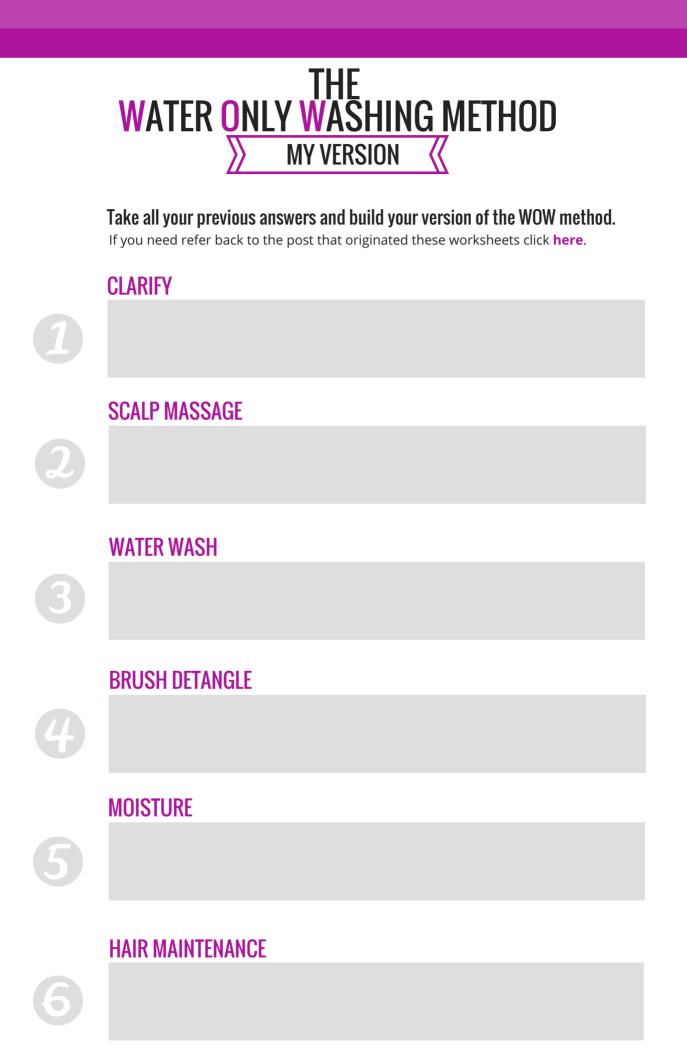
Brush Detangling.

Decide the use of a brush, comb or fingers to detangle your hair. Consider the amount of possible breakage with chosen detangling method.



Hair Maintenance and Style.

Will you abstain from using hair products, or will you use vegetable oils, a natural hair spray, or a cream? How will you keep hair moisture? If using oils or hair products, will you clarify to remove product build up? How often? Will you do this always or just until hair is covered in sebum? How will you keep/style your hair? Hair dry, protective style or combination?



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