

# THE WATER ONLY WASHING METHOD

## WOW

### 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.

1

2

3

4

5

6

## Natural 185 MODIFIED WOW

### CLARIFY, CONDITION, 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.

# THE *Making it work for me!* WATER ONLY WASHING METHOD

## 1 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).

## 2 How often will you wash your hair?

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

## 3 Scalp massage.

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

# THE *Making it work for me!* WATER ONLY WASHING METHOD

4

## Water Wash.

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

5

## 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.

6

## 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?

# THE WATER ONLY WASHING METHOD

## MY VERSION

Take all your previous answers and build your version of the WOW method.  
If you need refer back to the post that originated these worksheets click [here](#).

### CLARIFY

1

### SCALP MASSAGE

2

### WATER WASH

3

### BRUSH DETANGLE

4

### MOISTURE

5

### HAIR MAINTENANCE

6