

# BUILDING A HAIR REGIMEN

For more in-depth instructions, first, check out the  
blog post [Finally! A Hair Regimen That Works](#).

## CLEANSING

1. Will you use a regular shampoo to wash your hair, or will you go no-poo or low-poo? What about co-washing? What products you'll use? How often you'll wash your hair?

2. Will you include any extra practice such as pre-pooing? Write down what you intend to do, how often and what you'll use.

## CONDITION

3. Write down when, how often and what you'll use to condition your hair.




4. How will you detangle your hair? Is there anything that can make this task easier?

### **DEEP CONDITION**

5. How often will you deep condition your hair? Consider moisture and protein balance.

### **MOISTURE**

6. What are your staple moisturising products? How/when will you use them?



7. Will vegetable oils be used to help moisturise your hair? Which ones, penetrating or sealing oils, or both?

### **MANIPULATION & MAINTENANCE**

Write down habits that can damage your hair such as excessive manipulation or change of hairstyles. How will you maintain your hair at night and during the week? When will you trim your ends?

### **STYLING**

6. Will protective or low manipulation styles be a part of your hair regimen? What about heat styling tools? How will you use these?



## TIME TO BUILD THE PUZZLE

Write down what you'll be doing on each day of the week, such as your wash day, co-wash, hairstyle, deep condition or hair maintenance.

**MONDAY**

**TUESDAY**

**WEDNESDAY**



**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**