

WINTER HAIR PREP

Cheat Sheet

STEP 1: Trim Your Hair

Start with a clean slate and give your hair a **good trim** if you haven't done so in a while. After Summer, it's always a good idea to get rid of any split ends as a result of sea salt, chlorinated water and sun damage.

STEP 2: Clarify

Clarifying your hair is a good practice not only to get rid of product build-up on your hair but also to prep your hair for the new tweaks your hair regimen will need for the Winter. This way your hair will respond better to new products that will be introduced.

STEP 3: Deep Condition

Deep condition without fail on every wash day, preferably once a week. This is your hair's opportunity to get rehabilitated from the harsh Winter weather and use of high temperatures indoors. A few of the benefits are increased moisture, strength and elasticity. Don't forget to **balance your deep conditioning sessions** between moisture and protein. If possible, apply heat or use a steamer to increase the beneficial effects on the hair.

STEP 4: Seal The Moisture In

Seal the moisture in for longer and protect your hair against the Yo-Yo of dry cold temperatures outside and warm/hot temperatures indoors. Use a sealing vegetable oil to work as an occlusive or a hair butter like shea butter or cocoa butter. As an alternative, you can do the **LOC Method**.

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STEP 5: Protective Hairstyles

Protective hairstyles are a great way to protect the hair against the damaging effects of the Winter. The purpose is to keep the ends of the hair tucked away and out of sight. This will help to retain hair moisture for longer, will reduce hair breakage, manipulation, split ends and tangles, and will also help to increase hair growth.

STEP 6: Avoid Heat

The repeated use of heat to straighten your hair can cause permanent changes in your hair, especially when done on a high heat setting. Drastically reduce heat for this purpose and use a lower setting. **Heat** is more beneficial when used in conjunction with your deep conditioning treatments.

STEP 7: Avoid Chemical Hair Dyes

Using chemical hair dyes will permanently alter your hair structure by increasing its porosity. This will make moisture retention more difficult, it will increase hair dryness and hair breakage. Think about using **Henna**, a natural plant dye that will do the exact opposite to your hair.

STEP 8: Bagging

Because the ends are the oldest part of your hair and can get dry and damaged more easily, paying extra attention to them is always a good practice, especially if you haven't trimmed your hair in a while. The bagging technique can be used for this, simply apply a conditioner or moisturiser and cover the hair with a plastic bag or cap for half an hour to a few hours (there's no need to drench your hair).