



# **WHAT YOU NEED TO KNOW**

**BEFORE YOU BUILD YOUR**

# **HAIR ROUTINE**

**#HairRoutinePrepWork**

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# Finding Your Hair Needs

Refer back to post "2 Things You Need To Before You Build Your Curly Hair Routine".



<b>Porosity Test Observation</b>	Floats	Doesn't Float or Sink Down	Sinks Down
<b>Hair Porosity Test Results</b>	Low Porosity Hair	Medium Porosity Hair	High Porosity Hair
<b>Porosity &amp; Moisture Needs</b>	Increase Moisture Intake	Maintain Moisture Needs	Increase Moisture Retention
<b>Porosity &amp; Moisture Needs</b>	every 4 to 6 weeks	once a month	1 - 2x month
<b>Hair Care Results on Hair</b>	Soft, smooth & moisturised	+ manageable, soft, smooth less frizz	stronger & more moisturised
<b>Your Porosity Test Results</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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# Building A Stress-Free Hair Routine

Refer back to post "3 Things You Need To Consider For A Stress-Free Curly Hair Routine".



## What is your Lifestyle intensity?

Consider work, studies, family obligations, exercise, hobbies, etc.

Light

Moderate

Intense

Very Intense

Having in mind your chosen lifestyle intensity, how do you want your hair routine to be?

Simple with just the basic steps

Moderate with a few extra steps

Elaborate with extra TLC steps

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# Building A Stress-Free Hair Routine

Refer back to post "3 Things You Need To Consider For A Stress-Free Curly Hair Routine".



Choose how frequently to perform the following hair care practices (add some of your own if you want to.)

(Consider suggestions in post)

	Weekly	Fortnightly	Monthly
Pre-poo			
Scalp Massage			
Cleansing			
Clarifying			
Conditioning			
Oil Rinse			
D. Conditioning			
Moisturising			
Sealing			
Hairstyles			
Hair Trim			
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