

7 STEPS TO BETTER HAIR MOISTURE CHEAT SHEET

1. FIND HAIR POROSITY

- Take clean, shampooed and dried hair strand of hair (not co-washed or washed with sulphate-free shampoo).
- Place hair in glass of water, wait a few minutes, observe and record if it stays on top, middle or bottom
- Top = High Porosity Middle=mediumd/Normal Porosity Bottom=Low Porosity

2. ELIMINATE PRODUCTS WITH DRYING INGREDIENTS

- **Fast Drying Alcohols:** Alcohol, Ethanol or Ethyl Alcohol, SD (Especially Denaturated) Alcohol, Isopropyl Alcohol, Isopropanol or Propyl Alcohol, Propanol.
- **Crude Oil Derivatives:** Mineral Oil, Petrolatum, Parafinum Liquidum.
- **Silicones:** film forming ingredients that generally end in “**cone**”, “**conol**”, “**xane**”. Some examples are Amodimethicone, Dimethicone, Cetearyl Methicone, Cetyl Methicone, Dimethiconol, Stearyl Dimethicone or Cyclopentasiloxane.
- **Surfactants/Sulphates:** basically detergents that clean, most commonly used ones are Sodium Laureth Sulphate, Sodium Lauryl Sulphate, Sodium Myreth Sulphate, Ammonium Laureth Ether Sulphate, Ammonium Lauryl Sulphate, Ammonium Xylenesulfonate and Sodium Xylenesulfonate.

3. GIVE PREFERENCE TO MOISTURISING INGREDIENTS

- **Moisture Infusing Ingredients:** Water or Plant, Flower, Herb or Fruit Infused Water.
- **Moisture Grabbing Ingredients:** Aloe Vera, Honey Panthenol, Glycerin, Agave, Propylene Glycol, Hydrolyzed Proteins, Marshmallow root/seed extract, Penetrating Vegetable Oils (ex.: coconut, argan, olive, avocado).

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3. GIVE PREFERENCE TO MOISTURISING INGREDIENTS (CONT.)

- **Moisture Retaining Ingredients:** Penetrating (ex.: coconut, argan, olive, avocado) and Sealing Vegetable Oils (Ex.: Almond, Castor Oil, Grapeseed, Jojoba), Butters (Ex.: Shea, Cocoa, Mango)

4. OIL PRE-POO (BEFORE WASHING)

- Choose any vegetable oil of your preference to apply on hair, cover and let it sit for at least 1 hour.
- For best results, and if using a penetrating oil, leave treatment overnight.
- Use of heat speeds up and facilitates oil penetration. Especially good for low porosity hair.

5. DEEP CONDITIONING

- Weekly deep condition hair to replenish nutrition and moisture needs. It will strengthen hair, improve elasticity and make hair more resilient to damage, smoother and shinier.
- For best results, use heat to increase treatments benefits.
- Balance between moisture and protein treatments.
- Severely damaged, coloured, and hair that is frequently heated styles will need more protein treatment.
- Low porosity hair needs less protein (once every 6-8Wks)
- Medium porosity hair should use protein once every 4-6 Weeks.
- High porosity hair needs a protein treatment a minimum of once a month.

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6. SEAL & DELAY MOISTURE RELEASE

- Delay moisture release from hair by sealing with vegetable oils or a butter.
- Use products that have as their first ingredients moisture grabbing and retaining ingredients (**check step number 3**)
- Light or penetrating oils are best for easily weighed down low porosity hair. (Ex.: Coconut, Almond, Argan)
- Sealing oils are best for high porosity hair.

7. PROTECTIVE OR LOW MAINTENANCE HAIRSTYLE

- Help reduce moisture release, hair breakage and tangles and knots and improve your length retention by adopting these hairstyles.
- Protective Hairstyles keep the ends of the hair tucked in (Ex.: buns, updos, bantu knots, wigs).
- Low Maintenance Hairstyles don't keep the ends tucked in, they can be braids or twists or their flat versions. Be imaginative!