

**WHAT TO KNOW,  
DO & HAVE BEFORE  
YOU START YOUR  
CURLY HAIR JOURNEY**

**workbook**

# KNOW

## STEP 1

Decide. Do you want to transition or big chop?

If you decide to transition, for how long do you intend to do it initially?

## STEP 2

Hairstyles. What will you do for?

Rocking my TWA  Braids  Twists  Wig   
Hair Extensions  Wash & Go  Other \_\_\_\_\_

## STEP 3

What will you do to deepen your knowledge of curly hair?

Name three or four places where you can go and look for good information. It can be books, a blog, online dictionary or a YouTube channel. The first line is already filled! ;) (Make sure the information is reliable)

**01** **Curly Hair Lounge** - curlyhairlounge.com

**02**

**03**

**04**

# KNOW

## STEP 4

What will your hair product approach be?

What ingredients will you avoid in your products? Consider allergies to any ingredients. Write down the ingredients you want to avoid.

Petroleum-  
Based  
Ingredients

Silicones

Sulphates

Alcohols

Other  
Ingredients

## STEP 5

What will the origin of your product ingredients be?

Natural/  
Organic

Naturally  
Derived

Synthetic

## STEP 6

This is when you get to know the lingo in the natural hair community. Use [this link](#) to this post where you can download '***The Hand Natural Hair Jargon Translator***'.

# DO

## #01 Stop Chemical Treatments

What chemical treatments will you abstain from doing? Relaxing is mandatory for a curly hair journey.

Relaxer  Bleach  Dye/Colour  Keratin Treatments

## #02 Heat Use

What will be your use of heat be and how often?

Hair Straightening

Deep Conditioning

Other (e.g. hair treatments like a pre-poo)

## #03 How often will you trim your hair?

3-months  4-months  6-months

12-months  Other \_\_\_\_\_

## #04 How often will you deep condition?

Remember, deep conditioning works best when done regularly and moisture and protein needs are balanced.

Weekly

Bi-Weekly

Monthly

Forthnightly

Other \_\_\_\_\_

## #05 How often will you wash your hair?

Remember, hair loses moisture anywhere between 3-10 days and this is influenced by your climate, products used, etc..

Weekly

Bi-Weekly

Monthly

Forthnightly

Other \_\_\_\_\_

## #06 How will you be detangling?

Hands

Detangling Tool

Both

# HAVE

## HAIR PRODUCTS

### #01 Shampoo

After doing your own research, write down your chosen shampoo, clarifying shampoo and co-wash. Doing an oil pre-poo? Jot down your chosen vegetable oil.

Shampoo

Clarifying  
Shampoo

Co-Wash

Pre-Poo

### #02 Conditioner

There are different types of conditioner. For this section, consider your regular conditioner and your deep conditioner.

Regular  
Conditioner

Deep  
Conditioner  
(moisture)

Deep  
Conditioner  
(protein)

# HAVE

## HAIR PRODUCTS

### #03 Moisturiser

There are many products in this category with different denominations, make sure water is the first ingredient. Have one at least.

#1

#2

### #04 Butter

This product is based in a hair butter or it can have water as first ingredients and then is heavily followed by hair butters.

#1

#2

### #05 Styling

Look for products that are labelled as 'curl defining', 'gel', 'jelly', 'custard', 'foam', 'mousse', etc.

#1

#2

# HAVE

## HAIR TOOLS

### #01 Sleeping Aid

There are many products in this category with different denominations, make sure water is the first ingredient. Have one at least.

Satin/Silk Bonet

Satin/Silk Pillowcase

### #02 Detangling Tool

Choose the detangling tool you'll be using. It can be more than one.

Hands

Comb

Felicia  
Leatherwood  
Brush

Tangle  
Teezer

Denman Brush

Other \_\_\_\_\_

### #03 Deep Conditioning Tool

Deep conditioning is more effective for curly hair when left to act for 20-30 minutes and heat is applied or generated.

Plastic  
Bag/Cap

Cling Film

Heated  
Cap/Wrap

SoftHood  
Hairdryer  
Attachement

Steamer

Other \_\_\_\_\_



# HAVE

## HAIR TOOLS

### #04 Towel

Regular towels remove too much moisture from hair. A T-shirt or a microfiber are better options, choose yours.

Microfiber Towel

T-shirt

### #05 Hair Blending Tool

These are good to achieve different hairstyles, but are key to blend 2 different hair textures when transitioning.

Curlformers

Perm Rods

Flexi Rods

Tangle  
Teezer

Denman Brush

Other

### #06 Scarf

Scarves are a good solution to help lay your edges down. If big enough, they can also be used for stylish and/or lazy hairstyles with headbands or wraps.

Regular  
Satin/Silk  
Scarf

Motif  
Satin/Silk  
Scarf