

The Basic Guide To Juicy Curls

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My journey to natural hair started back in 2013 and since then not a lot has changed in terms of hair care. In my 2,5 years transitioning to natural hair and the time since then there has been a wealth of information available and new hair brands starring in the market all the time.

It's easy to find information about hair porosity, curl type, hair moisture, DIY concoctions, protein treatments and the Curly Girl or the LOC Method.

"Though I'm all for knowledge, much of what is out there is misinformation and unnecessary hair care practices that leave people confused and overwhelmed."

One could debate about the usefulness and effectiveness of some of the hair care practices out there and, speaking as someone who engaged in a few of them, I can tell you that curly hair care is a lot more simple than you think.

01 KEEP IT CLEAN

The key to hair health, moisture and a good hair set is hydration. For this, make sure you shampoo (use sulphate free) and condition your hair and **keep water repellent or film-forming ingredients away from your hair**. This means raw ingredients or products which are heavy on these ingredients. Here's what you should look for:

- Hair silicones (dimethicone and those ending in cone, conol or ane. Go for those which start with PEG or PPG)
- Heavy butters (yes, shea butter, too!)
- Oils

Make sure these are not present in the first 5 ingredients of your products. Try it for at least 30 days and you'll notice a change on your hair. It's simple chemistry, Hydration equals Water and water doesn't mix with water repellents.



02 SET YOUR HAIR

If your hair is well cleaned and conditioned it is hydrated, but water evaporates so your moisturiser and styling product will help to delay this loss of water and keep your hair moisturised for a longer period.

A wash and go is the perfect hairstyle to let your curls live and for this hair a gel is a good choice. It will highlight the natural definition of your curls, creating a cast that can be removed once the hair is 100% dry.

I like to go for a **water-based botanical gel** that has water-soluble ingredients. However, the important thing is that you follow step 01 when looking for the gel to set your wash and go.



03 DON'T FORGET

To keep your curls in tip-top condition don't forget:

- **Hair Cut** - getting rid of frizzled and split ends and making sure your hair has a shape will help secure hair moisture (i.e. juicy curls) and that your hairstyles set well. Make sure you seek a professional every 3-4 months (sooner if you colour/bleach).
- **Deep Condition** - I'm a sucker for deep conditioning and I highly advise you do it at least once a month. Just make sure you know your hair needs and use the right one. When in doubt go for a deep conditioner/mask that doesn't have proteins, one that says Moisture, Hydration or Moisturising. For more info about this check my [Curly Guide To Deep Conditioning](#).

And this is it. Pretty simple, right!? No 15-step wash day with 5 or more product applications. Just remember:

- No oils, butter and silicones in first 5 ingredients
- Use a sulphate-free shampoo and condition your hair
- Use a water-based botanical gel to set your curls free.

Very Important! As you start this simple hair routine, make sure you reset your hair by clarifying it, you may need a second application if you've been a heavy user of products with the ingredients mentioned in point 01.