


Curly Routines and Tips

Cleanse-Condition-Style - Create a routine that fits your LIFE! Curly Girls & Gents vary their routine depending on Curl Type, activity level and even the weather!

A simple routine begins with Cleansing with the Curly Cleanser that provides the moisture and cleansing that you need. Begin by thoroughly rinsing and gently massaging the scalp. If your curls are extremely tangled, you can begin with conditioner to detangle. Concentrate on cleansing the scalp, not the strands, massaging with fingertips (definitely not your nails). As the Curly Cleanser rinses, it will clean your ends. Rinse thoroughly to remove cleanser completely from scalp and strands. Your hair is like a sponge, the best way to rinse it is under running water, squeezing gently. Apply Conditioner from ends towards the scalp and detangle. You can detangle with your fingers, wide-tooth comb or any brush that works for you. Add water in as you work the Curly Conditioner through to encourage curl ribbons to form. Gently rinse.

While your curls are soaking wet, apply products of your choice. Product applications vary as much as curls do... Some CGs goals are definition, while others are looking for volume or length. Each technique has its own benefits, so try them all. And this is just the basics.

Finger Combing – this technique works to distribute product evenly, throughout your curls. And is just like finger detangling. Apply product to your hands, emulsify onto your fingers and allow your curls to hang so that you can “comb” the product through. You can hang upside down or flip your curls from side to side or do both!

Prayer Hands – Gently glide products over your curls, keeping your hands together as in prayer  Glide all the way OFF your strands, don't get to the ends and then separate. You want your hands to be together the entire length of your curls. This technique generally results in the most clumping.

You can also combine techniques, I use finger-combing to start and then will use prayer hands for my topper or layering products. After applying product, softly scrunch to allow the product to bond with the water to increase moisture. Then continue scrunching to encourage more/tighter curls, depending on your #CurlGoals. Another technique includes pulsing and scrunching/holding your scrunch to increase your curl hold.

After product application, scrunch out excess water, then gently scrunch with microfiber towel or t-shirt. Do not dry, just remove excess water. Arrange your curls how you like them and Air-, Hood or Diffuse Dry.

Clipping Using clips are easy and can be really helpful with your styling, especially when you want more volume, to fix a curl on your Refresh day or to help direct curls to stay out of your face! You can use one or two at a time. Here are few options...

To create lots of Volume

- Using one clip, while curls are wet, gently pinch a curl ribbon between thumb and index finger and push up, then apply the clip to hold.
- When using two clips at once, start with clips in each hand and gently push curls together, crisscross the two clips together in an X. Allow curls to dry completely, gently remove all clips and then SOTC, *Scrunch Out the Crunch*. This will release the protective cast that has formed during the drying process and release soft, beautiful curls!

Drying

Drying your curls can be accomplished through Plopping, Air-Drying, Hood or Diffuse Drying and any combination! Using clipping techniques during drying will help to build in Volume and can encourage curls or help with directing curls. Plopping works especially well when drying overnight to protect curls. Air-drying allows you to avoid heat will help keep your curls healthy! If you diffuse dry, remember to use heat cautiously and always to finish with cool air to prevent frizz and lock in your curls!

Refresh Routine

When determining your Refresh Routine, I recommend trying out a few different methods and products to find one that works for you. This simple routine is a great place to start! You will need a spray bottle, leave-in conditioner, product of your choice and a clip to section.

- Begin with a spray bottle and fresh water. Some recommend distilled as it won't go "bad," but I find using fresh water saves the trouble!
 - you can add a bit of your favorite Curly conditioner or leave-in to the water, but I prefer doing this as a separate step, you can control the amount and it works better.
 - Depending on length and amount of hair, sectioning will make this process easier. Start in the back, clipping the front and top sections out of the way.
- Mist hair to slightly damp, not soaking wet. Using prayer hands, smooth the water over your curls.
- Then apply a small (pea size) amount of leave-in or lightweight conditioner, again with prayer hands, if necessary, to detangle, do so now. You can add more water if needed, but again, we are going for damp, not soaking wet.
- Apply a small amount of styling product, again gliding over the section and scrunch. Continue until all curls/sections are done. After completing this step, you can clip and air-dry or diffuse dry! Remember to use cool air at the end of any diffuse drying.