Hair Quiz

After a wash how long until your roots get oily again?

- 1-2 days = oily
- 3+ days = dry



What does a single strand of your hair feel like?

- Barely feel it = fine
- Feel it slightly = medium
- Feels like sewing thread = thick

What is your hair texture before using heat tools and products? Use the hair chart below to help you.

- Straight
- Curly
- Wavy
- Natural

What are your hair goals?

- Growth
- Strengthen
- Repair
- Clarify



Everyone's hair is unique! Because of this, you might need to practice and try different methods and products until you find what works for your hair. Keep notes of what you've tried and what your results were, and most important of all, pray for your hair!

Hair Type Chart



But if a woman have long hair, it is a glory to her:

1 Corinthians 11:15

Products & Tools

Use products formulated for your hair type

Washing



Shampoo & Conditioner
Look for sulfate and paraben free.



Pre-shampoo
Protects hair and roots from losing moisture during shampooing.

Drying



Hair Towel
A microfiber hair towel is gentle on the hair strands and prevents breakage. Other towels are very harsh on hair.



Heat protectant
Adds a barrier between hair and hot styling tool.



Blow dryer & diffuser attachment
Use diffuser for wavy and curly hair. Cuts dry time, reduces frizz, adds volume, and defines your curl pattern.

Brushing



Hairbrush
Helps distribute natural oils which prevents dry hair strands, breakage, frizzing, split ends, and overly oily roots. Plus, you get a heathy shine. A natural bristle brush will promote smoothness and shine.



Wet Brush
Runs through hair easier when wet; detangling without pulling or tugging.

Wide-tooth Comb
Easier to detangle hair without breakage.



Hair Oil
Helps the appearance of split ends and prevents breakage.



Styling & Refreshing



Texture Spray
Adds volume, definition, and more hold to all hair types.



Water
To dampen hair for heatless curls, pin curls, and refreshing curly hair.



Hair Spray
Keeps hair in place.



Leave-in Conditioner
Provides extra moisture for dryer hair and can be used for detangling hair. Best for thicker hair.



Mousse
Controls hair style.



Detangler
Coats hairstands to prevent tangling.



Hair Gel
Controls hair style.



Curl Cream
Defines curls and allows the hair to fall in its natural curl pattern.



Citrus Oil
Dissolves elastic polybands in hair to easily remove them without damaging hair.



Heatless Curl Set
Curls hair without using damaging heat.
Robe tie, clip,
2 silk scrunchies
& "Johnny" pins.

Treatments



Scalp Scrub
Clarifies roots from buildup of products, stimulates hair follicles.



Hair mask
Repairs, strengthens, clarifies & promotes growth.



Castor Oil
Boosts hair growth and strengthens hairstrands.



Silk or Satin Pillowcase
Helps hair glide freely on pillowcase, preventing friction which causes frizz and breakage.

Shower Cap
Helps protect curl patterns and straight styles when sleeping. Also use when applying hair treatments and masks.

Haircare Routine

Washing

- **Flip your hair over to shampoo.** This helps get hair fully clean and increases circulation to your scalp, which helps promote hair growth. Use your fingertips and gently massage shampoo into scalp. Do not use your fingernails as this will irritate your scalp.
- **Use lukewarm water.** Hot water can dehydrate your scalp and strip your hair of its natural oils, which can lead to breakage and frizz.
- **Only shampoo scalp.** The product will rinse out through the rest of your hair. Applying shampoo to your ends can dry them out.
- **Double cleanse.** This helps remove product buildup.
- **Avoid Overwashing.** Overwashing can damage your hair.
- **Condition your hair**. Apply conditioner to your hair. Leave it on for 2-5 minutes for best results. Then thoroughly rinse it out.

Drying

- **Gently squeeze excess water from your hair.** Do not wring or twist. Use a microfiber hair towel. Other towels damage hair and cause breakage. If your hair is longer than the towel, gently tuck the lengths upward before you wrap the microfiber hair towel.
- **Let your hair air-dry .** This will help stretch out your washes and avoid heat damage.
- **If using a hair dryer**, use low heat as much as possible. Do not forget to use heat protectant.

Brushing

- **Always keep your brushes clean.** Your brush can be full of styling products. You can wash your brush with shampoo or soap.
- **Be very gentle** when brushing your hair.
- **When brushing, hold hair** about half way down and start brushing from ends and work your way up to your scalp. Holding your hair helps your hair to not pull. Brush your hair in sections.
- **Only comb/ brush when necessary.** Overly brushing can cause breakage, split ends and oily scalp.
- **Apply hair oil to ends** after brushing. This helps improve appearance of split ends and prevents breakage.

Dry Brushing

- **Use a wide-tooth comb or brush.** You can use a comb or your fingers to get out tangles before brushing with a brush.

Wet Brushing

- **First towel dry your wet hair and** make sure it is not soaking wet.
- **Spray a detangler** throughout your hair. Use a wide-toothed comb or wet brush to comb out tangles. Re-apply detangler as needed.
- **If you are tender headed or have thicker hair,** wet brush or comb your hair before rinsing the conditioner out to help with detangling.

Styling

- **Always use a heat protectant** when using any hot tools. This creates a barrier between your styling tool and your hair, sealing in moisture and preventing frizz. We recommend minimal use of hot tools because they damage your hair.

Sleeping

- **Satin/Silk pillowcases** are best for your hair when sleeping. The smooth silk reduces friction between the fabric and your hair which helps prevent tangling, knotting and frizz.
- **Apply hair oil to ends** each night. This helps with the appearance of split ends and prevents breakage.
- **Protective Hair styles for sleeping:**

1. Braid your hair before you go to sleep to help with tangles and frizziness.

2. Twist your hair, put in a top knot on the top of your head, and secure it with a soft scrunchy or clips.

Vitamins

- Vitamins help promote healthy hair growth and thickness.

B vitamins
Vitamin D
Vitamin E
Zinc
Biotin
Collagen
Omegas

Oily Roots

Products

Pre-shampoo
Volumizing shampoo
Clarifying shampoo
Lightweight conditioner
Light hair oil
Detangler

Washing

Wash your hair every 2-3 days.

Minimize touching your hair.
Avoid products with silicone. Many products, including shampoos, conditioners, creams, and styling products are made with silicone to help smooth hair and add shine. Silicones can build up on the hair and make it look oily and weigh your hair down. The most common silicones you'll find in hair products include:

- dimethicone
- cyclomethicone
- amodimethicone

Over washing

Over washing can strip your scalp of natural oils. This may cause it to produce more oil to rehydrate. You can slowly stretch how frequently you wash your hair. This method can help balance out your scalp's oil production. It can take several weeks for your scalp to adjust.

Drying

Use a light hair oil on your ends.
When blow drying hair, flip your hair over and blow hair up and away from scalp.

Styling

Straightening irons and blow dryers can give you a smooth, sleek finish, but they can also make your hair look oily faster.

Dry Roots

Products

Pre-shampoo
Nourishing or strengthing shampoo
Hydrating conditioner
Deep conditioning treatment
Leave-in conditioner
Hair oil

Washing

Follow the wash guide for your hair type.

Don't overwash. You need to allow your scalp to produce oils.

Pre-shampoo

This helps condition the scalp and provides your hair with a protective layer, adds extra moisture, promotes softer hair, also helps the effectiveness of conditioner and makes it easier to detangle. Use a deep conditioning treatment weekly. Use oil on the ends of your hair.

Drying

Dry hair is prone to breaking, so it is good to dry gently.

Brushing

Be gentle with your hair and comb carefully.

Styling

Avoid using heat tools as much as possible.

Straight Haircare

Products

Mild shampoo Light conditioners & Hair oils
Detangler Dry shampoo Texture spray

Washing

- Wash hair every 2-3 days and follow the washing steps from Haircare Routine.
- Apply conditioner only on your ends, so it doesn't weigh your hair down. Thoroughly rinse out conditioner with lukewarm water.

Drying

- Gently squeeze excess water from your hair with a microfiber hair towel.
- Air dry your hair.
- If using a hair dryer, use low heat as much as possible. A diffuser attachment is not needed. Do not forget to use heat protectant.

Brushing

- Be gentle when brushing your hair.
- A paddle brush helps with the frizziness that straight hair is prone to.
- Apply hair oil to ends after brushing. This helps improve the appearance of split ends.
- Follow the Haircare Routine for brushing.
- Use a brush with natural bristles to promote shine and smoothness.
- Detangler is great for straight hair because it is lightweight compared to leave-in conditioner which weighs hair down.

Styling

- Once your hair is dry, apply finishing products such as hair oil. Apply hair oil to the ends of your hair.
- Don't overuse products; this weighs the hair down.
- Heatless curls add more volume and texture to your hair without causing heat damage. They also tend to last longer than hot iron curls.
- Limit the use of heat styling tools and use heat protectant spray whenever you cannot avoid it.

Sleeping

- Use a satin/silk pillowcase and hair cap to reduce frizz and breakage.
- Use a protective hairstyle for sleeping such as a braid from the base of the head to the ends or a twist.

Refreshing

- Use dry shampoo on your roots to help with oiliness and extend time between washes.
- Texture spray is great for volume.
- Apply oil to ends after brushing.



Wavy Haircare

Products

Moisturizing hair products Pre-shampoo Hair oil
Leave-in conditioner Curl cream Dry shampoo & Texture spray

Washing

- Wash hair 2-3 times per week. Follow the washing tips from Haircare Routine.
- Wavy hair tends to become dry easily. Excessively shampooing your hair can take out its natural moisture.

Drying

- Gently squeeze excess water from your hair with a microfiber hair towel.
- Air dry: Touch and move your hair as little as possible while it dries.
- Diffuse: Use a hair dryer with a diffuser attachment and apply heat protectant. Gently cup your hair in the diffuser bowl, working in sections until your hair is dry.
- Hover diffuse: Hold the dryer a few inches away from your hair. Beginning with the roots, flip your hair over and hover diffuse around your head on all sides. When your roots are mostly dry, begin cupping the lengths of your hair in the diffuser and lifting toward the crown to encourage more waves.

Brushing

- Detangle your hair before washing. Use a wide-tooth comb to ease out tangles before washing. If you are tender headed, some find combing or wet brushing after applying conditioner during washing softens your tangles and they come right out.
- Wet brushing after you wash works great, too, just apply your leave-in conditioner first.
- Make sure to follow the brushing technique from the Haircare Routine and be GENTLE.

Styling

- Once your hair is dry, apply finishing products such as hair oil. Apply hair oil throughout hair, except for your roots.
- Touch your waves as little as possible while they are drying. Limit the use of heat styling, but use a heat protectant spray whenever you cannot avoid it. The high temperature from heat styling tools can remove the natural texture of your waves and make them dull. It also strips moisture from your hair.
- Styling your hair while it's damp is a good way to prevent frizz

Sleeping

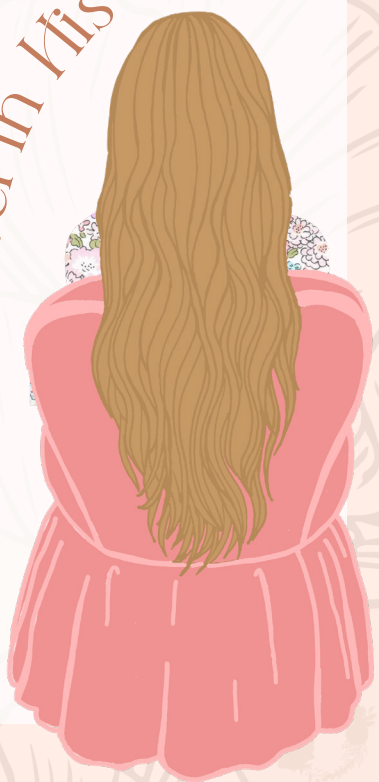
- Use a protective hairstyle for sleeping such as a braid from the base of the head to ends or a twist.
- Use a satin/silk pillowcase and hair cap to reduce frizz and breakage.

Refreshing

- The day after washing your hair, spritz your hair with water and a little oil and scrunch the waves before they dry. Then you can use your diffuser on the cool setting.



Jewel in His Crown



Curly Haircare

Products

Moisturizing hair products Pre-shampoo Hair oil
Leave-in conditioner Curl cream Hair gel Mousse & Hair spray

Washing

- Wash hair 1-3 times per week. Follow the washing tips from Haircare Routine.
- Curly hair is prone to dry strands, so be sure not to overwash. If your hair is more coarse, try swapping your shampoo for a "cowash" or conditioning cleanser. This will help to clean your hair without stripping away the natural oils.
- Curly hair can easily develop buildup from all the stylers that you use, so make sure to clarify your hair at least once per month.

Drying

- Gently squeeze excess water from your hair with a microfiber hair towel.
- Air dry: Touch and move your hair as little as possible while it dries.
- Diffuse: Use a hair dryer with a diffuser attachment and apply heat protectant. Gently cup your hair in the diffuser bowl, working in sections until your hair is dry.
- Hover diffuse: Hold the dryer a few inches away from your hair. Beginning with the roots, flip your hair over and hover diffuse around your head on all sides. When you feel a slight cast/stiffness in your hair, begin cupping the lengths of your hair in the diffuser and lifting toward the crown to encourage more curl.

Brushing

- Detangle your curls with a wide-toothed comb or your fingers before washing.
- After washing your hair, simply run your fingers through your hair. Curly hair is more prone to break if combing or brushing while it's wet. Be gentle and patient.
- If you are tender headed, some find finger combing before washing and then using your wet brush/wide-tooth comb afterwards with your curl cream is better for getting tangles out. Make sure to use the brushing technique from the Haircare Routine and be GENTLE.
- Try using curl cream. Apply to wet hair after rinsing out your conditioner. Apply from roots to ends and comb gently to evenly distribute. Finger comb when hair is wet or wet brush or comb.

Styling

- After rinsing your conditioner, apply styling products from roots to ends. Comb, finger-comb or wet brush to distribute evenly. If your hair is thick, try dividing it into sections before applying.
- Sometimes frizz is just a thirsty curl! Try applying products while your hair is still very wet. If it begins to dry while you are applying your products, spray water on your hair with a spray bottle. You should hear a slight squishing sound when you scrunch the product in.
- Not all products work for all curls. Experiment with different products, product weights, and combinations. If you have fine hair, a heavy curl cream might weigh your hair down. Try a mousse, or thinner "lightweight" creams and gels. If you have coarse hair, you may need thicker, moisture-rich products.
- Try layering products. Use a curl cream to add moisture and a gel or mousse over top to create more hold and definition.
- If your hair is crunchy or stiff after it dries, this can actually be a good thing, as it means your hair curls are sealed/defined. When your hair is completely dry, gently scrunch with a hair oil until your curls soften. You can also try using a little less product or choose stylers that have a medium or light hold.

Sleeping

- Pile your hair on top of your head and use a soft scrunchie to secure it, or sleep with a high ponytail to keep the curls from frizzing, flattening, and forming tangles.
- Use a satin/silk pillowcase to reduce frizz and breakage.

Refreshing

- The day after washing your hair, spritz your curls with water or apply other products like curl cream or a light leave-in conditioner and scrunch the curls before they dry. Then use your diffuser on the cool setting.You can add gel and mousse to help with definition.



Natural Haircare

Products

Deep conditioner Hydrating hair masks Leave-in conditioner
Curl cream Hair gel Black castor oil Wide-tooth comb
Denman detangling brush Silk scarf or bonnet

Washing

- Wash hair every 1-2 weeks. Follow the washing tips from Haircare Routine.
- Before washing, gently finger detangle the hair in sections. Remove all shedded hair and knots. Doing this makes it easier for your hands to pass through the hair during the washing process.
- Shampoo: Double wash. Wet your hair thoroughly. Wash your hair in sections. Start by applying a little shampoo at the roots and wash the length of the hair. First, use a clarifying shampoo to remove any product buildup, rinse thoroughly, and repeat the process with a moisturizing shampoo to hydrate your hair. Use warm water.
- Condition: Gently wring your hair to get excess water out after rinsing off the shampoo. Use conditioner liberally but avoid the roots as much as possible because it can lead to buildup. Use fingers to comb conditioner through. Leave conditioner in hair for 15-20 minutes. The longer you let it set the better the results.
- Use cool water for the final rinse to help seal in the moisture. Steaming hair with a shower cap for a minimum of 15 minutes is optional but will help add more moisture.

Drying

- Gently dry your hair with a microfiber towel to absorb the excess water and let it air dry.

Brushing

- While hair is wet, moisturize, oil and comb through each section of hair. Braiding each section when you are finished applying products prevents tangling and breaking.
- Only brush when hair is damp. Dry brushing causes breakage. You can use a water and oil mixture or gel and water to spray your hair.

Styling

- Once your hair is dry, apply finishing products such as hair oil throughout hair.
- Touch your curls as little as possible while they are drying.
- Limit the use of heat styling and use a good heat protectant spray whenever you cannot avoid it. The high temperature from heat styling tools can remove the natural texture of your curls making them dull and stripping moisture from your hair.

Sleeping

- To help with breakage, oil your hair before bed and then wrap your hair with a silk scarf or bonnet.
- Use a satin/silk pillowcase to reduce frizz and breakage.

Refreshing

- Mix water and hair oil in a spray bottle and lightly spray on your hair in between washes. Don't soak your hair as using too much water can cause shrinkage.



Hair Masks

Salt of the Earth

Clarifying

for removing oil, and product build up, restoring ph balance of scalp, and stimulating your hair follicles to promote growth.

Ingredients:

1/4 cup Himalayan salt, lightly ground (can use table salt)
1 tbsp apple cider vinegar
1 tbsp shampoo
1 tsp baking soda
1/2 tbsp coconut oil
15 drops of essential oil

Method:

Mix ingredients and apply to damp hair. Massage into scalp with fingertips for 5 minutes then let set in hair for 10 more minutes. Wash out with shampoo.
Use this mask once a month.

Faith Bomb

Moisturizing & Strengthening

protein hair mask (natural 4a to 4c hair)

Ingredients:

1 ripe avocado
2 tbsp aloe vera gel
1 egg
3-5 drops tea tree oil or grapeseed oil
Shower cap

Method:

Stir or blend the ingredients. You can add more aloe vera gel if hair is thicker or longer. Apply mixture to hair and leave in for 20-30 min or overnight. Use a shower cap. Rinse mask out. Then wash your hair.
Use this mask once a month.

Crown and Glory

Deep Conditioning
(all hair types)

Ingredients:

2 tbsp coconut oil
2 tbsp olive oil
4 drops of essential oil
Shower cap

Method:

Mix ingredients. Then lather into hair from crown of head to ends. Leave in for a minimum of 30 minutes or overnight with a shower cap. Wash your hair to remove mask.
Use this mask 2-4 times per month.
If your hair is dry or more damaged, then use once a week.



*When using the hair masks and treatments don't use them the day before or of special occasions, in case the oil doesn't wash out right away.

Glory Hallelujah

Moisturizing
(natural 4a to 4c hair)

Ingredients:

1 cup of Bentonite clay
¼ cup of apple cider vingar

Method:

Stir ingredients until it is a paste but not runny. Apply mixture to hair and leave in for 15-30 min max with a shower cap. Do not leave mask in longer than recommended time as it can dry out your hair. Rinse and then add oil to your hair. Wash your hair to remove mask.

Use once a month or as needed.

Nazarite Vow

Repairs
your damaged hair and promotes growth

Ingredients:

2 tbsp castor oil
½ cup aloe vera gel
3 drops tea tree oil
Shower cap

Method:

Mix ingredients. Then lather from crown of head to ends. Leave in for 1-2 hours with shower cap or leave in overnight with shower cap. Rinse hair with shampoo.

Use this mask once a month

Hair Treatments

Your Glory

Growth & Strengthening

also promotes shiny hair, thicker hair, gets rid of dandruff, and is anti-inflammatory.

Ingredients:

Castor oil

Shower cap

Method:

Lather hair with castor oil from crown of head to ends of hair. Then place a shower cap over your head and let it set overnight. Rinse with shampoo.

Use once a month.

Royal Seed

Soothing

for a sensitive scalp, removes extra oil, and protects the hair strands.

Ingredients:

Aloe Vera

Shower cap

Method:

Directly apply the aloe vera gel to your hair and scalp and work it in with your fingertips from crown to ends. Leave in for 30 min. Rinse.

Use 1-2 times per week.

North Star

Clarifying

cleans oily roots, can relieve itching, close oil-producing pores; reduces inflammation caused by dandruff and pH imbalance, and is gentle enough to use on a sensitive scalp.

Ingredients:

Witch hazel

Your shampoo

Method:

Add a few drops in to your shampoo and mix well in your hands. Massage into scalp. Then follow the rest of your washing routine.

Use 2-3 times per week.

Perfect Harmony

Moisturizes

and protects hair from breakage and heat damage. Soothes itchy and dry scalp.

Ingredients:

Shea Butter

Shower cap

Method:

Use a small amount of shea butter and massage it into your scalp. You can also comb the shea butter through your hair. Let it set in your hair for an hour. Rinse out with shampoo. Use once a week.

More Precious Than Gold

Clarifying

Helps to remove oil, product buildup, and restore pH balance of scalp.

Ingredients:

1 tbsp apple cider vinegar

1 liter of water

1 spray bottle

Method:

Mix ingredients in spray bottle. Spray in hair and leave over night.

If you wash your hair every day, do treatment once a week.
If you wash your hair 2-3 times per week, do treatment every other week.
If you wash your hair once a week, do treatment once a month.

She's a Gem



Johnny Pin Curls

Supplies:



Tip: This method is best to do the night before you style your hair, giving the hair volume and a looser curl.

Directions:

1. You will pin curls in sections, starting at the top center of your crown.
2. Spritz each section as you go to help define the curl, or do this method with damp hair.
3. Twist the hair as you wrap the hair around 2 fingers.
4. Pin your section of hair underneath, lifting the hair on top for volume.
5. Use as many bobby pins as necessary to secure curl in place, depending on the thickness of hair.
6. Allow your curls to set for several hours. It is best to leave in overnight. You can wear a silk hair scarf or shower cap to help hold it in place over night.
7. The next morning, or when your hair is dry, remove all the pins starting from the bottom and working your way up to the top of your crown.
8. Your hair is ready to style.



My Queen

Crown&Glory Curls

Supplies:



Directions:

1. Part your hair down the center creating 2 sections.
2. Place the rod from your heatless curl set evenly centered on the middle front of your crown and secure the rod or robe belt in your hair with the large clip.
3. Starting with a section, gather 1 small section of hair on the left side of the rod and 1 small section on the right.
4. Wrap the left section around the rod 1 time.
5. Add hair to the right section and wrap around rod 1 time.
6. Keep your stands tight to secure them in place.
7. Continue wrapping sections around rod and adding hair to each section. Wrap like you would with a French braid, alternating left to right.
8. Once you run out of hair to add, continue wrapping the 2 sections around the rod.
9. If you run out of room on the rod, wrap the rest of the sections over the hair that is already wrapped around the rod.
10. Use a silk scrunchy to secure your ends.
11. Repeat on the right-hand section of hair.
12. Remove the large clip from the top of your head.
13. Leave in overnight.
14. Remove scrunchies and gently unwrap hair in the morning.
15. Now your hair is ready to style.