



Step 1: Cleanse or Co-Wash

The first step is cleansing. You'll replace your sodium lauryl sulfate shampoo routine with one of two options: You can use a gentle, SLS-free shampoo, or You can do what's known as "co-washing". Co-washing is where you wash your hair with silicone-free conditioner. Instead of relying on the action of surfactants like Sulfates, you'll rely on the physical motion of scrubbing your scalp to remove dirt, oil, and buildup.

Step 2: Condition

After gentle shampooing or co-washing, you'll rinse out the excess cleanser and condition your hair. Add conditioner to soaking wet hair. Comb it through your hair using a wide-toothed comb or your fingers in the shower. Once fully detangled, let it sit while you finish the rest of your shower. Rinse thoroughly. You may also add in a small amount of conditioner as a leave-in to soaking wet hair after rinsing. Focus on ends and midshaft while using only a small amount near the roots.

Step 3: Style

Styling starts in the shower. After conditioner or leave-in, apply styling products to soaking wet hair. Rake a generous amount of product in and finger comb or use your wide tooth comb. After applying products, flip over and scrunch to encourage your natural curl pattern to form. Gels offer a strong hold that can define and enhance your curls. Make sure that whatever gel you use contains no silicones and no simple humectants.

You may also prefer mousse to gel, and the application process is the same

Step 4: Dry/Diffuse

One of the easiest ways to dry curly hair without making it frizz out is to gently scrunch with a flour sack towel or old T-Shirt.

IF you want to air dry, You may apply clips for root volume now.

If you don't like to air dry, you can use a hair dryer with a diffuser attachment. If the dryer hurts your skin or your scalp, TURN DOWN THE HEAT! As the name suggests, a diffuser helps to diffuse the air from your hair dryer so it won't break up curls and cause frizz. If it's blowing your hair too much and causing frizz, TURN DOWN THE SPEED!

There is no need to diffuse until bone dry. I like to diffuse until I see the curls "holding" and a cast forming from my gel. After diffusing, apply clips for root volume

Once your hair is COMPLETELY DRY, feel free to use your hands to scrunch out the crunch and fluff roots