

HEALTHYHAIRPLAN.COM

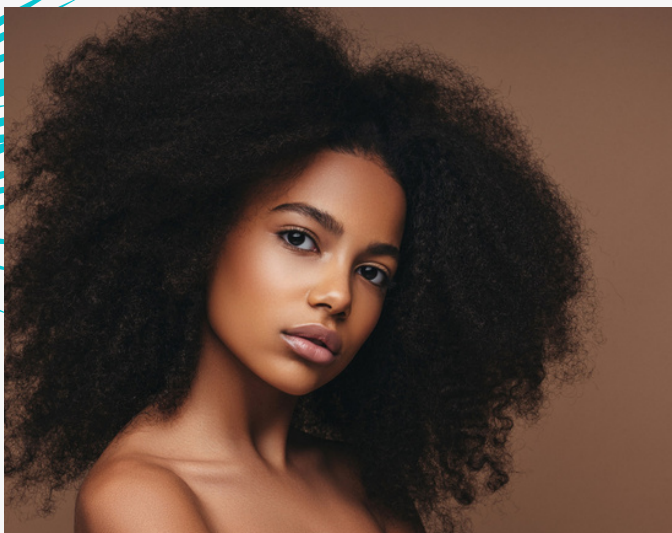
Get your
FREE HAIR ASSESSMENT



PRE-POO

Pre-poo is the act of applying a treatment prior to shampooing,

My favorite is in the form of a sprayable oil. The first thing you will notice is hair will immediately began to soften. If your hair is prone to tangles and knotting this step is essential to minimize breakage. If you don't comb your hair daily, there will be lots of shed hair and knots waiting to be removed. Oil will help your strands slip past each other instead of grabbing onto each other. Make wash day Easy Peasy



SHAMPOO YOUR HAIR IN SECTIONS IF IT IS LONG OR THICK.

You will notice that as your hair gets longer, it will tangle more easily while shampooing. By shampooing in sections, it allows you to carefully massage the product through and will make it easier to style after shampooing and conditioning your hair.



LET YOUR FINGERS WORK IT OUT!

Finger Detangle and separate hair during your shampoo and conditioning regimen.

This is a life saver! You'll get more slippage when hair is coated with conditioner. Simply finger detangle to ensure that there are no knots and your fingers can easily move through each section. If hair is long or thick install chunky twists or braids then proceed to rinsing out the conditioner section by section. This also helps stretch the hair to prepare for styling.

A GOOD SLIP GETS IT DONE

Use products with good slippage. The most frustrating thing is feeling like your hair is tangled, rough & lacks moisture after you've spent hours washing and conditioning your hair. Products with good slippage makes it so easy to detangle and generally add tons of moisture to your hair. When your hair is dry and lacks moisture, you have to work extra hard to detangle and style your hair which can lead to more tension being applied to the hair causing breakage.



YOU NEVER GET A PASS TO SKIP CONDITIONING

Our hair is constantly under some form external stress that makes it vulnerable to damage. Regular deep conditioning is A MUST! This allows the penetrating ingredients to enter the hair shaft and restore what's missing as well as adhere to the outside of the strand for protection from future damage. A special delivery of proteins for strength and repair make hair durable. Hydrating moisturizers provide flexibility for movement and long life.





Peppermint Clean Purifying Shampoo

SOLUTION



HARD WATER CAN DAMAGE YOUR HAIR

CHICAGO is one of the cities with **HARD WATER**. The minerals mix with shampoo to form a salt, which leaves a residue on the surface of your hair and scalp. This film tends to block moisturizers in your conditioner from absorbing, leaving your hair dry, prone to tangles and vulnerable to breakage. If breakage goes unchecked, it can lead to the appearance of thinning hair. A good Detoxifying or Purifying Shampoo will help remove mineral build-up from your hair. **PEPPERMINT CLEAN DETOX SHAMPOO** can wash away any lingering residue and help restore shine.

Hot Trends 2021

Natural Hair is here to stay and we are getting really creative with the beauty of it all. Now that there are no relaxers involved, more women are getting comfortable with playing with color. You must proceed with caution because lightening your hair requires the loss of protein. Protein loss causes dryness and can weaken your strands. So get your conditioning game on point so you don't experience breakage and color away!



WHY ARE MY ENDS SO FRAGILE?

Loss of Cuticles: The hair shaft is made up of many layers called the cuticle, but as the hair grows out and it goes through various trials, the cuticle layers will gradually chip away as time goes on. And so this is why the hair tends to thin out towards the end of the hair because the number of protective layers in that section of the hair is only a fraction of what it normally would be towards the roots. As we all know, a thin material is more susceptible to breakage than it's thicker counterpart, and so to prevent the ends from breaking off easily, it's crucial that we exercise caution when handling the hair.





IT'S PRIME TIME 4 CURLS

Prime your curls: Immediately out of the shower – or even while you're still in the shower – apply Hydra-Butter 4-WAY Leave in Conditioner to the mid shaft and ends, pressing it in with a downward smoothing motion. This helps to retain the moisture in your hair, smooths the outside cuticle layer and prepares it for better styling application.

FROM THE BEACH TO THE BOARDROOM

A Few hairstyles are as versatile as a bun and the natural hair bun is no different. Buns are a great multi-purpose hairstyles.

Buns work for every single occasion you can think of, from running errands to attending a wedding or formal event. They can be messy and loose, sleek, high, low and you could even wear them to the side.

A bun, especially a natural hair bun, may also be made more interesting by adding braids and/or twists for visual interest and flair. With buns, the possibilities are quite literally, endless.



A Protective Style

No-No!

Hey Curly Girl! Don't wait until the last minute to take your Protective style down. your curls can easily get cut short if you're in such a rush you end up cutting your own natural hair in the process.

YES, it's a tedious process to "dismantle" a protective style. To be sure it will always take longer than you thought, so start early enough to reap the benefit of the sacrifice.

You've been warned.

