



AFRICAN NATURALS 6 MONTH HAIR GROWTH CHALLENGE TIPS

Protective styles

Prepping

Care

When choosing a protective style, make sure it's actually protective.

Ends are tucked and sealed properly.

If you add synthetic hair/wigs/weaves make sure you remove any synthetic coating on the strands by rinsing with apple cider vinegar.

These coatings tend to dry your hair out.

Choose a style that will last for one month. Constant manipulation breaks your hair.

BEFORE:

Wash your hair with a clarifying shampoo and deep condition before styling.

DURING:

Massage scalp with oil of your choice every two/three days. Massage at least 5 minutes
Wash/treat your scalp every two weeks.

DAILY:

Moisturize your hair twice daily. Water spritz with oil/hair spritz

Drink 2l of water

Minimize styling/manipulating hair.

Sleep with satin scarf/bonnet for goodness sake.

BI WEEKLY:

Deep condition (depending on styles)

Hot oil treatment

ONCE A MONTH

Hair mask/treatment
protein treatment

Disclaimer: This is simply a guide, please check your hair type/ protein intake/ medication intake/hair porosity level to determine best action to take.