

CURLVITALITY SIGNATURE METHOD

**THIS ROUTINE FOCUSES
ON DEFINITION BUT
MAKES SURE TO ADD
SOME VOLUME. THIS IS
USUALLY WHAT I DO!**

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1. TURN THE DIFFUSER ON MEDIUM (OR LOW) HEAT AND LOW SPEED.

2. UP RIGHT, START AT ONE SIDE OF YOUR HEAD. CUP YOUR HAIR IN THE DIFFUSER AND BRING THE DIFFUSER ALL THE WAY TO YOUR SCALP. HOLD FOR 45 SECONDS.

3. MAKE SURE YOUR ROOTS ARE "BUBBLED" WHEN THE DIFFUSER IS HELD AGAINST YOUR SCALP.

4. KEEP DOING THIS , GOING AROUND YOUR HEAD 3-4 TIMES, HOLDING IN PLACE FOR 45 SECONDS EACH TIME.

5. NOW PLACE THE DIFFUSER ON YOUR ROOTS (DO NOT CUP THE ENDS OF YOUR HAIR) AND "BUBBLE" YOUR ROOTS, HOLDING IT IN PLACE FOR 30 SECONDS.

6. KEEP DOING THIS ON ALL AREAS OF ROOTS, 30 SECONDS EACH TIME.

7. CUP DIFFUSE ANY AREA OF YOUR HAIR THAT IS NOT YET 100% DRY UNTIL DRY.



HOVER DIFFUSING

**HELPS PREVENT CURL
"SHRINKAGE",
MAINTAINS DEFINITION,
AND REDUCES VOLUME.**

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1. TURN THE BLOW DRYER ON HIGH HEAT AND MEDIUM OR HIGH SPEED.

2. START DIFFUSING YOUR ROOTS FIRST. HOLD THE DIFFUSER 6-8 INCHES AWAY FROM YOUR HEAD AND SLOWLY MOVE AROUND THE CROWN OF YOUR HEAD. STAY HERE FOR 5 MINUTES.

3. CAREFULLY FLIP HAIR TO ONE SIDE, AND HOVER DIFFUSE THOSE ROOTS FOR 3-5 MINUTES. FLIP HAIR TO OTHER SIDE AND REPEAT

4. ONCE DONE WITH THE ROOTS, START HOVER DIFFUSING AROUND THE "MIDS" OF YOUR HAIR. CONTINUE HERE UNTIL THEY ARE ABOUT 80% DRY.

5. MOVE ON TO HOVER DIFFUSING YOUR ENDS LAST.

6. TURN YOUR DIFFUSER TO LOW HEAT AND LOW SPEED AND GENTLY PLACE THE DIFFUSER DIRECTLY ON ANY AREAS THAT ARE STILL DAMP UNTIL DRY.



UPSIDE-DOWN DIFFUSING FOR WAVIES

**HELPS WAVY HAIR TO
HOLD A TIGHTER CURL
PATTERN WHILE
ENHANCING ROOT
VOLUME.**

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1. TURN THE BLOW DRYER ON MEDIUM SPEED AND MEDIUM HEAT (OR LOW SPEED / LOW HEAT).

2. FLIP UPSIDE-DOWN. CUP A SECTION OF YOUR HAIR IN THE DIFFUSER CLOSEST TO YOUR LEFT EAR. LEAVE ABOUT 2 INCHES OF SPACE BETWEEN THE DIFFUSER AND YOUR ROOTS.

3. HOLD IN PLACE FOR EXACTLY 45 SECONDS. USE A TIMER BECAUSE THIS EXACT TIME MAKES A DIFFERENCE.

4. MOVE THE DIFFUSER TO THE NEXT SECTION OF HAIR. CUP, AND HOLD FOR 45 SECONDS. REPEAT ON ALL SECTIONS OF HAIR, TWICE THROUGH.

5. STILL UPSIDE DOWN, TURN YOUR DIFFUSER TO HIGH HEAT AND HIGH SPEED. HOVER DIFFUSE OVER THE BACK OF YOUR HEAD TO DRY THE ROOTS.

6. FLIP RIGHT-SIDE UP AND CONTINUE HOVER DIFFUSING THE CROWN OF YOUR HEAD UNTIL ROOTS ARE DRY.

7. AT THIS POINT, IF YOU WANT EVEN TIGHTER CURLS- CONTINUE TO CUP DIFFUSE, RIGHT-SIDE UP, UNTIL DRY. IF YOU WANT LOOSER CURLS, HOVER DIFFUSE UNTIL DRY.



UPSIDE-DOWN DIFFUSING FOR CURLIES

**HELPS CURLY HAIR WITH
SHRINKAGE ISSUES AND
ADDS VOLUME TO THE
ROOTS!**

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1. TURN THE DIFFUSER ON HIGH HEAT AND HIGH SPEED.

2. FLIP UPSIDE-DOWN. HOVER OVER THE HAIR IN FRONT OF YOUR FACE BY HOLDING THE DIFFUSER 6-8 INCHES AWAY FROM YOUR HAIR. SLOWLY MOVE THE DIFFUSER TO DRY THE DIFFERENT SECTIONS.

3. ONCE THE HAIR IN FRONT OF YOUR FACE HAS A NICE CAST, MOVE TO DIFFUSING THE BACK OF YOUR HEAD.

4. ONCE HAIR HAS DEVELOPED A NICE CRUNCH, FLIP UPRIGHT.

5. SWITCH THE DIFFUSER TO LOW HEAT AND LOW SPEED AND PLACE YOUR DIFFUSER DIRECTLY ON YOUR ROOT TO "BUBBLE IT" TO ADD VOLUME. HOLD THE DIFFUSER IN PLACE FOR 30 SECONDS.

6. MOVE CLOCK-WISE AROUND YOUR ROOTS, BUBBLE DIFFUSING FOR 30 SECONDS IN EACH SPOT.

7. AT THIS POINT, SWITCH YOUR DIFFUSER BACK TO HIGH HEAT & HIGH SPEED AND CONTINUE TO HOVER DIFFUSE, RIGHT-SIDE UP, UNTIL DRY.



PIXIE DIFFUSING

THIS ROUTINE IS BEST FOR THOSE WHO ARE JUST TRANSITIONING INTO CURL HEALTH WITH VERY DAMAGED HAIR. THIS ROUTINE FOCUSES ON FRIZZ PREVENTION.

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1. TURN THE DIFFUSER ON LOW HEAT AND LOW SPEED.

2. UP RIGHT, START AT ONE SIDE OF YOUR HEAD. CUP YOUR HAIR IN THE DIFFUSER AND BRING THE DIFFUSER ALL THE WAY TO YOUR SCALP. HOLD FOR 30 SECONDS.

3. SWITCH THE DIFFUSER TO THE COLD SETTING AND CONTINUE TO HOLD FOR ANOTHER 15 SECONDS.

4. TURN THE DIFFUSER COMPLETELY OFF BEFORE YOU REMOVE IT FROM THAT AREA.

5. KEEP DOING THIS , UNTIL DRY. GOING AROUND YOUR HEAD 3-4 TIMES, HOLDING IN PLACE FOR 30 SECONDS ON LOW, 15 SECONDS ON COLD. THEN TURNING IT OFF BEFORE YOU SWITCH SECTIONS.