



Hair Care Tips

1

Shampoo: Sulfate-free shampoo for curly hair (low-lather).

2

Conditioner: Lightweight formulas with keratin

3

Scalp Treatment: Massage scalp with castor or rosemary oil 2x a week.

4

Styling: Use curl creams or gels for definition.

5

Avoid: Brushing dry hair; use fingers or a wide-tooth comb.



Routine for Curly & Coily Hair