

The CurlsBot Mini-Guide to Light Products



2 Cheatsheets, 10+ example products, 2 sample routines, and dozens of useful tips!

"My hair always looks weighed down"

Anything remotely oily just weighs me down and turns me into a stringy mess

My hair feels weighed down but undernourished

Does this sound familiar?

You might need

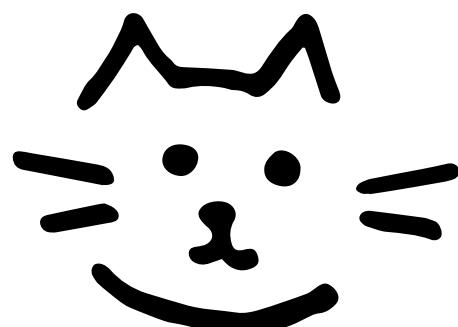


**Light
Products**



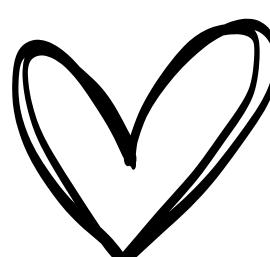
Light = Heavy cleansing, low conditioning

vs. **Heavy** = Gentle cleansing, high conditioning

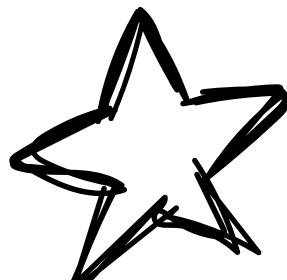


People who do better with **light** products include

- Wavy and loose curls
- Fine hair
- Low porosity hair



any type of hair that's
easily weighed down



Unsure? Take our porosity and hair type quizzes at CurlsBot.com





Unfortunately most
curl products are
the opposite of
light, they're **heavy**



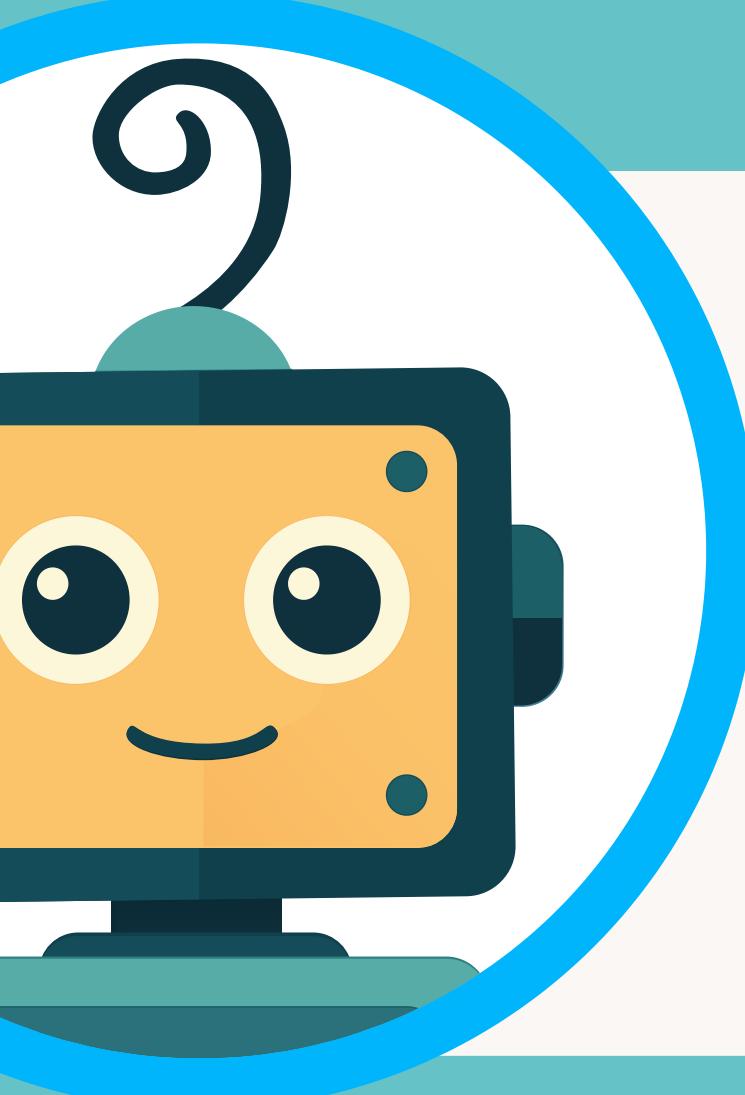
Luckily you don't
actually need special
curly products!



You might actually do better
with regular products! *



Finding light products



You can find light products by taking our hair type and porosity quiz on **CurlsBot.com!**

Your results will show some of our fav recommendations from both curly and non-curly brands

At the store? That's what the cheatsheets are for!



Using The Cheatsheets



With the cheatsheet you look at the **front** of the label for certain words like “**volumizing**” or phrases like “**for fine hair**”



Light Products Cheat Sheet

Look for products with at least one of these words/phrases on the label

	Light <i>Low conditioning, Heavy Cleansing</i>
Most Common words on the label	Volume, Volumizing, Body, Fullness
Other words	Purifying, energizing, thickening, light, lightweight, refreshing, clarifying, weightless
The label says it's "For" these hair types	Fine hair, flat hair, oily scalp/roots, low porosity
AVOID labels with these	Hydrating, moisturizing, nourishing, shea butter, coconut oil, cream, For dry/damaged/processed/colored hair



"Shea butter"

For "processed" hair



"volume"

For damaged (high porosity) and delicate hair

This is for hair that needs light products but is also **damaged** (high porosity) or **delicate** (prone to breakage). Look for products with words from the light cheatsheet **AND** words from this sheet

For Easily Weighed Down Delicate Hair <i>Medium conditioning, Moderate cleansing</i>	
Most Common words on the label	Color care, color safe
Other words	Damage care, fortifying, damage therapy, bonding, rescue, repair
The label says it's "For" these hair types	Oily roots/scalp and dry ends, colored hair, damaged hair
AVOID labels with these	Hydrating, moisturizing, nourishing, shea butter, coconut oil, cream





On Oils

When many hair care influencers talk about oils they don't mean oils from your kitchen, they mean serums which are often called oils. Confusing right?

Serums are easier to apply than plain oils (less risk of greasiness) and often contain cationic conditioners.



OGX Coconut Oil Mist

Cationic conditioners are superior to plain oil for treating damaged hair because damaged hair is oil-phobic and oils tend to rinse right off it. Cationic conditioners are modified to be positively charged so they can bind with the negatively charged, damaged outer layer.

If you're looking for a light oil look for ones with words on our cheat sheet like "weightless" or "lightweight".

Clear Jelly Products

These are usually light!

Thicker ones work best for curlier hair, if you have wavy hair use a tiny amount and apply on soaking wet hair

Thin

Curl Keeper
Liquid Styler



TreLuxe
Reflex



Curl Talk
Sculpting Gel



Kinky Curly
Curling Custard



BTZ
Bada Bing Gel



Kinky Curly
Curling Custard



Thick



My Basic Routine



Shampoo

Real shampoo, not co-wash

Conditioner

“squish to condish”



Mousse

rake and scrunch in



Spray Leave In

Multi-purpose (w. heat protect) ideal
section hair and lightly mist



Diffuse

Hover diffuse 5-10 minutes, then
mix of pixie diffusing + air dry

I picked mousse over gel because it's easier to use, but you can swap a gel. You just might need to watch some videos to learn how to use it



Example Drugstore Routines

Normal



Pantene Volume Shampoo



Maui Moisture Lightweight Hydration Conditioner



Aussie Instant Volume Mousse



Garnier Grow Strong 10-in-1

Delicate/damaged



EverPure Volume Shampoo



Dove Volume & Fullness Conditioner



Herbal Essences Mousse
For this type of hair you can use any mousse but one for curls or that says "leave in" will be softer



Pantene Miracle Rescue 10-in-1 Multitasking Spray

Why Spray Leave In?

Eva 10-in-1
for fine hair
(I find the regular one is
light enough though)



RedKen One United



Look for a spray leave-in, as these tend to be lighter. It's also much easier to focus it on areas that need it!

Ideally get a multi-purpose one that provides UV and heat protection.

These can also be used as detanglers, to refresh, and spray a little in your hand to scrunch out the crunch!

NYM 10-in-1
All Eyes on Me



Pureology Color Fanatic





Caveats

- The cheatsheet method isn't perfect, some labels basically lie (like a heavy product saying it's "lightweight"), but MOST products I've found with this method have been light
- There are also many products that are light but look heavy, finding these can be harder (but CurlsBot.com can help)
- The cheatsheet method won't tell you if a product is CGM- you still need CurlsBot.com for that
- Obviously this works only for English, but many other languages use similar words on light products!

Example Exceptions



Suave Tropical Coconut says it's "Nourishing" and "Moisturizing", but like many ultra-cheap conditioners, it's light since oils and conditioning ingredients are expensive

Luckily this product is discontinued. I tried it and it certainly is not light despite the fact it says "weightless" and for "fine hair" – "avoid" words like "creme" and "shea" should clue you in though



Extra Tips

Coarse Hair?



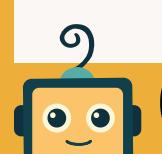
Dove Intensive Repair
10-in-1 Serum Mask

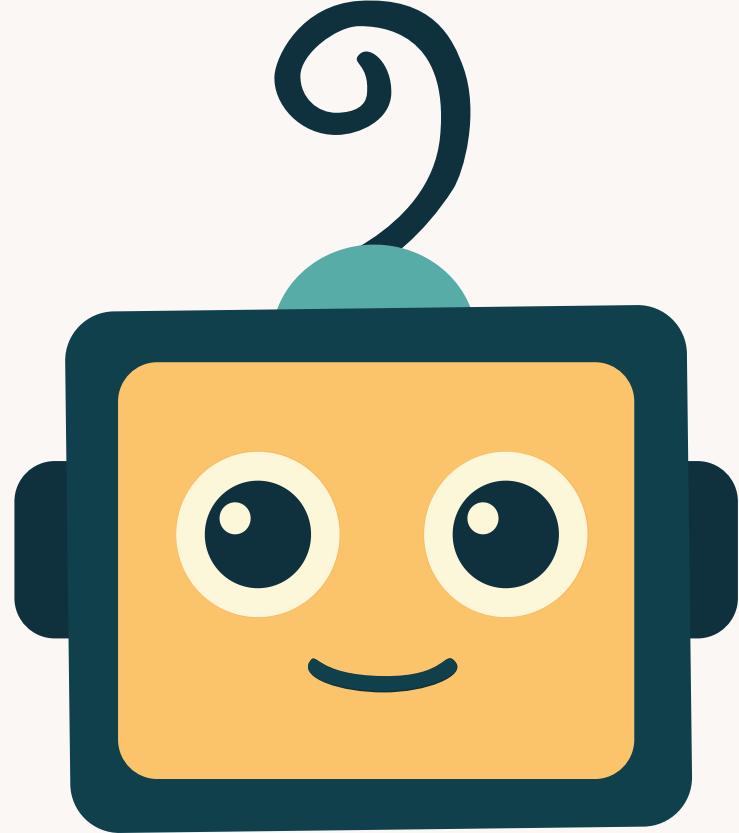
Try doing a mask before you shampoo. If your hair is also low porosity, you'll get the best results if you use heat. A hot cap is best to help with penetration, but just a normal shower cap can be enough.



Garnier
Hair Food mask

Pantene Miracle Rescue
Repair Mask





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