



CURLY HAIR STYLING  
GUIDE



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## CLEANSING

Begin by doing all of your body stuff first. Continuously wet your hair while doing everything else so that it is wet enough to cleanse. You can choose to wash upside down, side to side, leaning forward, or with your head back. Massage in a Curly Approved cleanser on **VERY WET** hair. Remember, water makes it work. Massage in rigid circular motions to lift dirt and oils off the scalp. A shampoo brush (found on the Product tab) can make this easier and feel more like a massage. Make sure to move your hair around as you rinse to release the product from the hair. Think scrub in, scrub out.



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## HYDRATE

Smooth the your choice of Curly Approved conditioner over all of your super wet hair. Once the conditioner is distributed **ADD MORE WATER**. If you haven't already go ahead and flip your hair forward, lean forward, or work side to side. Rake in the conditioner starting at the root and working out to the ends until your hair feels smooth. If you hit a snag or tangle then add more water! Water will melt the conditioner into your hair. Then squish the condish! This technique is simply scrunching your conditioner in which will begin to set your curls.

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#### **DEEP CONDITIONER OR TREATMENT**

Everyone will benefit from occasionally doing a deep conditioning. Deep conditioning works best by using heat. Cleanse your hair as usual, only this time wring some water out of the hair. Apply a generous amount of your chosen conditioner or treatment and wrap it up in either a “Hot Head” or warm towel. Leave on for 15-20 minutes (more is ok too, but more than an hour is excessive.) Rinse and style as usual.



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## STYLE

Turn off the shower and allow the water to run off the hair until it slows to a drip. Do not wring the water from your hair. The water provides the moisture your curls need. Apply a base product or filler as needed (geleé, foam, cream). Then apply a sealant (butter, oil, gel). Apply product by raking, smoothing, “prayer hands”, or scrunching. Consult your stylist for which method is best.

You can choose to use a microfiber towel, flour sack, or t-shirt, to absorb some of the water and speed up air dry time. Keep in mind that moisture comes from water, so your hair needs you to leave some in. You can choose to clip and air dry or “plop”. If you choose to diffuse you will want to wait until the hair is about 50% dry before attempting to control frizz.



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## FINISH

Once your hair is dry(or at least 95%) use a finishing product on your hands to SOTC or “scunch out the crunch” and release the cast of the gel. You may not feel a firm cast but SOTC and fluffing will allow your hair to move freely and the product will not be visible. You may need to fluff throughout the day to maintain volume or break up curl groupings.

## **SLEEPING**

Sleeping in your curls can be tricky. A silk pillow is going to be your new best friend! You will also want to somehow minimize your curl movement by containing them in some fashion. "Pineapple" is a classic approach where you bunch your curls on top of your head like a unicorn. If your hair is not long enough for this or you don't prefer volume you may want to try a satin lined cap or a buff.

## **REFRESH**

There are many techniques to refresh curls. Some of you may have to do a full wet refresh, while others will be ok with just fluffing and smoothing last night's hair. Commonly your curls will need to be sprayed with a mister and smoothed or patted (adding more product is optional.)

Schedule your curly consultation at:  
[infinitesalonpdx.com](http://infinitesalonpdx.com)