

KEEP YOUR LENGTH: 3 STYLING REGIMENS FOR FINE NATURAL HAIR



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Disclosure:

I am not a licensed cosmetologist or other hair care professional. This hair styling guide is to be used for entertainment purposes only and is not meant to diagnose or treat any hair or health conditions. This guide was birthed from my personal experience and knowledge of fine natural hair. Any and all information shared in this guide is to be used at your own discretion and at your own risk. Please use your best judgment when attempting the hairstyles and trying the recommended products.

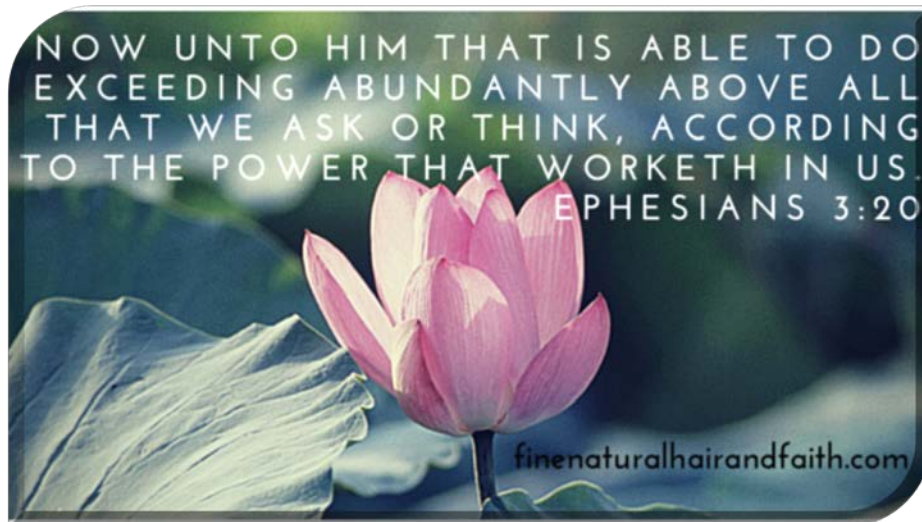
Welcome!

Thank you for downloading this styling guide for fine natural hair. I put a lot of time and effort into compiling all of my information for you!

It's my prayer that you make this your *go-to-resource* to help you work toward your hair goals. If you are looking to maintain your hair's length, I trust that you will find this guide useful.

You will notice that I do not mention the use of hair tools (combs, brushes, etc.). That's because we won't be using any! Fine natural hair is very prone to breakage so finger detangling is going to be your best weapon for preventing breakage, leading to the maintenance of length.

You'll also notice that I don't discuss anything done on wash day. This guide was created to help you more with the styling process. However, provided are the detailed steps I follow for my fine natural hair on wash day. Just click the individual links: [Pre-Poo](#), [Finger Detangle](#), [Cleanse](#), [Deep Condition](#)



Each regimen (**Low Manipulation, Lower Manipulation, Lowest Manipulation**) requires a small amount of manipulation on wash day to set the style. The key is to create the base of the style so that you won't need to manipulate your hair throughout the week. No/Low Manipulation = Length Retention & you can still look cute! #winning

At the end of this guide, you'll find my product recommendations for fine natural hair. These products can be used to set the styles mentioned in each of the regimens.

Low Manipulation Regimen for Elongated Hair

Style Base: Medium to Large twists set on wash day (10-14 twists)

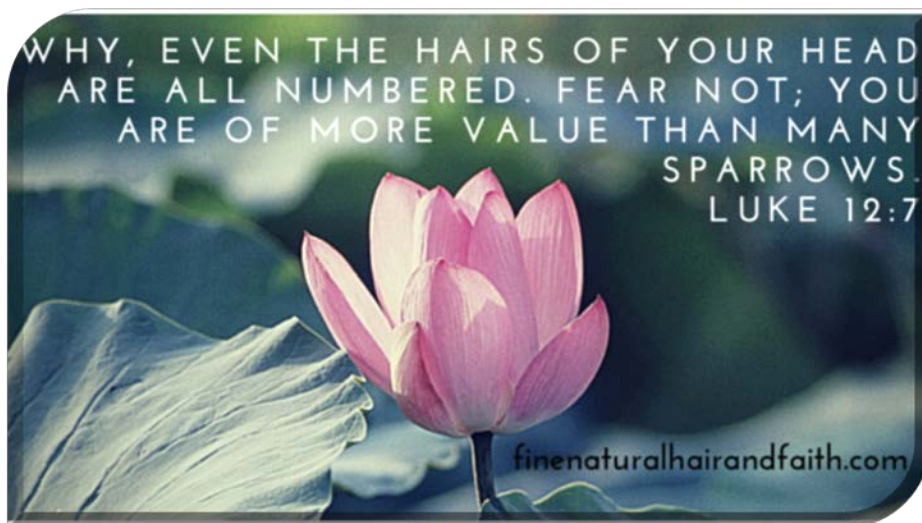


1. After hair is cleansed and conditioned (including applying a leave in conditioner), section hair into 4-6 sections depending on the length of your hair **Tip:** FOCUS on the crown area by sectioning it off. This is most often the driest part of your hair and requires a little more TLC.
2. Starting with the first section, begin to twist by apply your styling product followed by a lightweight oil and alcohol free gel. Finger detangle and smooth the hair as you twist.
3. Once twists are dried, band the twists into 1-3 ponytails (1 is just right for low density hair) using thick seamless elastic bands. Leave a little space between each band and don't put them in too tightly. This allows your twists to gently stretch over night. **Tip:** Leave the last 1/2 inch of your twists un-banded. This will prevent straight or stringy ends.
4. Tie your hair down with a silk or satin scarf for bed.
5. In the morning, release the bands and pin your twists into a style.

6. At night, spritz your twists with a little water (don't saturate), smooth a lightweight oil on the twists (especially the ends) and re-band.
7. Repeat the moisturizing/oiling/banding steps nightly or until wash day.

OPTIONS:

- Release your twists after 4 or 5 days for a fabulous twist out. Protect your twist out at night by putting your hair in a pineapple (high ponytail) or a loose bun on the top of your head using a satin scrunchie, leaving the ends exposed.
- For shorter hair, 2-4 loose puffs can be done to protect the curls.
- In lieu of wearing a satin/silk scarf, sleep on a satin/silk pillowcase.
- Instead of spritzing hair with just water, use a strengthening spray like [henna tea](#).



Lower Manipulation Regimen

Style Base: The Wash and Go

The wash and go requires a lot less manipulation than twist outs and braid outs. All that's required to set your curls is that you work in sections and smooth your hair with your hands. No tools. No heat.



Wash and Go Methods

- **Scrunching** – With your head bent slightly forward and then from side to side, scrunch the ends of your hair upward to set your curls
- **Rake and Shake** – Rake your hair with your fingers followed by holding the ends and shaking the section OR after raking, shake your head from side to side
- **Praying Hands** – Smooth your curls between your hands positioned like you are praying
- **Shingling** – Working on one curl unit at a time, apply product from the bottom to the top and smooth the curl unit between your fingers. Smooth and elongate the curl with your fingers as you go, paying close attention to roots and ends **Tip:** This takes the longest amount of time of all the methods but gives the most definition.

1. After hair is cleansed & conditioned (including the leave in), gently separate hair into sections, clipping each section out of the way (Very similar to how you would section your hair for twists).
2. Starting with the first section, apply a light weight oil and use your fingers to detangle. **Tip:** The oil seals in moisture AND adds slip to aid with detangling. Your hair should be completely detangled (especially at the roots) before setting your curls.
3. Apply an alcohol free gel and set your curls using one of the wash and go methods mentioned.
4. Preserve your curls at night by placing your hair in a pineapple or loose bun using a satin scrunchie.

Your wash and go should last at least 5 days, especially with the Shingling Method.

OPTIONS:

- Keep a spray bottle on hand when applying product. The best definition is achieved when hair is set wet vs. damp.
- Fine hair doesn't like a lot of product but you can use a cream based styler beneath your gel and on top of your leave in.
- Mist your hair nightly with water but do not disturb the curls.
- For a more polished look, use the gel that you used to set your curls to smooth your edges.



Lowest Manipulation Regimen

Style Base: The Bun



1. After your hair is cleansed and conditioned, work leave in conditioner through your hair using your fingers to remove any tangles.
2. Rake/smooth a light styling gel through your hair with your fingers and smooth hair into a ponytail using your hands. **Tip:** All of the gels listed in the recommend products section can be used
3. Secure your hair with a satin scrunchie, seamless elastic band, or knee high stocking (this is the best!) and then wrap hair into a bun.
4. Pin any loose hairs with Ouchless Bobby Pins.
5. Tie hair down with a satin scarf to allow it to set.
6. For night time maintenance, remove any bobby pins and tie hair down with a satin/silk scarf.
7. In the morning, remove your scarf, pin any loose hairs and smooth your edges with your gel of choice. Tie down your edges with a satin/silk scarf until the gel dries.
8. Repeat steps 6 & 7 each day.

You can maintain your bun for 3-5 days following these steps.

OPTIONS:

- For more dense fine hair, ensure hair is soaking wet to be able to smooth bun with hands.

- If you want your bun to have a part, use your fingers to part while raking in your leave in/gel. Alternatively, you can use a rat tail comb to part. This is the only time a styling tool should be used on fine hair.
- Feel free to use a Bun Maker to set your bun but I recommend covering it with satin or silk material to prevent friction with your hair.
- Accessorize your bun with pretty hair accessories.
- To prevent dryness from gel, you can smooth some oil or a whipped hair butter through your hair. It will serve as a buffer between your hair and the gel.
- Other styling options to consider if you aren't into buns are two Milk Maid Braids, Jumbo Flat Twists (my preference) or Cornrows. Instead of a bun, create two braids and tie your hair down like you would the bun. Pin the two braids criss-crossed over each other and tie your hair down. You only need to remove the pins at night before tying your hair down. Don't undo the braids. Smooth your edges with a little gel of choice each morning.
- If build up from the gel is a concern, rinse your edges free of the gel each night and then re-set the following morning. Another option is to use an edge control product.



Recommended Products for Fine Natural Hair

Styling Creams:

- Camille Rose Naturals Style Setter
- Camille Rose Naturals Fresh Curls
- Cassandre Beccai Hair Milk
- Curl Prep Sweet Butta
- Eden Bodyworks Natural Curl Defining Crème
- Jane Carter Solutions Curl Defining Cream
- Shea Moisture Curl Enhancing Smoothie

Oils:

- Almond Oil
- Coconut Oil
- Grape seed Oil
- Jojoba Oil

Gels:

- Alikay Naturals Aloe-Berry Styling Gel
- Camille Rose Naturals Curl Maker
- Curl Prep Around The Way Gel
- EcoStyler Curl and Wave Gel
- Shea Moisture Curling Soufflé

I hope you've found this hairstyling guide useful and will incorporate at least one of the regimens in your hair care routine.

The scriptures noted were intended to encourage you on your hair care journey. May you trust God for your heart's desires and put Him first in all that you do.

Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight. 1 Peter 3:3

About Michelle

Hi there,

I'm Michelle, a Christian gal with fine natural hair hailing from the great state of New York! I wear many hats in my life including that of a special needs mom, wife, and blogger. The greatest of these is being a mom to a very special little boy. He is my greatest accomplishment but I could not be successful without God in my life.



While I'm not a licensed hair stylist or other hair care professional, I have a lot of experience with fine natural hair. I've been natural for over 10 years. It's my goal to share as many of my learnings as possible so that you too can grow and maintain a beautiful head of God given hair.

In addition to my passion for hair, I love sharing about my faith in God as a special needs mom. I've had many challenges in my life (physical and financial) but have learned that it takes Faith to overcome.

You'll find me sharing my fine natural hair tips and faith walk over at www.FineNaturalHairandFaith.com as well as on social media. You can contact me:

On Instagram, Pinterest, Twitter:
[@FNHairNFaith](https://www.instagram.com/FNHairNFaith)

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May God Richly Bless you!