

BASIC WASH DAY CHECKLIST

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PRE-POO

- Protects from hygral fatigue
- Use an oil, a conditioner or an oil and a conditioner
- Detangle if washing more than one week out

CLEANSE

- Remove surface dirt and product build up
- Refresh scalp

DEEP CONDITION PROTEIN (OPTION)

- Sets the stage for moisturized hair throughout the week
- Use a protein free conditioner when using a protein treatment

RINSE + DETANGLE

- Helps seal the cuticle
- Use a rinsing conditioner to aid in detangling
- Tea rinses add shine & boost growth

SEAL

Layer products to help with moisture retention:

Ex: LOC, LCO, LCG, LOCG

STYLE

Choose products marketed to support the style you are looking to achieve

PRODUCTS

- Single natural oil (coconut, olive, almond)
- Pre-Poo product
- Shampoo
- Protein free deep conditioner
- Herbs
- Protein treatment
- Herbs or tea rinse
- Rinsing conditioner (1-2 minute)
- Cream styler
- Gel styler

TOOLS

- Plastic caps
- Heating cap
- Hair Towel
- Hair clips or clamps
- Detangler brush
- Large tooth seamless comb
- Plastic gloves
- Applicator bottle
- Mixing bowl + spatula/spoon