







### **MELANIN MIXX**



















### WASH DAY

- Clean scalp & hair to remove dirt and build
- Condition after cleansing using either a Co-Wash or Sulfate free product to add moisture back into hair
- Deep Condition to moisture and strengthen
- Gently detangle to remove any knots or tangles
- Stretch while drying to prevent any further tangling or knots

### DETANGLING

- Dampen hair with conditioner to add "slip" for easy detangling
- Use fingers or a wide tooth comb
- Pull hair using "taunt" method to stretch to increase ease
- Work from ends to roots
- Twist when finished to maintain detangling efforts and increase length retention

## DAILY MAINTENANCE

- Daily or every other day moisturize with a waterbased products, then seal with oil or butter (Shea, Mango, or Kokum)
- Try to reduce daily hair handling to every other day to avoid breakage

### STYLING

- Low Manipulation Styles: Twist Outs & Roller sets reduce breakage
- Protective Styles: Sew-Ins, Wigs, Buns, & Braids can increase length retention
- Avoid tight styles that may cause balding, damage to your ends, and breakage
- Avoid direct heat, use flex rods and rollers to achieve curled styles, and air dry instead of harsh blow dryers.



# DO'S BONTS

MAXIMIZE YOUR DEEP CONDITIONING SESSION

#### DO'5

- DEEP CONDITION REGULARLY (WEEKLY)
- WARM IT UP OR SIT UNDER A DRYER
- USE STEAM FOR A MOISTURE BOOST
- FOCUS ON YOUR ENDS; EMPHASIZE WEAK SPOTS

#### DONT

- OVER DO IT (NO MORE THAN 15-30 MINUTES)
- CO-WASH OR LEAVE -IN PRODUCTS IN PLACE OF DEEP CONDITIONER
- BLOW YOUR BUDGET...FOCUS ON INGREDIENTS
  NOT COST
- IGNORE THE HYPE READ THE LABEL

Remember Hair that is properly Deep Conditioned is more manageable, softer, less likely to break or frizz, and is capable or retaining more length...



#### WHAT'S THE 411?

- Oils & Butters DO NOT moisturize your hair...
- Make sure your moisturizer includes water
- Oil your ends to prevent or stop breakage, this will help cut friction against your clothes, hijabs, turbans, or hats.





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