

WHY DO THE CURLY GIRL METHOD?

- Polished professional look
- Without straightening hair
- Using more “Natural” less harsh products
- Self Care
- Learning the potential of your hair
- Finding a NEW way to do your hair
- Helping your child with curly/wavy hair

WHAT ARE THE ADVANTAGES?

- Going longer between wash days
- Going longer between hair cuts
- Possibly a healthier scalp
- Feeling good about your hair, boost your self-esteem
- Going “Natural”, an alternative to straightening your hair
- Beautiful, soft, touchable hair that moves!

What are the downsides?

- Commitment
- Time
- Patience
- Investment into NEW products
- Learning a NEW skill can be difficult
- You DO NOT like to experiment and DO NOT LIKE TAKING risks
- Transition period – up to 4 months or longer
- No one to do a proper curly girl cut in your area
- Ruining your husbands' old T-shirts
- Can't stand "functional frizz"
- You Don't like your hair curly or wavy

The BASICS

- Silicone Free Products
 - Conditions, shampoos, styling products...
- Sulfate-free shampoos
 - Does NOT remove silicones
- Protect your hair from damage
 - Heat damage
 - Sun damage
 - Chemical damage (coloring, chemical hair relaxer)
- No more combing or brushing
 - Between washes
 - Using your fingers to detangle is preferred

Sulfate shampoos

- Drying to the hair and scalp
- Needs to be properly rinsed
- Removes Silicones (mostly)

Sulfate Free shampoo

- Low suds and or no suds
- Does not remove silicone and some other products
- Buildup CAN occur
- If you do not remove SILICONE from all of your products and only use a SULFATE FREE SHAMPOO
 - You can make your hair worse
 - Create scalp problems
 - Dry out your hair due to buildup
- Gentler and more hydrating

Can I still use continue to use silicones?

Yes, you can do anything you want

- Silicone gives shine and controls frizz (initially)
 - Frizz control tends to happen in the beginning of use
 - Until BUILDUP occurs
- Silicones COATS the hair
- Silicone PROTECTS the hair from HOT tools
- Over time it suffocates and dries out the hair
 - If not properly washed out/CLARIFIED MONTHLY
- Dry hair = Frizz

Alternative options

Keep using SILICONES

**Keep using SULFATE shampoos or at least
Clarify once or twice a month**

Be on the watch for scalp or hair problems if you keep using silicones

Searching for Silicones in products:

<http://isitcg.herokuapp.com/>

You need to put all the ingredients in (with a coma, in between all ingredients)

<https://www.ulta.com> (has a lot of products with full ingredient list to copy past)

Clarify

Clarifying Shampoo!

For everyone

Once a month

(maybe twice)

Follow by deep conditioning

(My favorite clarifying shampoo – Mop Top Detox Shampoo)

Water Sorta-soluble silicones

(Silicone-like)

These are exceptions that are OK:

But still have the potential of some

buildup!

Lauryl methicone copolyol (water soluble)

Lauryl PEG/PPG-18/18 Methicone Hydrolyzed Wheat

Protein Hydroxypropyl Polysiloxane (water soluble)

Dimethicone Copolyol (water soluble)

PEG-Dimethicone, or any other 'cone with "PEG-" suffix

(water soluble) Emulsifying Wax PEG-Hydrogenated

Castor Oil

Natural oils: Avocado oil, Olive oil, Coconut oil, etc.

Benzophenone-2, (or 3, 4, 5, 6, 7, 8, 9, 10) - sunscreen

Methychloroisothiazolinone - preservative

Methylisothiazolinone - preservative

What's the big deal with Buildup?

Buildup is one of the causes of FRIZZ Ok

“FUNCTIONAL FRIZZ”

Which helps with Volume

There is NO avoiding Frizz

if you go all Natural Curly!

Frizz why?

- Buildup
- Moisture-depletion (Your Hair is DRY)
- Hair damage
- NOT using the RIGHT Products
- Touching hair too much before it's completely dry
- Using a TOWEL on your hair
- “Functional FRIZZ” – Volume vs Definition
- FRIZZ is a Wave or a Curl out of Formation
- It JUST HAPPENS – humid day, windy day, etc. and so on
- Seasonal or humidity changes

HOW TO MANGAGE FRIZZ

- Wave or Curl Clumping
- Applying the RIGHT products
 - GEL – important for Wavy's
 - Who want to extend wash days with less FRIZZ
 - A good curly girl DRY cut will help curls clump better?
- Using a flour sack towel or a cotton T-Shirt on hair
- Eliminating or removing buildup
 - CLARIFY once a month
- Sulfate Free Shampoos
 - No-Poo, Lo-Poo, Cowash
- Water Soluble Silicones
- Once or Twice a month DEEP CONDITIONNING
 - 30 minutes
 - Heat Helps – hot cap (15 minutes)
- Condition with EVERY wash
- Avoid or reduce hair damage
 - Olaplex 1-2-3 (repair hair damage)
- Protein Treatment
 - Works a bit like a silicone by coating
 - Follow protein treatment by Moisture Tx
- Protein Moisture Balance
- Protective Style
- Buff at night
- Satin/Silk Pillow

LAST RESORT USE SILICONE (keep using Sulfate based shampoos or at least use a good clarifying shampoo once or twice a month)

Shampoo's

SULFATE FREE - LOTS OF OPTIONS

- Most Stores Carry
- Lots of Professional Options

PRE POO (applying a treatment to the hair pre-shampoo)

POO (shampoo)

LOW POO (little shampoo)

NO POO (without shampoo)

CO WASH (wash with conditioner)

Ok which one do I choose?

POO

(shampoo)

- Less moisture
- Better for wavy's

LOW POO

(little shampoo)

- Wavy's or Curlies
- A little moisturizing

NO POO

(without shampoo)

- Moisturizing
- Curly or Kinky Coily

CO WASH

(wash with conditioner)

- Very Moisturizing
- NOT Recommended to use EVERY wash
- Kinky Coily
- All curl types can do it once in a while between washes

How do I Shampoo?

- Use your finger pads
 - Scrub Scrub Scrub
 - Scalp and hair
 - Don't use your fingernails
- Rinse out very well

Conditioners and Leave-In conditions

Curly Hair needs MORE moisture
Than Straight Hair
Moisture is important PART
Of Beautiful Defined Curls

You can leave-in your regular Conditioner
Or put a little Leave-in

Deep Conditioning

Once a Month
30 minutes (Applied Heat = 15 minutes)
When do you KNOW when to use?
Hair feels DRY

TIP: SILVER HAIR NEEDS EVEN MORE MOISTURE

OLAPLEX

Bond Rebuilder

- May help repair hair damage
- No 3
 - Home use
 - Monthly
 - May be used weekly
- 1 and 2 are for in Salon use
 - During hair color and after hair color

Protein

Protein

- Hydrolyzed or smaller protein
 - Technically to go inside the hair shaft
 - Heat may help
- Larger protein, to sit on top of the hair
 - Protein may coat the hair and operate a bit like a silicone would to control FRIZZ
- Hair may feel stiff
 - Maybe more prone to breakage if overdone
 - Needs moisture to balance

the Stiff Hair

- Too stiff
 - Try Moisture Treatment
 - Or back off type of protein or frequency of use

(Pure Silk Protein by Curly Hair Solutions = This product is – Silk Protein based, Considered Safe for regular use)

ACV (Apple cider vinegar)

1 teaspoon of Apple Cider Vinegar (ACV) to 1 cup of water

Apply after shampoo

Saturate the hair

Work it in and let sit for up to 5 mins

Rinse thoroughly

Then Condish

Can be used weekly

Adding shine

Closing the cuticle

Removing some silicone build up

CLAIMS: Can help with dandruff as it has anti-fungal

Drying on a Cast

Gently Cupping the hair
Just Hovering at the Tip of the hair
or
Slowly Moving the Dryer up
Try not to Touch the hair
Let the Diffuser do the Touching

Leaning 90 degrees from side to side

SMASTERS

Breaking the product cast when the hair is partially dry

- Hair 50 to 75 %dry
- Apply a tiny amount of water
 - Gently pat down the water
 - You may apply a tiny amount of product on top
 - Only gently and only partially break your cast
 - Proceed to finish drying (air drying is an option but less curl tightness)

Can reduce frizz, increases curls, add body
may give more curls

Hard cast

It can be BROKEN
by itself or with a
product

CREATES Soft Curls

That May last 5 to 10 DAYS (average 7)

Less days if you can't stand FRIZZ or have looser waves or very oily scalp or are into regular heavy duty workout or sports

Greater the HOLD in GEL
The BETTER the Cast
(in general)

CLIPPING

DevaCurl DevaClips
Double Prong Pin Curl Clips
DuckBill Clips
Jaw Clamp

FOR VOLUME at the ROOTs
www.youtube.com/watch?v=LFLCD12RKbw

AG DRY LIFT

Dry Shampoo Paste
Only USE on DAY 1
DAY 1 (WASHDAY)
Once Completely DRY
Only on SCALP and when fully DRY

Refreshing between washes

Refreshing will help bounce back the curl and reinvigorate your look

Curl type

Wavy - Hair falls in an 's' pattern

Curly - Hair falls into clumps

Super Curly - Hair falls into clumps of small curls

(most people have a mix of types of curls/waves)

Dry cuts are best

CURL BY CURL

DevaCurl cutting method (and many other types)
(other schools exist)

- FIND A STYLIST
 - <https://www.devacurl.com/salon-stylist-search.html>
- Level 2 Training minimum preferred

What instructions do I give or how to prepare
Completely dry with the full cast in trim the ends

Dry Cuts

Curl by Curl

(+/-2 curls at a time)

DO NOT CARVE

NO THINNING or SHEARS

NO SLICING

NO TEXTURIZING

Signs it's time to cut

Some do Mini Trims Themselves

- Bangs and around the face ONLY
 - Cut either at the beginning or at the end of the curl where you see the C
 - Pull out the end of each curl - lightly
 - 1 curl at a time around the face
 - Get GOOD scissors

TIPS ON CUTS AND

How to grow your hair for the best curl/Wave

Wave 2 and a half times to have a curl

leave layers long

and do not leave too much space between layers

Reduce or Prevent Hair Damage (For the BEST CURL/WAVE results)

Tips:

TIP: SILVER HAIR NEEDS EVEN MORE MOISTURE

Trickle cool water = Helps to FORM CLUMPS And close HAIR CUTICLE

Curl activators = HELPS WAVY'S - Enhance Curls

The Tighter the Curl/Wave clump

Usually longer the Clumps keep together

Possibly Longer between washes

Protein Treatments

May improve shine

- act as a humectant to help hydrate the hair
- MAY reduce cuticle damage

Curl plumper's = Plumps curls

Some Gels/Styling products Contain

Water Sorta-soluble silicones

(Silicone-like)

(Like - Curl Keep By Curly Hair Solutions)

Definition vs Volume

What is your preference?

FUNCTIONAL FRIZZ = VOLUME – normal Frizz that occurs

Invisibobble and buff, satin or silk pillow case - Protecting your hairstyle

Breaking the cast - Gently scrunch out - 100% dry before proceeding (scrunching out the crunch)

Avoid putting products on the scalp (except for AG Dry Lift and Dry Shampoo's) if you have scalp issues or itchy scalp (depending on your scalp issues you may have to avoid all products on your scalp – including AG Dry lift and Dry Shampoo's)

Product application

Prayer method:

Smoothing products on the hair “Prayer Style”

Raking:

Reduce frizz

Rake your product with your fingers (Raking your hair while grasping them – in a downward motion - to tame the FRIZZ)

Plopping/Plunking

www.youtube.com/watch?v=O2qD38ZYX6A

https://www.youtube.com/watch?annotation_id=annotation_306616623&feature=iv&src_vid=9N6w+O9X7j3s&v=opVzAJ-Q20o

Definitions

SQUISH TO CONDISH = PUMPS WATER INTO THE HAIR

<http://www.thereoncewasacurl.com/blog/squish-to-condish>

HYDRO FATIGUE = TOO MUCH MOISTURE CAN OCCUR - Curls maybe limp and feel weighed down

PICK TRICK – using a pick to lift the roots while drying

SMASTERS – to break the cast when your hair is 50-75 % dry and apply water and or product and proceed to dry (or air dry)

Breaking the cast - Scrunching out the CRUNCH

Refreshing between Wash days – applying water and maybe some products and diffusing and or air drying afterward

Sleeping in the CRUNCH - to sleep with your hair cast on

Hair Cast - when your hair is fully dry and has a hard gel coating

Humectant - retaining or preserving moisture

Density - density of the hair (dense (closely packed together) (how much scalp you can see or how little scalp you can see)

WIKI

Thick density: If you don't see much scalp at all, you have thick hair density.

Medium density: If you see some scalp, you have medium density.

Thin density: If you see a lot of scalp, you have thin hair density.

Porosity

High porosity – Your hair will absorb water (as though the water will take a long time to leave your hair, then you have high porosity. Your hair retains a lot of moisture.)

Low porosity – This means your cuticle lays flat, making it difficult for moisture and products to penetrate the hair shaft. (hair has not retained much moisture))

Medium porosity – somewhere in the middle (hair retains a medium amount of moisture)

Porosity (low, medium, high): this will help you determine what products to use.

- Density (low, medium, high): this will help you determine how much of those products to use and sometimes point you to lighter-weight products if you have low density.

- Elasticity: if your hair is chemically treated and has lost its spring, you will most definitely need deep treatments and curl boosting products.

Find your hair subcategory. Take a look at a representative chunk of your hair. Observe the thickness and pattern of the curl (if you have curls). [10], [11], [12] These are also based on the Andre Walker system that categorizes hair into four types and three subcategories per type.

1A: Hair is soft and cannot hold a curl.

1B: Hair does not curl but has more volume.

1C: Hair does not curl and is rather coarse.

2A: Hair is wavy, resembling the letter S, and is coarse.

2B: Hair is often frizzy with a definite wave.

2C: Hair is very frizzy with thick waves, and is the coarsest of this category.

3A: Curls are about the same diameter as sidewalk chalk, or pretty loose curls.

3B: Curls are about the same diameter as a sharpie, or medium-sized curls.

3C: Curls are about the same diameter as a pencil, or corkscrew curls.

4A: Curls are very tight, about the same diameter as a needle.

4B: Curls resemble a zigzag pattern, looking like the letter Z.

4C: There might not be a curl pattern to this hair type. It has a tight zigzag with an

resources:

- Curly Girl, The Handbook by Lorraine Massey
- Silver Hair by Lorraine Massey

In Canada stores:

<https://www.curlyhairgoodies.com/>

<https://www.curlbar.ca>

<https://www.upnorthnaturals.ca/>

<https://www.earthtonesnaturals.com/>

How to look up if a product is CURLY GIRL FRIENDLY?

(Put ingredients in one at a time with a coma between each ingredient)

<http://isitcg.herokuapp.com/>

Ingredient LIST resource

<https://www.ulta.com>

Science-y Hair Blog

Science behind the curly girl and product suggestions and how to make some of your own products.

<http://science-yhairblog.blogspot.com>

Hair Style Help

Hair Romance TV

<https://www.youtube.com/user/hairromancetv>

<https://www.facebook.com/HairRomance>

Youtube for Wavys
(Curly's too)

Alyson: Real life+curly girl

@reallifecurlygirl

<https://www.facebook.com/reallifecurlygirl/>

<https://www.youtube.com/channel/UCOcnRlXmV9SMbeVQSZhqmsSQ/>
videos

Online Curl Classes

Krista Leavitt - Style Your Curls with Confidence

<https://styleyourcurlswithconfidence.mykajabi.com>

Scott - CULTIVATE YOUR CURLS WITH THE MAP METHOD

<http://www.scottmusgravehair.com/scott-musgrave-blog/cultivate-your-curls-with-the-map-method-online-course-is-live/>

Atoya - The Curly Hair Course

<https://atoya.mykajabi.com/thecurlyhaircourse>