



## Step-By-Step instructions for using the right Jessicurl products for your hair type

PROCEDURE	For thicker, drier hair requiring extra moisture, use these products:	For thinner, finer hair that gets weighed down easily, use these products:
<b>Washing</b> -Start with the Jessicurl cleanser best suited to your hair type. Wet hair well and massage cleanser into your scalp. Finger comb the lather through the length of your hair and rinse well. <b>Curly Clue:</b> Don't bunch your hair up on top of your head when washing. It causes tangles and possibly breakage.	<b>Hair Cleansing Cream</b>	<b>Gentle Lather Shampoo</b>
<b>Daily Conditioning</b> -Apply conditioner as if you were putting your hair in a ponytail. Finger comb through the length of your hair and let sit for 3-5 minutes. Gently comb with a wide-toothed comb, starting at the bottom and working your way up. Rinse well. <b>Curly Clue:</b> Letting the conditioner sit before combing will make detangling much easier.	<b>Too Shea! Extra Moisturizing Conditioner</b>	<b>Aloeba Daily Conditioner</b>
<b>Applying Styling Products</b> - After rinsing, do not wring out your hair or put it up in a towel. Doing so can disrupt your curl pattern, and the towel trick can cause SERIOUS frizz. Instead, flip your hair either upside down or over to one side and apply appropriate styling product.	<b>Rockin' Ringlets Styling Potion</b> Pour a small puddle in the palm of your hand, rub hands together and gently rake your outstretched fingers through your wet hair 3-4 times.	<b>Gelebration Spray</b> Spray generously through very wet hair and scrunch to encourage curl.
<b>Enhancing Curls</b> - Apply additional Rockin' Ringlets or Gelebration Spray if needed and scrunch to encourage curls - cup a handful of curls in your palm and gently squeeze while lifting up towards your scalp. Repeat the scrunching all over your hair. Next, gently blot or scrunch your hair with a microfiber towel to remove excess water without jeopardizing your curl pattern. <b>Curly Clue:</b> Terrycloth towels can contribute to frizz. Microfiber soaks up water but helps curls keep their shape and remain frizz free.	<b>Rockin' Ringlets Styling Potion</b>	<b>Gelebration Spray</b>
<b>Creating Confident Coils</b> - Scrunch in the appropriate amount of Confident Coils as directed in the chart to the right. This will make sure that your curls stay well defined without puffing out later in the day. <b>Curly Clue:</b> Confident Coils is concentrated. Start with one puddle and add a little from there.	<b>Confident Coils</b> 1-2 quarter sided puddles	<b>Confident Coils</b> 1-2 nickel sized puddles

### THE LAST STEP IS DRYING – with or without a hair dryer.

**Hair Dryer Method** - Always use a diffuser on the end of it to keep your hair from frizzing. Diffusing generally gives curlier curls and greater volume, especially if you diffuse upside down. Gently scrunch while diffusing, and only until your hair is about 75% dry. After you're done diffusing, DO NOT touch your curls until your hair is totally dry.

**Air Drying** - After scrunching your hair and arranging your curls the way you want them, it's important to keep your hands OUT of your hair until it's totally dry. This will preserve curl enhancement and keep frizz at bay.

**Scrunch out the crunch** - After air-drying until your hair is totally dry, gently scrunch out any crunch that you may have. Don't do this until your hair is TOTALLY dry, or you could cause frizz. You will be left with soft, bouncy curls that hold up in humidity OR dry climates.

### ADDITIONAL TIPS FOR CARING FOR YOUR CURLS

**Deep Conditioning** - If your hair is very dry, frequently colored or straightened, or even if you blow dry every day with a diffuser, you should do regular deep treatments with our **Weekly Deep Conditioning Treatment (DT)** to restore lost moisture to your curls. If your curls get weighed down easily, you may find your hair is not as curly on days you do a deep treatment. Wash first with **Gentle Lather Shampoo** to create a clean slate for your DT. Rinse well and towel dry. Apply DT and leave in for 30-60 minutes, then rinse well. I suggest you give your hair a break from ALL styling on the day you DT, including styling products. The next day, wash, condition and style as usual.

**No Brushing!** - The most important rule of curly hair ownership is do NOT brush your curls. Brushing dry curls will turn them into a huge mass of frizz and brushing wet hair can cause breakage. All you really need to adequately detangle your curls is a wide-tooth comb and a quality conditioner. Combing should only be done when your hair is wet and saturated in conditioner. You can stimulate your scalp by doing scalp massages with your fingertips and our **Stimulating Scalp Massage Oil**.

**Visit us online at [www.Jessicurl.com](http://www.Jessicurl.com) for more curly hair tips and Jess's Curly Clues advice column.**