



## Natural Hair Best Practices

These techniques and tips are sure to maximize your results towards longer, stronger, healthier hair.

Let me know your results along the way.

*Allison*

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## Natural Hair Best Practices 2023

**Shampoo or co-wash.** Use shampoo without sulfates and parabens. Consider occasionally washing your hair with conditioner or follow your regular shampoo with a co-wash for detangling.

**Detangling** can be done during the shampoo part of your routine or conditioning. Use your fingers to detangle your hair, in sections, before gently using a wide-tooth comb. Always start at the ends and work your way up. Don't brush curly or coily hair.

**Conditioners** 1. Eliminate silicones and sulfates. 2. Alternate between a conditioner that intensely hydrates/moisturizes and a protein conditioner. If you need less protein, try alternating once a month.

**Rinsing.** Hot water opens the cuticle, while lukewarm and cool water closes the cuticle. Therefore, use warmer water when shampooing, and lukewarm or very cool water when rinsing to smooth the cuticle and seal in some of the conditioner.

**Styling products.** Flaxseed gel is highly recommended for curly hair. Apply to wet or damp hair and let air dry or lightly diffuse. Flaxseed gel enhances curls, elongates, prevents tangling and seals in moisture. Can also be used to refresh curls between washes.

Be sure to use a protective leave-in BEFORE using a styling product containing silicones or other drying/damaging chemicals. A good protective leave-in creates a barrier between the hair and the styling product to protect hair from damage.

**Section hair.** Apply products to your hair in small sections to ensure good coverage.

**Air dry** your hair; don't use heat. If you must use heat, always use a good heat protectant. If you have African-textured hair, plait, braid or twist it to stretch it. This will also prevent tangling.

**Trim** your hair of split ends as soon as practical to prevent splits from moving up the hair shaft. Trimming your own hair is easier than it looks, whether you have textured or straight hair. YouTube has numerous (maybe millions) of videos for trimming your own hair.

**Use organic plant dyes** such as henna, cassia and indigo from a reputable supplier to color your hair naturally. If you must use chemical dyes to color your hair, you MUST maintain moisture to prevent and eliminate breakage. See below.



**Moisturizing and sealing.** Apply argan oil to wet hair, then follow with your leave-in conditioner. If you're refreshing your style and your hair is dry, mix water and a few drops of argan oil in spray bottle and mist hair lightly, *then* seal with a leave-in conditioner or oil such as jojoba or olive oil. Sealing the hair and the ends helps to prevent dryness and split ends. Read more about moisturizing with argan oil [here](#).

**Low manipulation.** After styling your hair – braid, twist or wash & go - manipulate as little as possible. Do not pull tightly on the hair or secure it too tightly.

**Growth & Hair Health.** Add two drops of rosemary and peppermint essential oils – two ingredients proven for hair growth – to your shampoo and / or your nightly scalp massage.

**Giving yourself a nightly scalp 3-minute massage** increases circulation and leads to healthier roots & longer, thicker hair. Use your fingers and start at the forehead. GENTLY massage your scalp, working your way to the back of your head. *Breathe.*

**Sleep** with a bonnet, satin cap or pillowcases to prevent breakage and dryness. Curly and coily hair types should wrap, platt or braid the hair to prevent tangles. Dry hair types should mist the hair lightly (focusing on the tips) with distilled water and a little argan or jojoba oil before wrapping.

**Use herbal treatments,** or deep conditioners and moisturizers every 2-6 weeks. This will vary depending upon your hair goals and your specific needs. Visit our updated [DIY page](#) for hair treatments.

**Support your natural hair care with a healthy lifestyle.** A healthy diet and regular movement can help you achieve your best hair. Consider the following:

1. **Drink more water.**
2. **Drink antioxidant herbal teas every day.** Try green tea, hibiscus, or rooibos.
3. **Get the right foundational supplements.** For hair growth, this includes essential fatty acids (salmon oil, flax oil, evening primrose oil, borage oil); biotin; and others that work synergistically to balance the body. Bone broth or gelatin can be good for collagen-building.

We love Ziquin Life [Mind Body Tonic](#), a vitamin, mineral, and antioxidant supplement as a daily foundation for vibrant health and healing.

4. **Move every day** to increase circulation and achieve a host of other health and beauty benefits, like collagen production.

**Love yourself.** Reduce stress; be calm and grateful. Try herbs for the mind.

