



Post-Care: Curly Haircuts & Trims

Your curls deserve the best! Follow these care instructions to keep them healthy, hydrated, and defined between salon visits.

How Often Should You Get a Curly Cut?

Curly hair needs regular shaping to stay healthy and defined.

- **Every 8–12 weeks** is ideal for most curl types.
- **Every 6–8 weeks** if you frequently use heat tools or notice split ends.
Regular trims support curl bounce, prevent breakage, and keep your shape looking fresh—even if you're growing it out.

1. Cleanse Gently

Use **sulfate-free and paraben-free shampoo** to avoid stripping your curls of natural oils.

We recommend: OYA, Milk_Shake & Curl Cult

Pro Tip:

Shampoo **twice** each wash. The first removes buildup, the second deeply cleanses your scalp. Use cool to lukewarm water.

2. Condition & Detangle

Always follow with a rich conditioner focused on mid-lengths and ends.

We recommend: OYA, Milk_Shake & Curl Cult

Detangle in the shower with a wide-tooth comb while the conditioner is in. Leave on for 2–3 minutes and rinse thoroughly.

3. Deep Condition Weekly

Hydrate and repair curls with a weekly or biweekly treatment, especially in dry climates like Arizona.

We recommend: OYA Treatment, Milk_Shake Integrity Treatment, OYA Elixir (adds shine, moisture, and strengthens)

Leave on for 5–10 minutes. You can also book a monthly **in-salon Deep Conditioning Treatment** for a more intense boost.

4. Protect from Heat & Sun

UV rays can dry and damage curls. Limit heat styling and always use protection.

- **Thermal Protection:** Use **OYA Shield** or **Milk_Shake Thermal Protect** before any heat tools (keep temp under 360°F).
- **Daily Defense:** Leave-in conditioners with UV protection keep curls soft and safe.

5. Style & Define Your Curls

After washing, apply a leave-in conditioner on damp hair, then layer your curl-defining products.

Suggested Order:

1. Leave-in conditioner
2. Curl cream, gel, or mousse
3. Diffuse or air-dry

Great styling products:

- **milk_shake Curl Passion Enhancing Cream**
- **Curl Cult Enhance Curl Cream, Dolly Potion**
- **OYA Contour, Bungee, Cashmere, Suede**

Techniques to try: *Plopping, scrunching, or curl bundling* for best definition.

Bonus Tips for Healthy Curls

- **Water temperature:** Stick to cool or lukewarm water to protect your color and moisture balance.
 - **Shampoo less frequently:** In between washes, rinse with water or use **dry shampoo**.
 - **Swimming?** Rinse hair with fresh water and apply leave-in before swimming. After, use **OYA Clarity Shampoo** to gently remove chlorine.
 - **Avoid brushing dry curls.** Use fingers or a wide-tooth comb while hair is wet.
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Final Thoughts

Consistency is key! Following this routine and using professional curl-focused products helps your hair stay strong, shiny, and beautifully defined between salon visits. If you're unsure what products are right for your curl type, ask us at your next appointment—we're happy to guide you.