

CURLY HAIR GUIDE



curluxscious

what's inside

An introduction to your curly hair journey, how to determine your hair needs and choose products accordingly, to start off on the right foot!

perfect for

...when you're sick of your frizzy hair, you don't know how to care for your natural hair, and everything is overwhelming and confusing.



For more learning, follow us on Instagram

@Curluxscious

contents:

- about porosity
- hair texture
- how to read product labels
- how to read ingredients
- how to determine what your hair needs
- how to choose products that work for YOUR hair

We recommend you allow yourself plenty of time to read through, and have a pen and paper ready to use.

Goodluck!
Adelina
xoxo

LESSON 1: CURL TYPE

where to start

To begin with, it's important that you *get to know your hair*.

Let's start with hair type:

- Type 1 is straight
- Type 2 is Wavy
- Type 3 Curly
- Type 4 Coily

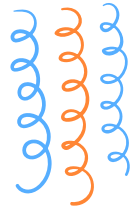
Letters are also added, which refer to the width, for example A is very wide pattern of loose waves, B is in the middle, and C is a tight curl pattern. Circle the one you think your hair looks like the most.



Loose waves can look like this. These are called 2A.



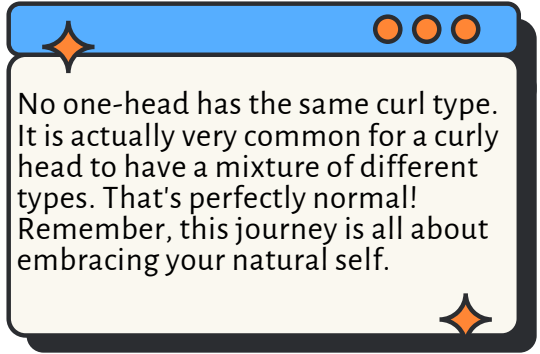
Wavy hair 2B, characterised by the S shape.



3B Curls, tight and springy.



3C Coils, distinguished by the very tight pattern which looks like a Z shape.



having trouble?

If you have recently coloured, bleached or relaxed your hair, your pattern may not yet be clear to you, and that's okay. Your real curl shapes will come in time.

We personally recommend to not base any of your routine on the curl type you think you have, as there is a lot more that goes into that.

You may see someone with similar hair type as your and assume their routine will get you the same results. Keep reading to find out why that is not the case.

CURLS ARE NOT ONE SIZE FITS ALL



LESSON 2

porosity

(this is where the fun begins)

Put in a simply way, **porosity is the hair's ability to absorb and retain moisture**. This is a very important topic to keep in mind, as it **determines the sorts of products your hair will benefit from** the most.

Let's look at the hair strand below.

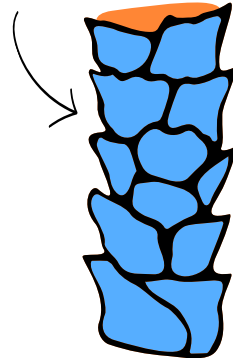
You can see that each hair strand has gaps through which moisture from water and products is absorbed into the hair.

When you have a lot of these or the gaps are widedely open, it means that moisture is easily taken in, and easily lost. That's called High Porosity hair,

In fancy sciency terminology, we would say that the **cuticle** is raised and **highly porous**, allowing moisture to pass through.

This is called **High Porosity**.

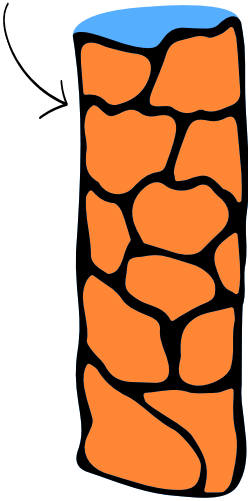
gap (hair cuticle)



high porosity

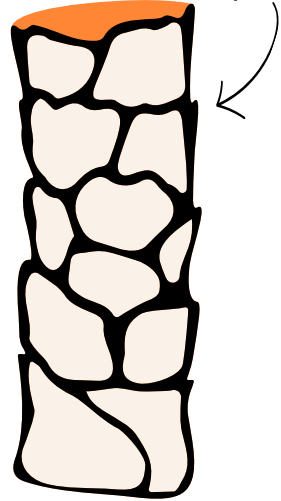
When you have the exact opposite, the cuticle quite closed off, or there's less gaps in the strand, the moisture sits on top of the hair instead of being absorbed. That would be **Low Porosity**.

gaps closed (hair cuticle)



low porosity

not too closed, not too open



medium porosity

Imagine the hair cuticle like a gates of a dam. When the gates are open, water (and moisture) can get in but also escape quickly. When they are closed, the water stays just outside of the gates.

The **optimum** would be half-way open - just enough to take water in, without allowing it to escape.

how to find your hair's porosity?

A good test which you can do to find your porosity, is to grab a spray bottle. I really hope you have one so you don't need to get in the shower!

If you have a spray bottle, fill with some water and spray over your hair in front of the mirror. Look closely at how the water reacts with your hair.

If you don't have a spray bottle, you will have to do it in the shower, do this when your next wash day is. Let the water fall on your hair naturally and just observe your strands. Keep in mind, how long does it take for your hair to get fully wet? Is the water sliding off - how quickly? Does your hair feel soaked almost immediately or fairly quickly?

If you are unsure, make sure you get a mist bottle, try the test again and send us a video of it. We'll try to help. DM us on Instagram @curluxscious or email us at curluxscious@gmail.com.



↻
Droplets standing on hair



Easily soaked hair



*We do not own these photos**

test yourself

Task:

Label the porosities on the hair strands. Remember the dam gates.



.....



.....



.....

When you finished, go back one page and check yourself. Don't worry if you don't get it the first try, it takes a bit of work to get your head around.

I LINKED SOME VIDEOS TO HELP YOU VISUALIZE WHAT POROSITY MIGHT LOOK LIKE ON REAL HAIR:

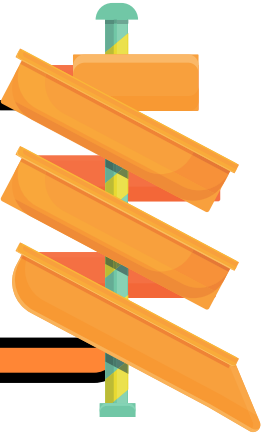
- Visual representation of low porosity behaves, [here](#)
- Visual comparison of what low vs high looks like, [here](#)
- Video explaining porosity by a curl professional, [here](#)

LESSON 3: MOISTURE

why does moisture matter?

Moisture is a curls' best friend. Curly hair is naturally more dry than straight hair. This is because of the hair strand's spiral structure, our natural oils from the scalp have a hard time reaching the ends.

Imagine trying to go down a slide that curves like a 3C type curl does. You would get stuck at the corners and that's exactly what happens with the natural oils!



Moisture is what keeps our hair healthy. Lack of it can cause severe damage and breaking off of the hair strand. Sometimes curly hair may need a little extra help getting moisture. But there are other things your hair needs beside moisture. For this, we need to understand the importance of texture, on the next page.



FUN FACT

curly hair is naturally dry

LESSON 4: TEXTURE

what's your texture?

Texture refers to the **strength of your strands**.

Task: take a single strand of your hair and roll it up between your fingers.

How much can you feel it?

I can definitely feel it - Coarse
I can somewhat feel it - Medium
I can't really feel it that much - Fine

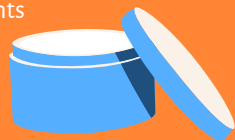
Coarse and medium hair is physically stronger hair. These strands will be able to hold the weight of heavier products such as oils and butters.

Fine hair on the other side, is easily weighted down. It prefers lightweight products for this reason, eg hydrating/ water-based products, and lighter options of oils for moisture (*more on this later*). It also loves protein to give it some structure.



product guide

- Fine hair = lightweight products/ingredients
- Coarse/Medium = heavy weight products/ingredients
- You need to find a balance between the porosity needs and the texture needs



notes space



LESSON 5: HAIR TYPE VS PRODUCTS TYPE

hair equations

You should have by now written down which porosity and texture you likely have. We say *likely* because in time, it may change, or it may become more clear with product testing.

We put together a generalised equations to help you choose products and understand your hair's preferences based on its science.

Low porosity+ Fine = Lightweight + Moisture

Eg. Gel, light leave in

Low porosity+ Medium/Coarse = Mix of Lightweight + Heavier Moisture

Eg. water based gel, curl cream

High porosity + Coarse/Medium = Heavy Moisture + Protein

Eg. Gel, curl cream, protein cream

High porosity + Fine = Protein + Moisture + Lightweight

Eg. Water based gel, lightweight leave in

LESSON 6: APPLY WHAT YOU LEARNT

product ingredients

At this point you're probably wondering **How the heck do I tell products apart?** What does lightweight and heavy weight mean in products, and how do I recognise them?

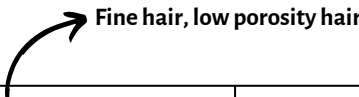
Don't worry, we don't want to teach you anything half way!

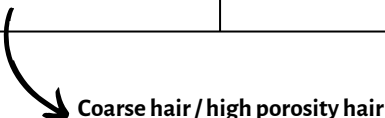
Here's a quick guide of products ingredients *lightweight/heavy* and how to read them from your products labels to be able to choose for your needs.

Lightweights Ingredients	water, aloe, milk, hydrosols, extracts
Heavy Ingredients	waxes, oils, butters, silicones, petroleum

Some oils are heavy, and some are lightweight, perfect for fine hair which needs moisture (eg High porosity + fine).

Lightweight oils	jojoba, almond, argan, grapeseed
Heavy oils	coconut, castor, macadamia, avocado

 Fine hair, low porosity hair

 Coarse hair / high porosity hair

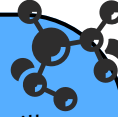
product labels

Product labels sometimes feature popular ingredients which you may have seen, such as shea butter or coconut oil. That's a good indicator that you have in front of you a heavy product.

However, front labels don't always paint the whole picture. It is indicated to look at the ingredients list, especially if you are unsure. Next page covers more about that.

"That sounds boring" - I know, but its easier than you think.

Strengthening = contains protein



Protein = amino acids, yogurt, silk, keratin, collagen, soy, milk, wheat, rice, jojoba, quinoa, soy

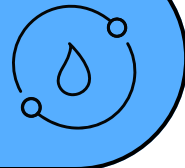


Moisturising = butters/oils

Anything like shea butter, avocado oil, coconut oil, etc

Hydrating = lighter ingredients like water, aloe vera, honey, seaweed, glycerine

These penetrate the strand to provide hydration, while moisture helps keep it in (teamwork!)



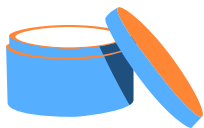
reading ingredients list

INGREDIENTS:

Aqua (Water), Glycerin*, Honey*, Aloe Barbadensis Leaf Juice*, Acrylates Copolymer, Cocos Nucifera (Coconut) Oil*, Orbignya Oleifera (Babassu) Seed Oil*, Butyrospermum Parkii (Shea Butter)*, Maltodextrin/VP Copolymer, Althea Offinalis (Marshmallow) Root Extract, Pectin, Parfum (Fragrance), Zingiber Officinale (Ginger) Root Oil*, Carbomer, Xanthan Gum, Dehydroacetic Acid, Benzyl Alcohol.
*Certified Organic Ingredient

As a rule of thumb, the closer to the front the ingredients are, the more of it it's in the actual product. **Take a look** at what we underlined.

The **first 5** are the most important as they dictate what **type** of product you have. The first 5 are **lightweight**, so your product will be lightweight. You also have further down the line some **butters** and **oils**, which provide **moisture**.



which hair type is this product for?

The product above would be a perfect product for low porosity + fine hair, but could also benefit high porosity + fine/medium, used with another product containing protein.

We have to reveal that this product is a gel, which means it's not likely to see this order in a leave in/cream as the gel formula is always lighter due to the consistency.

LESSON 7: CHOOSING PRODUCTS FOR YOUR HAIR

balance porosity with texture

You may be a bit confused on how you're going to meet BOTH the needs of your porosity AND texture, at the same time. It's not as difficult as it seems.

HIGH POROSITY + FINE



We know:

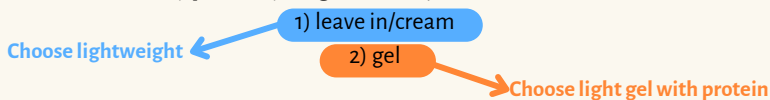
- it can't keep moisture in
- it needs light moisture
- light moisture=light oils



We know:

- it's easily weighed down
- it needs lightweight + protein
- lightweight = extracts, light oils, etc

In a **typical styling routine** you have at least:



If your styling products don't have protein, your washing products (shampoo & conditioner) should, so you can still get that intake of protein.

1

Include the ingredients your hair needs into your routine to help it thrive.

There is no single way to do this, and you may find your own way. Another example is using protein drops (like Boucleme).

2

3

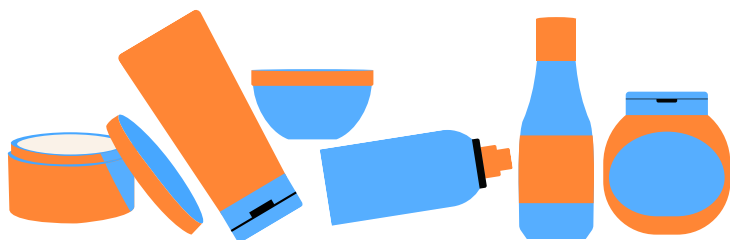
Shampoo, conditioners, and hair masks, as well as your styling products can play a role in this.

You don't have to find ONE product to do it all! Play around with your routine, write down what you used and how your hair liked it. Try to have a combination of what your hair needs, and distribute it within your all of your washday products, including masks, shampoos, styling creams, etc.

It's likely your hair's needs will change over time. If you heal your hair from bleach or heat damage, as your hair heals it might need less of things like protein, or moisture. So keep documenting your journey, that's why most of us have an instagram account, but it can be a journal, a notes app, anything.



Use a sealing oil after you dry 100%.
Glaze it over your hair to keeps the moisture in.



end of chapter.
go to next page.

LESSON 8: TREATING DAMAGE

how to heal damage

At this point in your journey, you should consider whether you have any damage in your hair. This can look like:

- split ends
- hair breaking off (eg. when brushing)
- having bleached hair
- dry, brittle hair
- very tangled all the time

General advice:

- take the time to learn your hair and its needs
- be gentle when you wash + detangle
- use a microfibre towel/cotton t-shirt instead of a cotton towel!

1. Trim ends
2. Ditch elastic
3. Get a silk scrunchie
4. Get a satin pillowcase

split ends
hair breaking off (eg. when brushing)
having bleached hair
dry, brittle hair / frizz
very tangled all the time

1. Bond builders
2. Add protein
3. Avoid bleach
4. Avoid heat damage

1. Change your hairbrush
2. Be gentle!
3. Add both protein + moisture
4. Stop heat use
5. Use heat protect (for drying)
6. Switch to silk (scrunchies and pillowcase)

1. Deep condition
2. Moisture
3. Use leave in
4. Switch to silk

1. Protein
2. Moisture (eg. good conditioner)
3. Use oil to dry detangle

FINAL WORDS

If you made it through to the end.



We hope you found this useful. We highly recommend you write down your hair type and needs and review it whenever you need to pick products.

Keep record of your results and check in with your hair every once in a while, you might see progress and realise your hair's needs are changing.

And Oh, don't forget to clarify!

goodluck

on this exciting journey, and don't forget slow progress is still progress. Only compare yourself to yourself and not to others and don't get lost in the face of social media.

remember,

we are always here to help. Get through to us on DMs, Facebook messages, website live chat or email contact@curluxscious.com.

a quick word from the founder

Hey! I'm really happy you've joined us for your hair journey. Your support and your presence means the world to me!

Our end-goal is to help people like you make the most out of their hair journeys and reach a point of infinite happiness and confidence within your own skin (or should I say hair?)

I hope you found this guide useful. We constantly update our blogs and socials with useful tips and relatable content.

Show us how your journey is going using #CurluxJourney for a chance to be featured.

For any posts with our products in, you can use #Curluxscious or #Curlux as we check these regularly and we may repost your content!

Thanks for being here. Wishing you all the good wash days in the world!

Adelina - CEO & founder

connect with us

for more content, tips and tricks

