
LOC MAINTENANCE

Brought to you by: TheHealthyHairChic



LOC MAINTENANCE

10 Tips to Keep your Locs Healthy

**THE WAY TO
HAPPY,
HEALTHY
HAIR:**

*For more healthy hair
tips visit me at:
TheHealthyHairChic.com*

1) Don't over-twist– This can be hard. Particularly, if you work in the white collar industry or are in the early stages. Try to be patient. Over-twisting will lead to thinning at the root. On average you can twist every 3-4 weeks. Of course if you can hold out, longer is better.

2) Be consistent– Always twist in the same direction (i.e. clockwise). If you don't maintain your hair yourself, try to find a good locician and stick with them. Different stylist use different techniques, this can cause inconsistency and weakness along the shaft.



3) Let your locs breathe- Styles look nice and can help your retwist last longer. However, excessive tension from styles and pulling the hair back can not only lead to a receding hairline but also a condition called traction alopecia, causing bald spots on various places of the scalp. Sometimes you need to just let your locs hang loose and free.

4) Be mindful of hair products– Chemicals, chemicals, chemicals! Some hair types are more sensitive than others and finding the right products for you is a process of trial and error. You can try making your own products. Otherwise a general rule of thumb is to stay away from bees wax and products containing alcohol. You may even want to consider not using products at all. You don't need additives to loc. Simply twisting while wet then drying is all you need to do and your hair will do the rest.

5) Moisturize! – It is a common misconception that hair needs to be rough and dry in order to loc. This is false. Think of your locs like branches on a tree. Dry branches snap while hydrated branches bend. It starts at the scalp. Oil your scalp. A good blend of oils can make all the difference.

6) Don't over condition- While it is important to moisturize, some leave-in and deep conditioners have detangling agents that will work to unravel your locs and cause weak spots along the shaft.

7) Watch what you eat– What you put in is what you get out. It's hard to have a healthy head of hair without a healthy body first. While I am not

aware of any foods that directly hinder hair growth, foods rich in vitamins A, B5, C, E and D, biotin, omega 3 fatty acids, and zinc can be critical for maintaining healthy hair, follicles, and scalp.

8) Drink lots of water- Water has to be the most important thing you could ever put in your body. When you are dehydrated your hair and skin will lack the moisture it needs to stay soft and healthy.

9) Protect your locs- Wraps, hats, and scarves oh my! Cover your locs to protect them from the elements. Your hair doesn't like extreme heat or cold any more than you do. Especially in the harsh winter months it is important to guard both your hair and scalp from drying out in low temperatures.

10) Assess and repair- By paying close attention to your hair you can address damage before it becomes breakage. If you notice thinning at the root, join locs to together (you can reserve the option to marry the locs all the way to the tip.)



Mikayllah J
The Healthy Hair Chic