

# PROTECTIVE STYLING

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*How to Care for Your Hair at Home*

**THE WAY TO  
HAPPY  
HEALTHY  
HAIR:**

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There are a few things to keep in mind to get the most out of your protective styles and maintain the health of your hair. But before we dive in let's talk about what a protective style is! In short, they're styles that require little to no daily manipulation. The reason they're "protective" is because the less touching and manipulation, the less chance of breakage. You greatly reduced split ends and possible breakage by tucking away your ends which are the oldest parts of your hair and more prone to damage. While these tips refer more toward long-term protective styles, you can also benefit and give your hair a short break by rocking a bun or roll, tuck and pin style.

**Ease the Tension:** the benefits of a protective style start at the install. When braiding your own hair or having a professional install braids, make sure your hair is not being pulled too tight. Don't be afraid to speak up if your stylist is using too much tension, especially around your edges.

**Cleanse your Scalp:** there are a number of ways to cleanse your scalp with protective styling but here's another one: in an applicator bottle, dilute your shampoo with a bit of water, apply directly to the scalp, gently massage and rinse with warm water.

**Keep Hair Moisturize:** Protective styles do help cut down on your morning routine because you don't have to fuss with your hair as much. But they can also suck the moisture out of your hair as well, it is important to regularly moisturize your hair and scalp if you want your protective style to do it's job. A few mists of a leave in conditioner or leave in treatment a few times a week will help keep your scalp healthy and hair soft. When it comes time to take your hair down it'll be that much easier.

**Protect at Bedtime:** unless you sleep on a satin pillowcase, wrapping your hair in a satin or silk scarf or bonnet- not cotton, which will suck the moisture out of your hair-will help prevent unnecessary loss of moisture.

**Be Gently when Taking the Style Down:** you may be ready to take your style down and want to speed through this process but please, take your time to prevent breakage. Using a pre-shampoo exfoliating treatment to take your hair down gives your strands just the right amount of moisture, making them ready for manipulation. "you may be ready to take your style down and want to speed through this process but please, take your time"

*Mikayllah J*  
*The Healthy Hair Chic*