

Know Your Crown

3 Steps to Discover Your Hair
Type & Needs



A Quick Start Discovery Guide for Black Women
on a Natural Hair Journey

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Hair Type & Needs



A Quick Start Discovery Guide for Black
Women on a Natural Hair Journey

Disclaimer

This guide was created with love, experience, and deep respect for the beauty and complexity of Black hair. The information shared within this guide is based on the personal and professional insights of Lucy Sams, founder of Sapphire Loc & Twist Studio.

While every effort has been made to provide guidance, encouragement, and effective solutions, this content is intended for informational and educational purposes only. It should not be considered a substitute for professional medical advice, diagnosis, or treatment.

Everyone's hair journey is different. Please use your best judgment and consult professionals when necessary.

By reading this guide, you acknowledge that you will take full responsibility for your own decisions and outcomes.

With love and respect,

Lucy Sams

Sapphire Loc & Twist Studio

"Nourish the Root. Radiate the Crown."

Step 1:

Know Your Texture

Most women have a blend of textures. Start by checking a small section when your hair is clean, detangled, and slightly damp.

HAIR TEXTURE



Loose Curls
Prone to Frizz



Tight Curls
Prone to Breakage



Tight Coils
Prone to Breakage



Z-Angled Coils
Prone to Shrinkage
& Single-Strand Knots

 **Looks Like:** Spiral, zig-zag, or tightly coiled strands

 **Feels Like:** Silky, spongy, cottony, or wiry

 **Might Behave**

Like: Shrinks tightly, expands with humidity, or stretches when wet.

“You’re not here to be boxed in by a number —
You’re here to better understand your crown.”

Understanding Your Curl Type

Traits, Challenges & Care Needs

Each curl type has its own personality. Knowing your type helps you meet your hair where it is—with patience and power.

3A – Loose Curls

- **Key Characteristics:** Wide, spiral curls with natural shine; lightweight and loose definition
- **Prone To:** Frizz, loss of definition in humidity
- **Care Tip:** Use lightweight leave-ins and sealants; avoid heavy butters
- **Bonus Insight:** Needs gentle moisture without weighing it down

3C – Tight Curls

- **Key Characteristics:** Densely packed S-shaped curls with lots of volume
- **Prone To:** Dryness, shrinkage, frizz
- **Care Tip:** Use curl creams for definition; deep condition weekly
- **Bonus Insight:** Detangle when wet using fingers or a wide-tooth comb

4A – Tight Coils

- **Key Characteristics:** Soft, springy coils with visible curl pattern
- **Prone To:** Breakage, dryness at the ends
- **Care Tip:** Focus on mid-to-end hydration; protective styles help retain length
- **Bonus Insight:** Weekly co-washes can reduce moisture loss from shampoo

4C – Z-Angled Coils

- **Key Characteristics:** Tightest coils with less defined pattern; high shrinkage
- **Prone To:** Shrinkage, tangling, single-strand knots, breakage
- **Care Tip:** Use LOC/LCO method for moisture layering; avoid excessive manipulation
- **Bonus Insight:** Regular finger detangling + satin wrapping helps retain length

“Your crown is unique — not a problem to fix, but a rhythm to learn.”

Step 2:

Understand Your Hair's Personality

Your hair's behavior isn't just about texture. It's also about how your hair absorbs moisture (porosity) and how much hair you have (density). Knowing both helps you choose the right products and rituals.

POROSITY TEST

What it Means
How easily your hair absorbs water and products



Pour a glass of water and place a clean strand of hair in it for 3–5 minutes.

- Floating? → Low porosity
- Middle? → Medium
- Sinks fast? → High porosity

Low Porosity

Floats → Needs heat to open cuticle

Medium Porosity

Suspends in middle → Balanced needs

Low Porosity

Sinks fast → Absorbs fast, loses fast

HAIR DENSITY

What it Means
How many strands of hair you have on your scalp



Look at your dry, product-free scalp in a mirror.
Scalp clearly visible? → Likely low density.
Scalp covered? → Likely high density.

Low Density

Scalp visible → Use lightweight products

Medium Density

Some scalp visibility → Use a variety of products

Low Density

No scalp visibility → Needs more product & moisture layering

“Your crown has layers — get to know them all.”

Step 3:

Start a Ritual Rooted in Love

Based on Steps 1 & 2, choose a ritual below to nourish your crown. Begin with just one or two practices – small wins lead to big transformations.

 Moisture Focus Best for: Low porosity, tightly coiled or kinky textures Oil Tip: Warm a few drops of the Rooted Radiance Hair Elixir and apply to damp hair. 	 Scalp Stimulations Best for: Slow growth, dryness, tension-prone scalps Oil Tip: Massage the Rooted Radiance Hair Elixir into your scalp using circular motions for 5-10 mins. 	 Strenght & Repair Best for: High porosity, colored-treated, Oil Tip: Use the Rooted Radiance Hair Elixir as a pre-shampoo hot oil treatment once a week. 
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- Try a few drops of Elixir to nourish your roots and seal strands.
- Say aloud: My hair thrives under my thoughtful care.
- Answer this: What is one way I can listen to my hair today?
- Wrap your hair with a scarf or bonnet before going to sleep.

Keep it simple. Keep it soulful.
And most of all, stay consistent.

Whether you're moisturizing, massaging, or mending—your ritual is an act of self-love. Keep it simple. Keep it soulful. And most of all, stay consistent.

Ready to go deeper?

 Download the full guide:

- [Roots Revived: The Ultimate Guide to Natural Hair Growth for Black Women](#)

[ [Download Now](#)]

Start your journey with love.

 Shop the Rooted Radiance Collection:

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About Me – Lucy Sams



Hi, I'm Lucy Sams—and I'm so grateful you've allowed me to be a part of your natural hair journey.

For as long as I can remember, I've believed that our hair is more than a style—it's a statement, a story, and a source of strength.

Like many of you, my path to embracing my natural hair wasn't

always easy. I had to unlearn the myths, rebuild my confidence, and figure out how to care for my hair in a way that honored both its beauty and my heritage.

That personal journey led me to create Sapphire Loc & Twist Studio (SLTHair)—a space where women can be seen, celebrated, and supported through every stage of their natural hair transformation. I specialize in Traditional Locs, Sisterlocks, Microlocks, and holistic natural haircare—not just because I love

styling but because I love empowering. I want every woman who sits in my chair or reads this book to know that her hair is not a problem to fix—it's a crown to honor.

This e-book came straight from my heart. It's the kind of guide I wish I had when I was just starting out—full of real talk, honest insights, and simple, nourishing solutions that work. Whether you're here to learn, grow, heal, or just be reminded that your beauty is yours to define—I see you. And I'm cheering you on every step of the way.

Thank you for trusting me. I'm honored to walk this path with you.

With love and light,

~ Lucy

Stay Connected with Sapphire Loc & Twist Studio

Thank you for allowing Sapphire Loc & Twist Studio to be a part of your journey toward embracing your authentic beauty. We're always here as your trusted partner, offering personalized consultations, professional styling, nourishing products, and empowering educational resources.

Visit Sapphire Loc & Twist Studio website @ slthair.com, follow us on social media @ <https://www.instagram.com/slthairstyle>, and stay connected to a community passionately dedicated to your continued growth and confidence.

Your natural beauty is your strength, and together, we will continue celebrating every step of your remarkable journey.

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