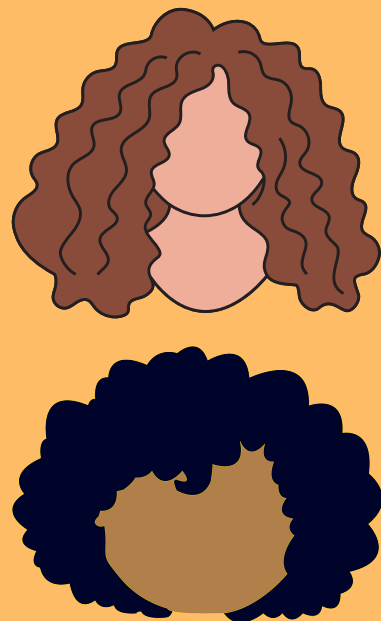


7 TIPS TO LOOK AFTER KIDS CURLS



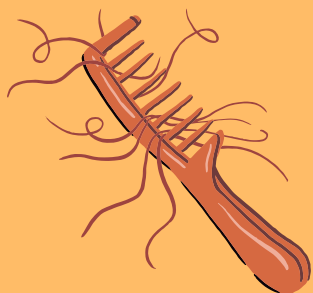
Don't wash more than once/twice a week with harsher foaming cleansers and add moisture and sealants in between washes to keep hydrated. Using a squeeze bottle with **diluted cleansers** is a really useful and practical tool for little ones especially. It helps keep it out their eyes and those who don't like dunking or showering.



Often the **application method** is as important as the type of product being used, find tutorials online with someone with a similar hair type to show what can be achieved. This is especially helpful for teens!



Brushing is usually best done with the aid of detangling spray, some people can brush dry, but it will go floofy and need to be wetted afterwards to reset curls.



Use gentle satin/silk scrunchies where possible. Silk head wraps at **bedtime protect** the moisture being wicked by cotton pillows.



Refresh curls with a spray bottle containing soft* water and either a PH balancer or some leave in conditioner. These can also be used to detangle and **rehydrate**.



Using shampoo as infrequently as possible will lessen knotting and frizz. **Co-washes** help greatly with kids hair and staying hydrated. Hard water is also drying so refreshing with purer water is beneficial.



Gels and leave-in conditioners act as a **sealant** to help lock the moisture in the hair for longer. Gels are very effective and can be liberally applied then "scrunched" out to remove the crunchy feel (once dry).



Knowing their curl "type" can be useful for knowing what might suit their hair, however so many things also play a role that this is always a guide only. Furthermore as lot of this can be applied to all hair and have many benefits.



Simple Guide to Hair Health with Herbs

Adding fresh herbs is the most nourishing and radical thing you can do for your hair. Often free and packed with nutrients, some are great to take internally as well!

Nourishing herbs can be used for different purposes, i.e for overall hair health, detangling, cleansing, and to treat scalps or hair growth issues.

Cleansers

Conkers – Soapnuts – Shikakai – Birch (**Saponins**)

Witch Hazel – Cleavers – Yarrow – Rose – Green Tea (**Astringents**)

Henna Leaf Powder and Rhassoul Clay are also great cleansers.



For Greasy Hair

- Yarrow -
- Witch Hazel -
- Watercress -
- Thyme -
- Rosemary -
- Lemonbalm -
- Citrus Fruits -
- Cleavers -



For Conditioning & Dry Scalps

- Oats - Irish moss - Slippery Elm -
- Marshmallow - Mullein - Burdock - Flax -
- Fenugreek - **CONDITIONERS**

- Yucca Root - Rose - Plantain - Nettle -
Mullein - Hops - Elderflower - Comfrey -
- Calendula - Nasturtium -
DRY SCALP RESCUE



Strengthen & Shine

- Horsetail - Henna - Hibiscus -
- Rice - Rosehip - **STRENGTHEN**

- Nettle - Amla - Chamomile - Dandelion -
Elderflower - Seaweeds - Shikakai - **SHINE**



For Thinning & Loss

- Tulsi - Sage -
- Rosemary -
- Nettle -
- Licorice -
- Horsetail -
- Green Tea - Nasturtium -
- Ginger - Horseradish -

