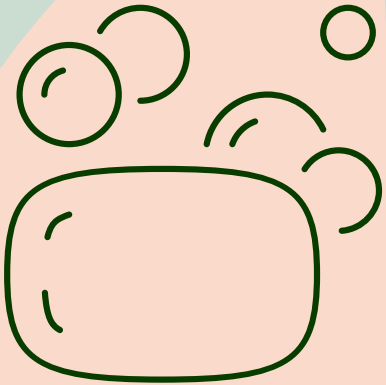




# Products we recommend

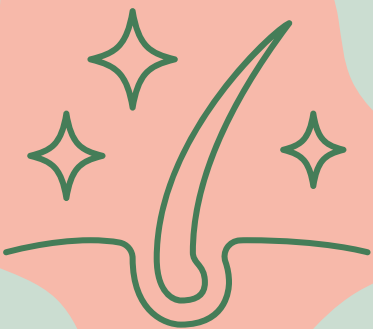


## Clarifying Cleansers & Shampoo

- Living Naturally Liquid Soapnut shampoo £
- Nirvana Naturals Nettle shampoo ££
- Hedgerow & Moor shampoo cubes ££
- Sintra Shampoo bar £
- Bramley shampoo ££
- Only Curls Cleanser ££

## Conditioners

- Nirvana Naturals Nettle Conditioner ££
- Soapkitchen Seabuckthorn "Conditioner Base" £
- Wild Sage & Co Natural Conditioner ££
- Only Curls Kids Conditioner ££



## Co-washes / Sud free Cleansers

- New Wash by Hairstory £££
- Only Curls fragrance free co-wash ££
- Boucleme cleanser ££
- Bodyshop ginger scalp conditioner £
- Aldi Green Apple conditioner £
- Faith in Nature conditioner £

## Styling, Serums & Other

- Only curls gels and mousse (kids range & fragrance free range are gentlest) ££
- Nirvana Naturals Curl Creme ££
- K18 rebonding for repairing damaged hair £-£££
- Boots Curl Creme £
- Soapkitchen Aloe Vera Moisturising Gel Base £
- By Selina gel ££

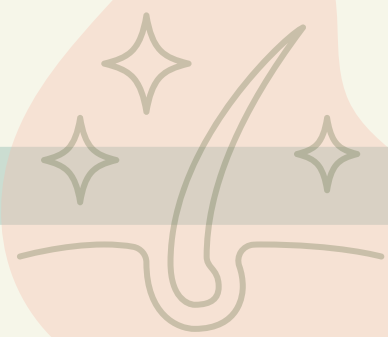




# Why and how to use them

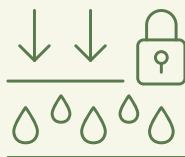
## Clarifying Cleansers & Shampoo

- Use surfactant-based cleansers **only when necessary**, typically once a week/month\* **for buildup**, oily residue, or very dirty hair. \*Frequency can vary depending on hair type and whether silicones are used.
- **Alternate** with other types of cleansers such as co-washes or herbal rinses for **variation**. Avoid using the same product repeatedly to prevent hair from becoming accustomed to it. Limit usage to a maximum of three times in a row.
- We also recommend **diluting** surfactant-based cleansers in a squeeze bottle if using more frequently, or if using a harsher cleanser. This will **lessen the harshness** of the shampoo and provide a more gentle application on the scalp. It shall save you money too!



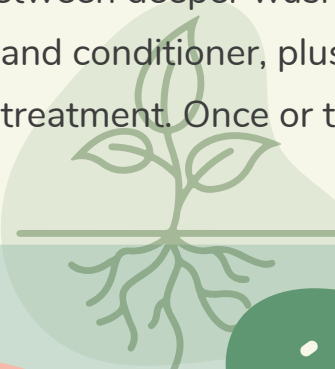
## Conditioners

- To condition hair, **apply sparingly** as needed, especially for more damaged hair. **Leave-in** conditioner is a better and more sustainable option.
- Using **restorative** products such as **K18** a few times a month can help more damaged hair.
- **Squish into wet hair** \* (gels, curl cremes and leave-in conditioners) or; use some leave-in diluted in a spray bottle (with soft water) to **refresh and moisturise** between washes. Also great for detangling kids hair. The Only Curls kids range stock a detangling spray. \* This helps to act as a **sealant** to lock in moisture, the true purpose of a conditioner.
- **Avoid silicones** and very heavy oils as much as possible to reduce the need for more frequent cleansing. Be aware when using them so you can clarify afterwards.



## Co-washes / Sud free Cleansers

- Co-washes are **gentle cleansers** which work well **for less dirty hair**, can be used between deeper cleanses to retain moisture and rebalance an overactive oily scalp. Some people get on fine using them 90-100% of the time as well, so worth a go to see if they work well for you. They function in a non-detergent way as they rely on **alcohols** to cleanse.
- Due to this, co-washes need to be done properly and **thoroughly rinsed**, involving a lot of **rubbing**. They can also be diluted and applied with a squeeze bottle for more cost-efficiency.
- **Homemade Herbal rinses** like rosemary, nettles, or cleavers can be used by soaking them overnight in soft water and rinsing through the hair using a jug or squeeze bottle over a bowl. Great for light cleansing, refreshing, moisturising, nourishing and revitalising between deeper washes.
- **Fun tip:** An egg is nature's 2-in-1 cleanser and conditioner, plus adding protein to the hair much like an expensive treatment. Once or twice a month is ideal!



# Why and how to use them

## Styling, serums & other

- We always encourage you to **DIY if you can!** There are so many super quick and easy to make gel recipes that you will know exactly what is going into, as well as **saving a fortune** if you have lots of hair. Please check our recipes for more info, some take only 2 minutes!
- Basic **budget gels** can be brilliant to help lock in moisture. A cheap strong hold gel with some pure aloe vera gel mixed 1/10 can achieve great results.
- Cherish one or two "boojie" styling products or serums that work for you if you can afford to. Often these are good because **a little goes a long way**. Sometimes it is worth it.
- Most of these products are best **applied to very wet hair**, squished through and then combed through to **distribute evenly**. Follow with some squelchy sounding scrunching and squeeze out excess moisture with a microfibre towel or an old t-shirt rather than a traditional towel.
- If using hairdryer, diffuser or **heat styling** you can be a bit more generous with how much leave-ins, gels and serums are used. Most heat protectants are silicone and oil based, therefore a thicker layer of sealant should do the same job.

