

THE THE Curly Girl Method ©jondogsonne

DO

- + ELIMINATE SULFATES, SILICONES, PARABENS, AND DRYING ALCOHOLS
- + BE VERY CONSCIOUS OF THE PRODUCTS YOU'RE USING!
- + STOP WASHING YOUR HAIR DAILY
- + USE A MICROFIBER CLOTH OR COTTON T-SHIRT
- + SLEEP ON A SILK PILLOW CASE
- + STOP USING A BRUSH
- + ELIMINATE HEAT TOOLS
- + TAKE SELFIES AND DOCUMENT EVERYTHING IN YOUR NOTES!
- + BE STUBBORN AND GIVE YOURSELF GRACE!

DON'T

- ✗ USE HEAT ON YOUR HAIR
- ✗ WASH YOUR HAIR DAILY
- ✗ USE TERRY CLOTH TOWEL TO DRY YOUR HAIR
- ✗ BRUSH YOUR HAIR
- ✗ OVER COMPLICATE THINGS! KEEP IT SIMPLE TO START!
- ✗ GIVE UP! YOU CAN DO THIS!

BASIC HAIR WASH DAY ROUTINE

- + WASH WITH CURLY GIRL FRIENDLY SHAMPOO, MAKE SURE TO SCRUB YOUR SCALP WELL!
- + CONDITION WITH CURLY GIRL FRIENDLY CONDITIONER.
- + WHILE HAIR IS SOPPING WET, SCRUNCH GEL INTO THE HAIR SHAFT. IT SHOULD SOUND LIKE SOAKING WET SNEAKERS!
- + SCRUNCH, SCRUNCH, SCRUNCH!
- + USE A T-SHIRT OR MICROFIBER CLOTH TO GENTLY SCRUNCH OUT ANY REMAINING WATER.
- + DIFFUSE ON LOWEST HEAT SETTING POSSIBLE OR EVEN BETTER - LET YOUR HAIR AIR DRY.

Embrace what you were blessed with!

THE CURLY GIRL METHOD IS NOT EASY BUT IT'S WORTH IT!