



MY HAIR CARE DIARY

REGIMEN GUIDE
FOR NATURAL HAIR

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ABOUT

Welcome to The Hair Care Guide, your ultimate solution for hair that's stubbornly refusing to grow.

The Hair Care guide is more than just a regimen guide; it's a personalized journey tailored to meet your unique hair goals.

This comprehensive guide will empower you with the knowledge, tools, and strategies needed to transform your hair care routine and finally see the results you've been dreaming of.

Inside, you'll find:

Tailored Regimens: Custom plans designed for your unique hair needs.

Expert Advice: Proven tips and tricks from a seasoned professional.

Effective Solutions: Practical advice to combat breakage and dryness.

With love,

Shade

PRE-JOURNEY CHECKLIST

Before you embark on your personalized hair care journey with The Hair Care Diaries, it's essential to lay a solid foundation. This pre-journey checklist is designed to help you prepare effectively, ensuring you have everything you need to achieve your hair goals. By taking these initial steps, you'll be setting yourself up for success and maximizing the benefits of your tailored hair care regimen. Let's get started!

ASSESS YOUR HAIR'S CURRENT CONDITION

- Note or photograph your hair's length, texture, and problem areas, and identify your hair type and porosity for better tracking.

SET CLEAR HAIR GOALS

- Define what you want to achieve, such as longer length or reduced breakage, and write down specific, measurable goals to track your progress.

GATHER ESSENTIAL HAIR CARE PRODUCTS

- Ensure you have all recommended products, such as sulfate-free shampoo, deep conditioner, oils, and serums, and stock up on tools like a wide-tooth comb, silk scarf, and spray bottle.

CREATE A DEDICATED HAIR CARE SPACE

- Organize a space for easy access to your hair care products and tools, and keep your regimen guide and workbook within reach.

SET A DAILY REMINDER

- Schedule a daily reminder at a convenient time to fill in your *Hair Care Diaries* entry, choosing a time that fits seamlessly into your routine.

BASIC PRODUCTS I NEED

SULFATE-FREE SHAMPOO

Sulfate-Free shampoos are A gentle cleanser that won't dry out your hair.

CONDITIONER

Conditioners help replenish moisture, detangle, and strengthen your hair.

LEAVE-IN CONDITIONERS

Leave-in conditioners provide ongoing moisture and protection between washes.

DEEP CONDITIONERS AND MASKS

Deep conditioners provide intensive hydration and repair, crucial for maintaining the health of relaxed hair.

HAIR CREAMS AND OILS

Hair creams and oils help seal in moisture, add shine, and protect hair from environmental damage.

DAILY ROUTINE GUIDE

Creating an effective hair care routine involves three basic steps done **TWICE DAILY** that ensure your hair stays healthy, hydrated, and protected from damage.

M

MOISTURIZE

Lightly mist your hair with water or a water-based leave-in conditioner.

S

SEAL

Apply a natural oil or butter to lock in moisture.

P

PROTECT

Style your hair in a protective style or wrap it in a silk/satin scarf if not styling

WEEKLY ROUTINE GUIDE

Creating an effective hair care routine involves three basic steps done **TWICE DAILY** that ensure your hair stays healthy, hydrated, and protected from damage.

P

REPOO

Apply a nourishing oil to your scalp and hair, leave for 20-30 minutes.

C

LENSE

Wash your hair with a sulfate-free shampoo suited to your hair type with lukewarm water.

D

DEEP CONDITION

Apply a deep conditioner or hair mask to hair evenly and leave for 20-30 minutes before rinsing.

M

MOISTURIZE

Lightly mist your hair with water or a water-based leave-in conditioner.

S

SEAL

Apply a natural oil or butter to lock in moisture.

P

PROTECT

Style your hair in a protective style or wrap it in a silk/satin scarf if not styling

STRETCH THOSE CURLS!

Follow this easy guide if you're trying to stretch out your curls, retain hair length and prevent shrinkage!

Do this...

- Use the Banding Method
- Twist or Braid Your Hair
- Blow-Dry on Cool Setting
- Use a Stretching Cream or Gel
- Pineapple Your Hair at Night
- Opt for Larger Curling Rods
- After washing your hair, wrap a silk or satin scarf around it in a low bun

Instead of...

- Letting your hair air-dry only
- Leaving your hair in a wash-and-go
- Blow-drying on high heat or air-drying
- Using leave-in conditioner only
- Sleeping with your hair loose
- Using small perm rods or rollers
- Drying your hair without tension

[**LEARN MORE ABOUT RETAINING YOUR LENGTH**](#)

SAY NO TO ITCHY SCALP!

This is a quick easy guide to help you if you're dealing with an itchy scalp or dandruff?

01

Keep Your Scalp Clean with a sulfate free shampoo (or a ketoconazole shampoo for dandruff)

02

Moisturize Your Scalp, massage jojoba or tea tree oil to keep it moisturized

03

Use an Anti-Itch Scalp Spray containing peppermint or aloe Vera for instant relief

04

Make it a habit to deep condition weekly to keep both your hair and scalp moisturized and itch-free

05

Instead of scratching, try gently patting your scalp or massaging it with your fingertips to ease the itch

06

Eat foods rich in omega-3 fatty acids (e.g salmon, walnuts) and drink plenty of water

07

When you're out and about, wear a hat or scarf to protect your scalp

08

Make sure you rinse out all your shampoo and conditioner thoroughly

09

Give your scalp a fresh start with a clay mask or apple cider vinegar detox treatment every few weeks

[LEARN MORE ABOUT ITCHY SCALP AND DANDRUFF](#)

INSPIRATIONAL QUOTES

Now it's time to space out and plan your wash days, hair dying and any other special hair treatments you want to try.

Your crown may be invisible, but your curls make it undeniable.

Life's too short for boring hair, switch it up and slay every day.

Healthy hair, don't care, watch it grow and glow!

Your hair is your vibe, let it speak louder than word.

Your hair journey is yours, embrace every twist and turn.

GET INSPIRED WITH PEOPLE'S HAIR CARE JOURNEYS

FAQS

How often should I wash my 4C hair?

It's best to wash your 4C hair every 1-2 weeks. This helps to remove product buildup without stripping your hair of its natural oils. If you work out regularly or sweat a lot, you can rinse your hair with water mid-week and follow up with a leave-in conditioner to keep it fresh.

What's the best way to moisturize my 4C hair?

The LOC (Liquid, Oil, Cream) or LCO (Liquid, Cream, Oil) methods are popular for 4C hair. Start with a water-based leave-in conditioner, then seal in moisture with a natural oil like coconut or olive oil, and finish with a cream-based moisturizer. Make sure to refresh your hair with a spritz of water and leave-in conditioner every few days.

How can I reduce shrinkage in my 4C hair?

Shrinkage is a natural characteristic of 4C hair, but you can reduce it by using stretching techniques like twist-outs, braid-outs, or banding. After washing, stretch your hair by braiding or twisting it in sections. This helps to elongate your curls while maintaining moisture.

What's the best protective style for 4C hair?

Box braids, twists, cornrows, and wigs are great protective styles for 4C hair. Just ensure your style isn't too tight to avoid tension on your edges. Keep your hair moisturized and your scalp clean while wearing protective styles, and don't leave them in for more than 6-8 weeks.

Can I use heat on my 4C hair, and how often?

You can use heat on your 4C hair, but it should be done sparingly to avoid heat damage. If you must use heat, always apply a heat protectant, and limit heat styling to once a month or less. Air drying or using cool settings on your blow dryer are safer alternatives for drying your hair.

EMERGENCY TIPS

INSTANT MOISTURE BOOST

If your hair feels dry and you're out of your favorite products, quickly spritz your hair with water and apply a small amount of shea butter or any natural oil like coconut or olive oil. This will seal in moisture and give your hair an instant refresh.

QUICK EDGE REVIVAL

For laid edges in a hurry, use a small toothbrush or edge brush and a bit of gel or edge control. If you don't have edge control on hand, mix some shea butter with a dab of gel for a smooth finish.

Tie a silk scarf around your edges for 5-10 minutes to set them in place.

DETANGLING ON THE GO

If your hair gets tangled and you don't have your detangling tools, use your fingers to gently separate the knots. Apply a leave-in conditioner or even a small amount of conditioner mixed with water to help smooth out the tangles. Start detangling from the ends and work your way up to minimize breakage.

QUICK PROTECTIVE STYLE

When you're pressed for time, a simple puff, bun, or high ponytail can be a lifesaver. Smooth your hair back with a bit of gel or leave-in conditioner, secure it with an elastic band, and you're good to go. You can also quickly twist or braid the front for added style.

INSTANT FRIZZ CONTROL

If you're dealing with frizz and flyaways, rub a small amount of oil between your palms and gently smooth it over your hair. If you're on the go, a tiny bit of lip balm can also work in a pinch to tame frizz.

That's not all...

[DON'T KNOW YOUR HAIR TYPE? TAKE THE QUIZ](#)

[LEARN THE COMMON HAIRSTYLE MISTAKES WE MAKE](#)

[LEARN HOW TO MAKE YOUR OWN DIY HAIR PRODUCTS](#)

[LEARN MORE NATURAL HAIR CARE TIPS](#)

[GET THE BUDGET FRIENDLY RELAXED HAIR PRODUCTS LIST](#)



REGIMEN GUIDE AND WORKBOOK FOR
RELAXED HAIR

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