

Pre-Shampooing Essentials for *Afro-Textured Hair*



HEALTHIER
HAIR



STRONGER
STRANDS



A HEALTHIER
SCALP



What is a Pre-Shampoo?

A pre-shampoo is using oils to be applied to the hair before shampooing. They are used to provide extra nourishment to the hair and scalp, helping to prevent damage from the harsh cleansers in shampoos. Pre-shampoo treatments can also help to combat dryness, frizz, and other hair issues. They may contain natural oils and moisturizers that help to condition the hair and leave it feeling softer and looking shinier.



ADDS
NOURISHMENT



HELPS PREVENT
DAMAGE



SUPPORTS
SOFTER, SHINIER
HAIR



How Long Does a Pre-Shampoo Sit For?



A pre-poo treatment should sit for at least 15 minutes before rising out. Depending on the product you are using, you may want to leave it on for up to 30 minutes for maximum benefits.



QUICK TIP

Use this time to relax, do a face mask, or take care of other self-care tasks!



5 Best Oils to Use for Pre-Shampoo

*Simple
Ingredients
Big Benefits*

1



Coconut Oil

Coconut oil is great for pre-pooing, as it's loaded with vitamins, minerals, and fatty acids that nourish the hair and scalp.

2



Avocado Oil

Avocado oil contains vitamins A, B, D, and E, as well as protein and amino acids, which can help to strengthen and protect the hair.

3



Shea Butter

Shea butter is a great choice for pre-pooing as it's a natural emollient that helps to lock in moisture.

4



Castor Oil

Castor oil is rich in ricinoleic acid, which helps to nourish and protect the hair.

5



Jojoba Oil

Jojoba oil is a great choice for pre-pooing as it can help to restore balance to the scalp and provide deep hydration.

Healthy Hair Starts with Simple Steps