

THE MANE ACADEMY



# THE EXPERT'S GUIDE TO HAIR OILS FOR AFRO TEXTURED HAIR





# Introduction

Afro-textured hair, known for its tight curls, coils, or kinks, has a special structure and set of needs. This type of hair is usually more delicate and can dry out easily because its shape makes it hard for the scalp's natural oils to reach the ends. Therefore, it needs particular care to stay healthy and vibrant.

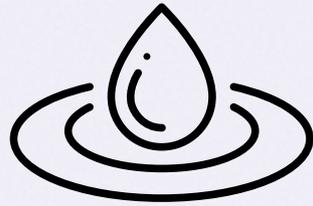




# Why Oils are Beneficial

Using natural oils for hair care is a great way to keep your hair healthy and lively, especially if you have afro-textured hair. Here's why they're so beneficial:

1. **Deep Penetration:** Natural oils are packed with good stuff like vitamins and antioxidants that help keep your hair soft. This is super important for afro-textured hair, which can often feel dry and brittle.
2. **Healthy Scalp:** Many oils have properties that help keep your scalp in good shape, which is key for hair growth and avoiding problems like dandruff.
3. **Strength and Protection:** Oils like coconut, and olive oil can get inside the hair and make it stronger, protecting it from damage caused by styling and the environment.
4. **Less Frizz, More Shine:** Natural oils can smooth out your hair, reducing frizz and adding shine, which is great for curly and coily hair that can look dull without the right care.



## Oils are not Moisturizers

Oils are excellent for locking in moisture in the hair, but they don't actually provide moisture themselves. If your hair is dry and you apply oil directly, it can lead to further dryness and make your hair feel brittle. To effectively moisturize your hair, you should first apply a liquid, such as water or a leave-in conditioner, before sealing it with oil.

## Focus on the Ends

Focusing oils on the ends of your hair is important because they're the oldest and most fragile part. Over time, they face things like sun, wind, and heat from styling tools, which can make them dry and prone to splitting. By applying oils, you give them moisture and protection, helping to prevent further damage. Oils also make your hair look shinier and easier to manage. By taking care of the ends, you help keep your hair healthy and looking good, which can lead to longer and stronger hair overall.



# The Best Oils For Afro Textured Hair



## Coconut Oil

Benefits for moisture retention and scalp health.

## Jojoba Oil

Mimics natural scalp oils, excellent for balancing.



## Castor Oil

Promotes hair growth and thickness.

## Olive Oil

Deep conditioning and strengthening properties.



## Avocado Oil

Nutrient-rich, ideal for dry and brittle hair.

## Almond Oil

Intense moisture and protection against breakage.



## Grapeseed Oil

Lightweight and helps to lock in moisture.



# Penetrating and Sealing Oils

Penetrating oils and sealing oils serve different purposes in hair care, particularly when it comes to maintaining softness and overall hair health.

## Penetrating Oils

- **Function:** These oils are designed to penetrate the hair shaft, providing deep nourishment and moisture from within. They can help strengthen the hair, reduce protein loss, and improve elasticity.
- **Common Types:** Coconut oil, olive oil, and avocado oil are well-known penetrating oils. They contain smaller molecules that allow them to seep into the hair shaft effectively.
- **Benefits:** By penetrating the hair, these oils can help repair damage, improve hair strength, and provide essential nutrients that support hair health.

## Sealing Oils

- **Function:** Sealing oils are used to lock in moisture by creating a barrier on the hair's surface. They do not penetrate the hair shaft but instead help to retain the moisture that has already been applied.
- **Common Types:** Jojoba oil, grapeseed oil, and castor oil are popular sealing oils. They have larger molecules that sit on the hair's surface, effectively sealing in moisture.
- **Benefits:** These oils are excellent for preventing moisture loss, reducing frizz, and adding shine to the hair. They are particularly useful after applying a water-based moisturizer or leave-in conditioner.



# How to Use Oils in Your Hair Care Routine



- **Pre-poo Treatment:** Protecting hair before shampooing.

To pre-poo with oils, simply apply your chosen oil to dry hair before shampooing, let it sit for about 20-30 minutes, and then wash as usual to protect and nourish your hair.

- **Hot Oil Treatment:** Deep penetration and nourishment.

To do a hot oil treatment, warm your chosen oil slightly, apply it evenly to your hair and scalp, cover with a shower cap, and let it sit for about 20-30 minutes before rinsing and shampooing.

- **Daily Softness:** Daily moisture and protection.

Apply water or a leave in conditioner to the hair then apply your oil of choice. Focus on the ends then work your way up.

- **Scalp Massage:** Stimulating hair growth and relaxation.

To do a scalp massage with oils, apply a few drops of your chosen oil to your fingertips and gently massage your scalp in circular motions for about 5-10 minutes to stimulate blood flow and promote relaxation.

- **Styling Aid:** Reducing frizz and adding shine.

To use oils for styling, apply a small amount to your palms, rub them together, and gently smooth over your hair to tame frizz and add shine.

# DIY Oil Blends

## 1. Nourishing Coconut and Avocado Oil Blend:

### - Ingredients:

- 2 tablespoons of coconut oil
- 1 tablespoon of avocado oil
- 5 drops of lavender essential oil

- Instructions: Melt the coconut oil if it's solid, then mix it with the avocado oil in a small bowl. Add the lavender essential oil and stir well. Apply the blend to your hair, focusing on the ends, and leave it on for at least 30 minutes before washing it out with shampoo.

## 2. Strengthening Castor and Jojoba Oil Blend:

### - Ingredients:

- 2 tablespoons of castor oil
- 1 tablespoon of jojoba oil
- 5 drops of rosemary essential oil

- Instructions: Combine the castor oil and jojoba oil in a bowl. Add the rosemary essential oil and mix thoroughly. Massage the blend into your scalp and hair, then cover your hair with a shower cap. Leave it on for at least an hour or overnight for best results, then wash it out with shampoo.

## 3. Moisturizing Olive and Almond Oil Blend:

### - Ingredients:

- 2 tablespoons of olive oil
- 1 tablespoon of almond oil
- 5 drops of peppermint essential oil

- Instructions: Mix the olive oil and almond oil in a bowl. Add the peppermint essential oil and stir to combine. Apply the blend to your hair and scalp, massaging gently. Leave it on for 30 minutes to an hour, then rinse it out with shampoo.

