



5 HABITS YOU NEED TO QUIT WHILE DETANGLING YOUR AFRO-TEXTURED HAIR

1. QUIT RUSHING THROUGH THE PROCESS

The hair is so delicate, any little thing you do with it can cause damage. Depending on your hair type, you can cause knots and tangles just by trying to get through the hair too quickly. By rushing through the detangling process, you constantly damage the hair fiber, which makes it harder for you to retain long healthy afro-textured hair.



Take your time while detangling to ensure that you are being gentle with the hair, once you do this you will eliminate the breakage that causes you to lose length.

2. QUIT BEING SO ROUGH

If longer hair is what you desire, you have to understand that your afro-textured hair cannot be handled so harshly. The hair needs to be preserved at all times. If you're being too rough with the hair, it will easily break and you will never be able to achieve your goal to have long hair.

Focus on being extremely gentle anytime you are maintaining your hair, in doing so, your hair will begin to flourish.



3. QUIT NEGLECTING YOURSELF

If you want to be successful at anything you have to be consistent. Having a routine for your hair and following it, will create results over time. If you are always telling yourself that you don't have time for your hair and you no longer follow your routine, bad habits progress and the hair cannot continue on in good health.

Always make time for yourself.

You deserve to have the beautiful, healthy hair that was intended for you. Put yourself first, stay consistent and your hair will begin to thrive.



4. QUIT THOSE NEGATIVE THOUGHTS

The thoughts you have while detangling can affect how you treat your hair. If you are thinking negative thoughts about your hair every time you are maintaining it, you will always create damage. How you think and feel about your hair directly impacts how you handle it. If you don't quit this habit your goals of having longer lengths will never be attained.

Begin to think positive thoughts about your hair. Learn to love it, say only kind words about it and treat your hair the same way you would something you cherished. Having only positive thoughts about your hair will change the way you treat your hair, doing this will guarantee that you are receiving results.



5. QUIT GIVING UP

If having healthy, long afro-textured hair is your desire, then you cannot give up! Every time you are in your hair gives you an opportunity to treat it better. You deserve any and everything that you put your mind to. Don't give up on the thought that you too can have beautiful hair

It's time to figure out what habits you currently have that are keeping you from receiving any results and begin to build new habits to provide the necessary changes that need to happen in order to begin to see results.



AREN'T YOU TIRED OF DAMAGING YOUR HAIR?

It's time to say goodbye to breakage, pain, and hours of frustration. Learn how to detangle Afro-textured hair the right way—gently, efficiently, and without tearing through your strands.

Ready to take things further? Everything you need is covered step-by-step in my program.

Join the Detangling Essentials Program today and give your hair the care it truly deserves.

