

The --- Trimming Guide

Healthy Ends. Stronger Hair. Real Progress.

Learn how to recognize, care for, and maintain healthy ends for longer, stronger hair.



Know
the signs



Make
the right choices



Keep more
of what you grow

*Healthy ends
lead to longer hair.*



WELCOME

TO YOUR TRIMMING GUIDE

Healthy Hair Starts With Healthy Ends

Your ends are the oldest part of your hair. They have lived through every wash day, detangling session, style, night of friction, and season.

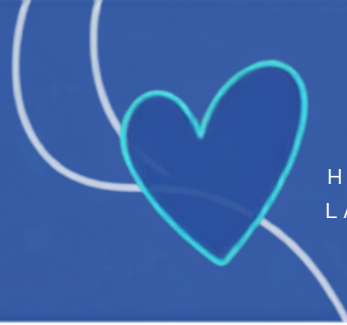
This guide will teach you how to stop guessing and start reading your ends.

*Knowledge grows
confidence* ♥



UNDERSTANDING YOUR ENDS

Your ends tell a story.



HEALTHY HAIR
LASTS LONGER

Healthy ends don't necessarily have to look perfectly blunt. Afro-textured hair naturally varies in density, curl pattern, shrinkage, strand thickness, growth rate and length.

Because of this, your ends should be assessed by condition not simply by whether they look perfectly even.



HEALTHY ENDS MAY FEEL:

- ✓ Smooth
- ✓ Flexible
- ✓ Easier to detangle
- ✓ Able to hold a style
- ✓ Free from excessive knots and splitting



ENDS THAT NEED ATTENTION MAY FEEL

- ✓ Rought
- ✓ Thin
- ✓ Frayed
- ✓ Brittle
- ✓ Dry despite conditioning
- ✓ Difficult to detangle
- ✓ Easily tangled together
- ✓ See- through
- ✓ Full of knots
- ✓ Uneven because of breakage

REMEMBER

Your ends give you important information about your hair's overall health, how well your routine is working, and what adjustments may be needed.



HEALTHY END
Smooth and defined



FRAYED END
Rough and uneven



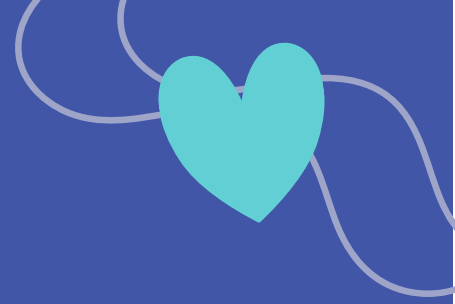
THIN END
Sparse and weak



SPLIT END
Strand separating

WHY THE ENDS BECOME DAMAGED

Understanding the everyday forces that gradually wear down the hair fiber



Hair fiber does not biologically repair itself once it's damaged. Conditioners and treatments can temporarily improve smoothness, lubrication, manageability, and appearance. But Severely split or fractured ends cannot permanently fuse themselves back together. Once an end is significantly damaged, trimming may eventually be necessary.

1 Mechanical Damage

Repeated friction and manipulation can gradually wear down the hair fiber.

Common contributors:

- Aggressive detangling
- Friction
- Rough towel drying
- Combing from root to tip
- Detangling without enough slip
- Excessive brushing
- Frequent styling
- Tight elastics
- Hair rubbing against clothing

2 Heat Damage

Repeated or excessive heat can weaken the hair.

Watch For:

- Frequent flat ironing
- Excessive blow-dryer temperatures
- Repeated passes with hot tools
- Insufficient heat protection
- Using heat on compromised hair

Heat doesn't automatically equal damage. Technique, temperature, frequency, and the condition of the hair all matter.

3 Chemical Processing

Processes that alter the hair structure can increase vulnerability to damage.

Examples Include:

- Relaxers
- Permanent colour
- Bleaching/lightening
- Some chemical texture services

Chemically processed ends may require more careful monitoring.

4 Weathering

Even well-cared-for hair experiences gradual weathering. The longer your hair grows, the longer the ends have been exposed to:

Common Contributors:

- UV exposure
- Water
- Cleansing
- Styling
- Friction
- Heat
- Manipulation

This is why long hair can sometimes become progressively thinner toward the ends.

5 Knots

Tightly curly and coily hair can naturally curl back around itself.

This can contribute to:

- Single-strand knots
- Tangling
- Interlocking strands
- Breakage during detangling

A few knots do not automatically mean you need a major trim.

SPLIT ENDS 101

Learn how to recognize common signs of splitting, fraying, and fracture

What Is a Split End?

A split occurs when the protective outer structure of the hair becomes compromised and the fibre begins separating.

What you may notice:

1

Y-shaped splits

One strand separates into two.



4

Incomplete splits

Damage develops along the strand rather than only at the very tip.



2

Multiple splits

One end begins branching into several pieces.



5

Knotted ends

The strand curls around itself and forms a knot.



3

Feathering

The end appears frayed or shredded.



6

White dots

Small white areas can sometimes indicate points of weakness or fracture along the hair shaft.



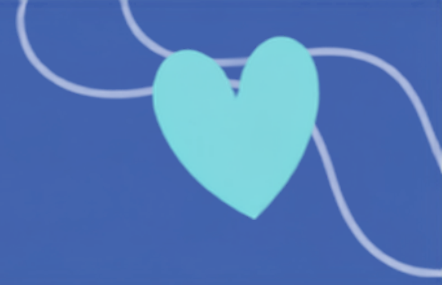
Important:

Products marketed as "split-end repair" may temporarily smooth or bind the fiber and improve its appearance. They do not permanently restore a severely split strand to its original condition.

Sometimes the appropriate solution is simply:
Cut the damaged portion away.

THE END HEALTH CHECK

Use touch, detangling, appearance, fullness, and styling to assess your ends



Before deciding whether you need a trim, perform an End Health Check.

1 FEEL TEST

Take a small section and gently run your fingers toward the ends.

Ask:

- Do the ends feel rough?
- Do they catch on my fingers?
- Do they feel significantly different from the mid-lengths?
- Do they feel brittle or crunchy?

2 THE VISUAL TEST

Stretch a section gently and examine the final few inches.

Look for:

- Splits
- White dots
- Fraying
- Severe thinning
- Broken strands
- Excessive knots
- A dramatic loss of fullness

3 DETANGLE TEST

Notice what happens during detangling.

Do your ends:

- Constantly snag?
- Wrap around one another?
- Require repeated combing?
- Break during detangling?
- Form excessive knots?

4 THE FULLNESS TEST

Compare your ends with the hair above them.

Some natural tapering is normal.

But if your hair suddenly goes from:

FULL → THIN → SEE-THROUGH

you may be looking at accumulated breakage or weathering.

5 THE STYLE TEST

Pay attention after styling.

Do your ends:

- Refuse to curl?
- Look frizzy while the rest looks defined?
- Stick out of twists?
- Make twist outs look rough?
- Prevent styles from looking polished?
- Tangle almost immediately?

Styling problems alone don't prove that you need a trim, but combined with other signs they can provide useful clues.

Your ends tell you what they need.

Learn to listen.

HOW OFTEN SHOULD AFRO-TEXTURED HAIR BE TRIMMED?

There is no universal trimming schedule.

Your ideal frequency depends on your hair, your routine, and your goals.



Your Trimming Frequency Depends On:

-  Styling habits
-  Heat use
-  Chemical processing
-  Manipulation
-  Detangling practices
-  Hair length
-  Strand characteristics
-  Breakage
-  Protective styling
-  Your haircut or shape
-  Your personal goals

A Better Approach

Schedule regular end assessments rather than automatically scheduling large trims. For example, you might assess your ends every 8–12 weeks.

Instead of asking:

"How often am I supposed to trim?"

Start asking:

"What condition are my ends in?"

DUSTING VS. TRIMMING VS. CUTTING

These terms are often used interchangeably, but they're useful for describing different goals.

DUSTING

Removing a very small amount from the ends.

Best suited for:

- ✓ Minor maintenance
- ✓ Small visible splits
- ✓ Maintaining length
- ✓ Early signs of wear

TRIMMING

Removing enough hair to eliminate compromised ends and improve overall condition or shape.

Best suited for:

- ✓ Noticable splits
- ✓ Persistent knots
- ✓ Frayed ends
- ✓ Moderate thinning
- ✓ Rough, snagging ends

CUTTING

Removing more length to intentionally change the shape or remove substantial damage.

Best suited for:

- ✓ Significant damage
- ✓ Major thinning
- ✓ Shape correction
- ✓ Heat-damaged sections
- ✓ Transitioning hair
- ✓ A new hairstyle

Keep in Mind:

Don't remove two inches when half an inch solves the problem.

But don't repeatedly "dust" hair when significant damage extends much further up the strand.

END CARE BETWEEN TRIMS

Your trimming routine is only one piece of end health.



1 CONDITION REGULARLY

Keep your ends hydrated and flexible. Moisture helps the hair remain strong and more resistant to breakage.

2 DETANGLE WITH INTENTION

Use plenty of slip, work in sections, and start from the ends. Gentle detangling reduces unnecessary stress on your ends.

3 USE STYLES THAT PROTECT

Choose styles that keep your ends contained and minimize manipulation (such as braids, twists, or updos).

4 LIMIT HEAT, COLOUR AND CHEMICAL SERVICES

These services can weaken the hair and cause dryness, making the ends more prone to damage. Always use a heat protectant and follow up with moisture.

5 PROTECT YOUR HAIR AT NIGHT

A few simple steps can make a big difference:

- Satin/silk bonnet or pillowcase
- Satin/silk scarf
- Loose pineapple or loose braids
- Avoid styles that pull on the ends

6 MANAGE FRIZZ

Keep your hair hydrated to reduce frizz. Use a leave-in conditioner and, if needed, a lightweight oil or sealant on your ends.

7 HANDLE YOUR ENDS WITH CARE

Be mindful of how you manipulate your ends during styling, restyling, and taking down styles. Avoid excessive pulling, rubbing, or combing dry hair.

8 BE CONSISTENT

Healthy ends come from consistent habits. Small actions done regularly add up to stronger, longer hair.

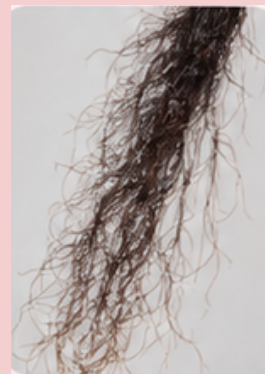
HEALTHY ENDS

- ✓ Smooth appearance
- ✓ Thicker, fuller look
- ✓ Defined curl or coil pattern
- ✓ Minimal frizz
- ✓ Few to no split ends
- ✓ Flexible and easy to manage



ENDS THAT NEED EXTRA CARE

- ✗ Rough or dry texture
- ✗ Thin or see-through
- ✗ Frayed or feathered
- ✗ Visible split ends
- ✗ Excessive knots or tangling
- ✗ Uneven or stringy appearance



Healthy ends support longer, stronger hair.

Care for them daily.

YOUR END HEALTH SCORECARD

Check everything that currently applies.

- ☐ My ends feel smooth.
- ☐ My ends remain flexible.
- ☐ My ends detangle relatively easily.
- ☐ I see very few split ends.
- ☐ Single-strand knots are manageable.
- ☐ My ends maintain reasonable fullness.
- ☐ My ends respond well to conditioning.
- ☐ My ends hold my styles well.
- ☐ I'm not experiencing excessive breakage at the ends.
- ☐ My ends don't constantly catch on one another.

8-10 CHECKS

MAINTAIN

Your ends appear to be doing well. Continue your current end-care practices and monitor them.

5-7 CHECKS

WATCH

Your ends may be showing early signs of wear. Focus on conditioning, lubrication, gentle handling and reducing unnecessary manipulation.

0-4 CHECKS

ASSESS

Take a closer look for splitting, breakage, severe thinning, knots or weathered ends. A trim may be beneficial.

This scorecard is a guide—not a diagnosis or automatic instruction to cut your hair.