



**THE STEP-BY-STEP
GUIDE TO A HEALTHY
HAIR ROUTINE**



What is a Hair Care Routine?

A hair care routine is a series of steps and products used to maintain the health and appearance of your hair. The steps include washing with shampoo and conditioner, using hair masks or treatments to nourish and repair your hair, moisturizing with leave-in products to keep your hair hydrated, and sealing in moisture with oils or butters to protect your hair from damage.

Why is a Hair Routine Important to Have?

Having a consistent hair routine is essential for maintaining healthy Afro-textured hair. It allows you to regularly monitor your hair's condition, manage shedding and tangles, and keep your strands more manageable. A set routine also helps you track whether your products are truly working for your hair's needs and make adjustments when necessary.



How Often Does your Routine Need to be Done?

Your hair care routine should be done every 7 to 14 days to maintain healthy, hydrated Afro-textured hair. The frequency may vary depending on the state of the scalp and the style you are currently wearing. For example, if your scalp gets itchy fast, you may need to cleanse the scalp more often. As for your style, if you have box braids, you can do your full routine when you remove the braids. If your hair is flat ironed, you should do your routine once your hair is ready for a wash.

Following your hair routine every 7 to 14 days is essential for maintaining the health and hydration of Afro-textured hair. This consistency removes product buildup, dirt, and excess oils that can weigh down your strands and lead to scalp issues. Regular cleansing also helps moisture penetrate the hair more effectively, allowing you to replenish hydration each time and keep the scalp clean—creating the perfect environment for healthy hair growth.

Maintaining a regular routine also saves time, as there will be far fewer shed hairs to detangle after 7–14 days compared to waiting 4–6 weeks between wash days.

What Tools Do You Need?

For your routine you need 4-6 hair claws, a spray bottle and a wide toothed comb.



What Products Do You Need?

For a hair care routine, you will need to have a shampoo and conditioner, a hair mask or treatment, a leave-in conditioner, and an oil or butter for sealing in moisture. The specific products you need will depend on your hair type and needs.

Afro Textured Hair Routine Steps



Step 1- Detangling

Detangling the hair before washing is crucial to eliminate knots and tangles. Afro-textured hair tends to shrink when wet, and loose strands from shedding can easily get tangled inside, making detangling more difficult later on. By removing shed strands before shampooing, the process becomes much easier and more effective.

1. Always detangle in sections. The more hair you have the more sections you need.
2. Use your fingers, a wide tooth comb or a tool with larger spaces.
3. Use conditioner and water to loosen the hair.
4. Start detangling at the ends then work your way up.
5. Keep the hair stretched while combing through.
6. Be sure to remove all shedding hair strands from the root.



Step 2- Cleansing

- 1.** Once the hair has been detangled, you will cleanse it by using a shampoo.
- 2.** Begin by rinsing your hair thoroughly with warm water to remove surface buildup and prepare it for cleansing.
- 3.** Apply a quarter-sized amount of shampoo to your hands and rub them together to create a lather. Then, evenly distribute the shampoo throughout your hair and scalp.
- 4.** Gently rub the shampoo along the hair shaft to remove dirt and oil buildup, keeping the hair stretched throughout the process to minimize tangling and breakage.
- 5.** Be sure to gently scrub your entire scalp, including behind the ears, to ensure a thorough cleanse.
- 6.** Rub the shampoo along the hair shaft to remove any dirt and oil build up. always keep the hair stretched during the process.
- 7.** Rinse the hair thoroughly to remove all shampoo residue. Repeat this process a total of three times.



Step 3- Conditioning

Next, you will move on to the conditioner. Thoroughly apply the conditioner throughout the hair, focusing on the ends and work your way up. For thick hair, apply in sections to ensure all strands are coated, then rinse.

Step 4- Deep Conditioning

In order to keep Afro-textured hair soft and supple, deep conditioning should be done after cleansing. Apply the deep conditioner thoroughly, focusing on the ends then working your way up. Allow the conditioner to sit on the hair for at least 20- 25 minutes before rinsing with cool water.



Step 5- Moisturizing

After rinsing the conditioner you will move on to moisturizing the hair. Afro-textured hair is prone to drying out when this step is left out.

- Apply a leave-in conditioner or water-based moisturizer throughout your hair, focusing on the ends first and working your way up to ensure even hydration and softness.

Step 6- Sealing

After applying your moisturizer, it's important to seal it in with an oil or butter to protect your hair from the constant exposure to drying air. Sealers, such as oils and butters, help lock in moisture and keep your hair hydrated.

- Focus on applying the sealer to the ends of your hair first, then work your way up. It's important to seal your hair every time you moisturize to maintain its health and lock in hydration.
- You should be moisturizing and sealing every 2-3 days, depending on how you are wearing your hair.



Step 7- Styling

Now that all your routine steps are complete, it's time to move on to styling your hair. The next steps will vary depending on your desired hairstyle.

If you're styling your hair in twists, braids, or cornrows and plan to blow-dry beforehand, be sure to apply a heat protectant to shield your strands from heat damage and maintain moisture.

Section your hair into smaller parts to help it dry faster and more evenly, reducing the need for excessive heat.

Use the heat from the blow dryer to gently stretch the hair as you dry. Avoid forcing the comb attachment through your strands, as this can cause breakage and damage.

For a wash-and-go look (Pattern Set), apply your styling products —such as gels, creams, or mousse- in small sections to define your curls and enhance your natural pattern.



Staying consistent with your hair care routine is essential for reaching your goals and achieving healthy Afro-textured hair. By following a regular schedule of cleansing, moisturizing, and deep conditioning, you can ensure that your hair remains hydrated, soft, and manageable.

Consistency in your routine will help to prevent dryness, breakage, and other common issues that can arise with Afro-textured hair. Remember to listen to your hair's needs and adjust your routine as necessary to maintain its health and vitality. With dedication and perseverance, you can achieve the beautiful, healthy hair you desire.