

The Complete **DEEP** **CONDITIONING** *Overview*





What is *Deep Conditioning?*

Deep conditioning is a hair treatment that involves applying a thick, rich conditioner to the hair and leaving it on for an extended period of time to deeply moisturize and nourish the hair. It helps to repair damage, improve hair texture, and restore moisture to dry or damaged hair.



Why is Deep Conditioning *Important?*

Deep conditioning is crucial for afro textured hair types because it helps to restore moisture, improve elasticity, and reduce breakage. Afro textured hair tends to be drier and more prone to damage due to its unique structure, which can lead to issues like frizz and brittleness.

Deep conditioning treatments penetrate the hair shaft, providing much-needed hydration and nutrients to strengthen and nourish the hair from within. This can result in softer, more manageable hair that is less prone to breakage and split ends. Regular deep conditioning can also help to enhance the natural curl pattern of afro textured hair, promoting healthier and more vibrant locks.



How Often Should you *Deep Condition your Hair?*

To maintain healthy afro-textured hair, it is recommended to deep condition every time you wash your hair or at least once a month. This will help keep your hair soft and supple, especially since the air can be drying. Regular deep conditioning will ensure that your hair stays moisturized and healthy.



Healthy Hair is a Habit ♥

Deep Conditioning *Recipes*

Mix the ingredients together until well combined.
Apply to damp hair, cover with a shower cap, and
leave on for at least 30 minutes before rinsing out
with cool water.

Treatment #1

Moisture Boost

- 1/2 cup Olive oil or Avocado oil
- 1 cup of your favorite conditioner



TREATS
DRYNESS &
SOFTENS

Treatment #2

Honey Hydration

- 1/4 cup Honey
- 1/4 cup Olive oil
- 1/4 cup Almond oil



ADDS
MOISTURE &
STRENGTH

Honey is used as a hair treatment because it is a natural humectant, meaning it helps retain moisture in the hair. It also contains antioxidants and nutrients that can help nourish and strengthen the hair.

Treatment #3

Protein & Shine

- 1 cup Mayonnaise
- 1/4 cup Olive oil
- 1/4 cup Almond oil



STRENGTHENS
& PROTECTS

Mayonnaise has been used as a hair treatment because it contains ingredients like eggs, vinegar, and oil that can help strengthen and nourish the hair. The protein in eggs can help repair damaged hair, while the vinegar can help balance the pH levels of the scalp.