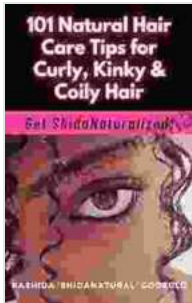


# 101 Natural Hair Care Tips For Curly Kinky Coily Hair



## 101 Natural Hair Care Tips for Curly, Kinky & Coily Hair: Get ShidaNaturalized! by Rashida ShidaNatural Godbold

★★★★☆ 4.6 out of 5

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Curly, kinky, and coily hair is beautiful and unique, but it can also be challenging to care for. The following 101 tips will help you keep your curls healthy, hydrated, and looking their best.

## Cleansing

- **Wash your hair regularly.** The frequency with which you need to wash your hair will depend on your hair type and scalp condition. If you have oily hair, you may need to wash it every day or every other day. If you have dry hair, you may only need to wash it once or twice a week.
- **Use a sulfate-free shampoo.** Sulfates are harsh detergents that can strip your hair of its natural oils. Look for a shampoo that is specifically designed for curly hair and contains gentle cleansers.

- **Apply shampoo to your roots only.** When you shampoo your hair, focus on applying the shampoo to your roots. The ends of your hair are more delicate and can be easily over-washed.
- **Rinse your hair thoroughly.** Make sure to rinse all of the shampoo out of your hair. Any leftover shampoo can build up on your scalp and cause irritation.
- **Use a conditioner.** Conditioner helps to hydrate and detangle your hair. Apply conditioner to the ends of your hair and leave it in for a few minutes before rinsing it out.
- **Detangle your hair regularly.** Detangling your hair helps to prevent breakage. Use a wide-toothed comb or a detangling brush to gently remove tangles from your hair.

## Moisturizing

- **Use a leave-in conditioner.** Leave-in conditioner helps to keep your hair hydrated and protected from damage. Apply a leave-in conditioner to your hair after you wash it and style it as usual.
- **Use a hair mask.** Hair masks are deep conditioning treatments that can help to repair damaged hair and restore its moisture balance. Apply a hair mask to your hair once or twice a week and leave it in for 30 minutes before rinsing it out.
- **Oil your hair.** Oils are a great way to hydrate and protect your hair. Apply a few drops of oil to your hair and scalp and massage it in. You can use olive oil, coconut oil, or jojoba oil.
- **Drink plenty of water.** Drinking plenty of water helps to keep your body hydrated, which in turn helps to keep your hair hydrated.

## Styling

- **Use a wide-toothed comb or a detangling brush.** These tools will help to prevent breakage and detangle your hair without damaging it.
- **Style your hair when it is wet.** Wet hair is more pliable and easier to style. Apply your styling products to your hair when it is wet and then style it as usual.
- **Avoid using heat styling tools.** Heat styling tools can damage your hair and cause breakage. If you must use heat styling tools, use them on a low setting and apply a heat protectant spray to your hair first.
- **Protect your hair from the sun.** The sun's UV rays can damage your hair and cause it to become dry and brittle. Protect your hair from the sun by wearing a hat or scarf when you are outdoors.

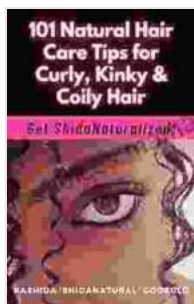
## Protecting

- **Trim your hair regularly.** Trimming your hair regularly helps to remove split ends and prevent breakage.
- **Get regular trims.** A professional hair stylist can help you to maintain a healthy hair care routine and keep your hair looking its best.
- **Avoid chemical treatments.** Chemical treatments, such as relaxers and perms, can damage your hair and cause breakage. If you are considering a chemical treatment, talk to your hair stylist first.
- **Protect your hair from the elements.** The wind, rain, and snow can damage your hair and cause it to become dry and brittle. Protect your hair from the elements by wearing a hat or scarf when you are outdoors.

## Other tips

- **Eat a healthy diet.** Eating a healthy diet that is rich in fruits, vegetables, and whole grains can help to improve the health of your hair and scalp.
- **Get enough sleep.** Sleep is essential for overall health, including the health of your hair.
- **Manage stress.** Stress can take a toll on your physical and mental health, including the health of your hair.
- **Be patient.** It takes time to grow healthy, beautiful hair. Don't get discouraged if you don't see results immediately. Just keep following these tips and you will eventually see the difference.

By following these tips, you can keep your curly, kinky, or coily hair healthy, hydrated, and looking its best.



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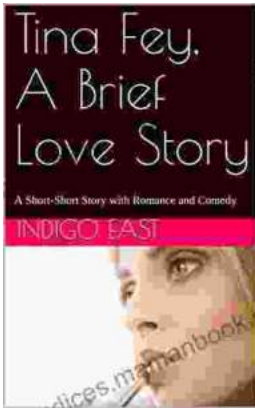
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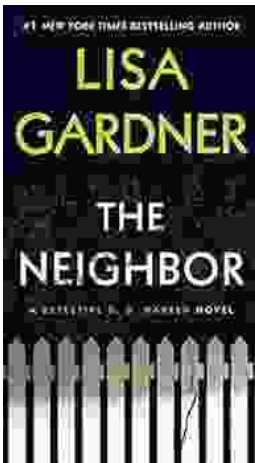
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