



How To Create Your Hair Regimen

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Getting Your Regimen In Place

Getting your own hair regimen in place is really not difficult.

All you need to do is to make a plan and then stick to it!

Here are a few points to consider:

Your hair texture

Your lifestyle needs

Your choice of hair products

Your Hair Texture











When it comes to your hair texture, you need to have some sort of knowledge about what your hair is like.

Why, you might ask?

Well, when you know your hair texture, you are better able to buy the right and effective products for your hair that with consistent use, it will result in healthy-looking hair!

Here is a hair chart which will help you determine your hair type. It was compiled by Andre Walker, the hairstylist for Oprah Winfrey.

Hair Typing Chart

<p>TYPE ①</p> <p>STRAIGHT HAIR</p> <p>FINE & FRAGILE TO COARSE & THIN (CURL RESISTANT)</p>	<p>A </p> <p>B </p> <p>C </p>	<p>TYPE 1 PRODUCTS</p> <ul style="list-style-type: none"> • ULTIMATE MOISTURE SHAMPOO • TKO CONDITIONER • GET IT STRAIGHT • O-OIL
<p>TYPE ②</p> <p>WAVY HAIR</p> <p>FINE & THIN TO COARSE & FRIZZY</p>	<p>A </p> <p>B </p> <p>C </p>	<p>TYPE 2 PRODUCTS</p> <ul style="list-style-type: none"> • ULTIMATE MOISTURE SHAMPOO • TKO CONDITIONER • BEAUTIFUL CURLS • GET IT STRAIGHT • O-OIL
<p>TYPE ③</p> <p>CURLY HAIR</p> <p>LOOSE CURLS TO CORKSCREW CURLS</p>	<p>A </p> <p>B </p>	<p>TYPE 3 PRODUCTS</p> <ul style="list-style-type: none"> • ULTIMATE MOISTURE SHAMPOO • TKO CONDITIONER 3A: BEAUTIFUL CURLS 3B: BEAUTIFUL KINKS • GET IT STRAIGHT • O-OIL
<p>TYPE ④</p> <p>KINKY HAIR</p> <p>TIGHT COILS TO Z-ANGLED COILS</p>	<p>A </p> <p>B </p>	<p>TYPE 4 PRODUCTS</p> <ul style="list-style-type: none"> • ULTIMATE MOISTURE SHAMPOO • TKO CONDITIONER • BEAUTIFUL KINKS • GET IT STRAIGHT • O-OIL

Your Lifestyle Needs

Contrary to what people may think, I do believe that knowing this, will make all the difference.

You see, everyone lives differently – some are avid sports people (hitting the gym every day of the week), some are office mice (never leaving the office once they get there and even after hours), and some who run their own businesses, so their time is their own!

What does this have to do with hair?

Well, the way you take care of your hair will depend on how you live, eat, and work. You need to know how much time you can allot to hair care and how often you can maintain that decision.

Let's face it – we all want beautiful hair – well surprise, Miss Jenny who works from home will be more able to create a regimen and stick to it more quickly than Miss Clara who lives and works at the office!

Your Choice Of Hair Products

With so many different choices on the public market place, it can be difficult to choose, but choose you must.

You can decide to go with a Branded product or not; as well as maybe making it yourself – you can choose!

The most important thing here is to find a product, use it consistently, and enjoy the health of your hair.

The Regimen

Let's talk about creating our regimen.

There are 5 basic steps that we need to consider:

- *Pre-Cleansing*
- *Cleansing*
- *Conditioning*
- *Moisturizing*
- *Sealing*

Pre-Cleansing

Now this step can be done or not done, depending on your time constraints. If you have the time, you can prepare your hair for cleansing. You can do this by doing:

- ***Hot oil treatments***
- ***Pre-conditioning with cream products***

You need to do this for at least one hour before the actual cleansing of your hair or overnight.

Pre-Cleansing (contd.)

If time is at a premium for you, you can customize this step by doing it overnight.

All you need to do is to use your pre-treatment product on your hair, cover with a plastic cap, and then continue with the regimen the next day.

One advantage of doing this method is that your hair has the benefit of an all night spa-treatment facilitated by your body heat.

Ideally, you choose what works best for you and also in relation to the health of your hair.

Cleansing

Cleansing your hair is a very important step of your regimen. The main idea behind a cleansing process is to remove the dust, grime, and excess oils produced by your body (including any oils or hair products that you might use in your styling options).

I suggest using a sulfate free shampoo, Indian powders or simply using a sulfate-free conditioner to cleanse your hair. You need to employ a method that will not strip your hair of its natural oils, thus leaving it dry and brittle.

Conditioning

In this step, it is two-fold:

- *Simple conditioning*
- *Deep conditioning*

Both types are important. Of course, time will dictate which one you choose for your hair needs.

Simple Conditioning

For the simple conditioning, it is just that – simple!

All you need to do is to simply apply a conditioner to freshly cleansed hair and allow it to remain on your hair for 2-5 minutes, rinse and then continue with your hair styling option of choice.

You can use your own concoction or buy one from the store. The key here is to always use a conditioner to help keep your hair moisturized.

It does not have to be complicated, just consistent!

Deep-conditioning

This is great way to restore moisture to your hair.

It has a few more steps than a simple conditioning but it is well worth it!

You need to find a good deep-conditioner to apply to freshly cleansed hair, massage it thoroughly and then cover with a plastic cap for at least 30minutes to an hour.

You can allow your body heat to help the conditioner to further penetrate or you can help things along by using a portable heat cap, hair streamer, or regular hooded hair dryer for 15-30mins.

I recommend either method. Just use the one that works best for you.

Moisturizing

Making sure that your hair gets the right amount of moisture to keep it supple is paramount to having a beautiful head of hair. There has to be a balance between your hair's moisture and protein levels.

You can add moisture to your hair by using a very well-known butter – Shea Butter as a hair sealant as well as a moisturizing aid.

The key is to use the moisturizer of choice right after your conditioning process. This way, you will be able to infuse the hair while it is still damp.

Sealing

Let's talk about sealing. This is the one part of any hair regimen that often gets left behind. We are sometimes short on time and so we cut off this step.

The thing about sealing is that it helps to lock in the great products that you used prior to this step. It is like putting icing on the cake.

You just spent some time to infuse your hair with goodness, now you just need to seal it in.

A good sealant that I use is Shea Butter. It makes your hair supple and shiny. You can read about other sealants [HERE!](#)

Products To Use

In this section, I will simply recommend products that I have used as well as those that I have not yet tried.

My advice to you – find the one that works best for your hair! It can only happen through trial and error.

- ***[10 Best Organic Shampoos 2018](#)***
- ***[10 Best Sulfate Free Shampoos 2018](#)***
- ***[10 Best Deep Conditioners 2018](#)***
- ***[10 Best Hair Steamers 2018](#)***
- ***[Hawaiian Silky 14-in-1 Moisturizer](#)***

Do-It-Yourself Corner

Here are some homemade recipes:

- *Shampoo*
- *Conditioner*
- *Hair Rinses*

Best Time To Use Your Regimen

And so, here we are – we have created a regimen – and now what?

Well, you have to find the best time to implement it so that you can start seeing results.

The best time is when you can give adequate time to get everything done.

This could be in the morning on a Saturday or any day of your choice, or maybe a split process – overnight into the next day – you need to decide how you will ‘carve’ out the time to make your hair look good!

You need to remember – consistency – is what will make the difference.

SO, that being said – keep it simple – and happy, healthy hair journey!

Thank You

Thank you for giving me the opportunity to share with you some valuable information that can help you on your hair journey.

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