

1. Cut off all of your hair that's damaged
2. Wash your hair at least once a week and no more than three times a week
3. Deep condition your hair regularly
4. Manipulate your hair a little as possible
5. Wear protective styles such as buns, ponytails, and wigs
6. Do not use any direct heat to style your hair
7. Do not use any chemical treatments on your hair, including hair color
8. Use products that do not contain any harsh ingredients
9. Trim your hair  $\frac{1}{2}$  inch every three months
10. Take progress pictures every three months to track your progress

