

Care & Maintenance

1. Always work with your hair in sections
2. Never pile your hair on top of your head when washing it
3. Always comb your products to evenly distribute them throughout your hair
4. Always detangle your hair from ends to roots
5. Don't brush wet hair
6. Never tease your hair
7. Deep condition your hair often
8. Actively prevent damage by avoiding harsh products, tools, and styling practices
9. See a dermatologist if you suffer from scalp problems that you are unable to resolve on your own or seem severe or extreme
10. Trim your hair on a regular basis
11. Cut off severely damaged hair
12. Rinse your hair immediately after swimming
13. Use a silk or satin scarf at night or sleep on a silk or satin pillowcase

Chemical Treatments

14. Don't double process your hair (i.e. no coloring relaxed hair, relaxing colored hair, etc.)
15. Coloring darker is healthier than going lighter
16. Extreme changes in hair color should be done by a professional
17. Always do a skin and hair test before performing any chemical treatment on your whole head
18. Always apply chemicals using gloves
19. Conduct your own research on ingredients before using

Style

20. Never heat-style dirty or wet hair
21. Always use the least amount of heat necessary at the lowest temperature possible
22. Always use a heat protectant when heat-styling your hair
23. Blow dry your hair on the warm setting
24. Styles that are closest to your natural texture are the healthiest
25. Avoid hairstyles that tug or pull your hair
26. Be extra gentle with your ends
27. Manipulate your hair a little as possible using protective hair styles

Products

28. Use good quality products with good quality ingredients
29. Use organic or natural products if possible
30. Learn which ingredients are harsh for your hair and avoid them
31. Avoid using clear shampoos

Tools

32. Use wide tooth, seamless combs to detangle your hair
33. Use hair accessories and tools that won't snag your hair
34. Use only good quality tools for heat styling

Healthy Living

35. Eat a healthy, well-balanced diet and avoid extreme diets
36. Avoid excessive amounts of sugar
37. Exercise regularly
38. Don't smoke
39. Avoid excessive alcohol consumption