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Good General Hair Care

1. Wash hair once weekly using a moisturizing shampoo such as Cream of Nature, Pantene Relaxed and Natural or Biolage for chemically treated hair.
2. Follow shampoo with a moisturizing conditioner. Allow the conditioner to remain on the hair for about 5 minutes before rinsing.
3. On wet hair, apply a leave in conditioner followed by a dimethicone coating agent such as John Freida Frizzease or Softsheen Carson High Gloss Serum. If you choose to use hair grease, be sure to apply it to the hair and not directly on the scalp.

"Oiling the scalp" is a tradition passed down for many generations, but there is really no use in it. The scalp has many oil glands and produces its own oils. Adding additional grease creates a build up on the scalp and prevents normal skin cell turnover. If your scalp is "dry", that probably translates to flaky or itchy and may need some treatment like medicated shampoo or topical medications.

4. Allow hair to air dry as much as possible. Avoid sitting under hood dryer or using hand held blow dryer for long periods.
5. Avoid practices that put traction (pulling stress) on the hair like gels, rollers, pony tails, tight braids and hair weaves. Try wrapping hair or using pin curls at night.
6. Limit chemical relaxers to no more than once every 6 to 8 weeks. Relaxer should be applied ONLY to new growth and should not be combed over already relaxed hair.