

Hair 101

Curly hair can be tough to deal with. Here is Hair 101 to help you on that task!

While many of us wish we were born with natural curls, we know the real thing can be hard to manage at times. A few insider tricks can help care for and style curly tresses that can make all the difference! We teamed up with [Sandy Jimenez](#), an expert resource for curly hair girls, for trusted tips and recipes for eliminating frizz and revealing oodles of bouncy, gorgeous curls.

Here is Sandy's easy to follow 5 step action plan for your yummiest curls yet.

Step 1: Do Monthly At-Home Treatments

Stick to a monthly protein treatment and deep conditioning regimen. As advocates of natural and organic products, try Sandy's easy to whip up recipes.

DIY Protein Treatment

For bouncy curls, stick to this no-fail, at-home mask:

1. Use 2-3 eggs and separate the egg yolks from the whites
2. Mix the yolk with 1 tbsp coconut oil
3. Saturate hair with the mixture and leave on for 40 minutes
4. Use the egg white portion to cleanse your scalp
5. Remember to set the water to cool when rinsing out or the mixture will "cook" in your hair

Tip: A good indicator to determine if you need a protein treatment is to stretch out one hair strand—if the hair doesn't bounce back, it's time to do an at-home protein pack.

DIY Deep Conditioner Treatment

To keep hair strong and moisturized, try blending the following ingredients for a super rich hair mask:

Blend (or mix with a fork) the following:

- 1 avocado
- one egg
- a banana
- honey
- 1-2 tbsp olive oil
- Leave mixture on for 40 minutes while wearing a plastic shower cap

If time is an issue, try the [SheaMoisture Anti-Breakage Masque](#) while in the shower. Leave the treatment in for 5-10 minutes before rinsing and applying conditioner.

Step 2: Limit Straightening

Minimize straightening hair which causes heat damage. When opting to straighten hair, try not to apply heat every single day you do. Give your locks a break from the heat! Generally a blowout lasts three to five days, so limit quick touch-ups to a dryer or flat iron only where needed.

Step 3: Use Sulfate-Free Shampoos And Products



Sulfates strip hair of moisture, but there are several curl-friendly, sulfate-free shampoos and products on the market that are considered the best:

- [DevaCurl No-Poo](#)
- [SheaMoisture Raw Shea Butter Moisture Retention Shampoo](#)
- [Kinky-Curl Come Clean Shampoo](#)
- [Miss Jessie Co-Wash](#)
- [L'Oreal \(sulfate-free line\)](#)

Step 4: Limit Shampoo Use

Use only sulfate-free shampoos from the brands listed above, but whenever possible—just wash your hair with conditioner. Then when hair needs clarifying and to remove build-up, try apple cider vinegar with water or use [Curls Pure Curl Clarifying Shampoo](#).

Step 5: Say Yes To Layers

Layers can be a curly girl's best friend for adding movement and volume. A proper haircut or trim can do wonders for your curls. (More on that next month!)

Other Maintenance Basics and Helpful Tips To Avoid Frizz

- Stick to microfiber towels, or a cotton t-shirt to soak excess water from hair—never use bath towels and never rub your hair. Rubbing causes frizz!
- Use a diffuser or just air dry.
- After applying product, never touch your hair while it's in the drying stage.
- Use only silk or satin pillowcases to help minimize frizz when you sleep.
- If you want to slightly change the pattern of your natural curls, wear a simple side braid at night to stretch your curls out a bit.
- Healthy hair is also about what we put into our bodies; it's important to load up on fruits and veggies. (Tip: Smoothies are a great way to consume superfoods. Follow [Kimberly Snyder's Glowing Green Smoothie](#) for a treat!)