

How to Style Your Hair Without Damaging It!



Tips

We all love silky, flowing hair! Here are some tips to style your hair and maintain its quality and integrity.

1. When you sleep, **braid your hair or wear a silk hair cap or silk pillowcases** to help your hair stay untangled throughout the night.
2. Try to brush your hair **in the shower** when you put conditioner in to softly and gently remove tangles.
3. Dry your hair **gently by towel** as often as you can, being extra gentle on the ends of your hair. If you must blow-dry your hair, **use thermal styling products or heat protecting products on the damp hair first** so you don't fry your hair.
4. **Never, ever, ever use heating tools on wet or even slightly damp hair.** Doing this fries and weakens your follicles.
5. **Do a weekly hair mask** using coconut oil or simply combine olive oil and honey. Best results are achieved if you leave it in overnight and at the minimum, 2 hours.

Products

- Ceramic plated flat irons or curling irons
- Sulfate-free shampoo and conditioners infused with keratin protein
- Leave-in conditioner or spray
- Thermal styler product/ Heat protector product like GK Thermal StyleHer
- Wetbrush