



DO'S AND DON'TS

PRIOR TO RELAXING.....



DO

Do remove braids a few days before.

Do avoid your hairline with lotions and creams.

Do inform your stylist of all drug & medication use.

Do rinse heavy gel from your hair the day before.



DON'T

Don't drink coffee or caffeinated colas.

Don't massage your scalp or exercise.

Don't irritate your scalp by wearing a hat.

Don't shampoo your hair within 72 hours.

Don't use holding spray or oil on your scalp.

Don't brush your hair.



DO'S AND DON'TS

AFTER RELAXING.....



DO

Do wear a satin sleeping cap at night.

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Do have your hair trimmed every 6-8 weeks.

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Do use a thick, rich conditioning shampoo.

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Do sleep on a satin pillow case.

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Do use a moisturizing conditioner every week.



DON'T

Don't use an overheated curling iron.

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Don't use a nylon brush on your hair.

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Don't use heavy daily oils.

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Don't press relaxed hair.

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Don't use hair accessories with rough edges.