

The Awkward Stage

Hair Care Blog for Women of Color Who Are Growing Their Hair Out of a Short Style.

Monday, January 11, 2010

Caring for Cornrows

When my hair is braided, I follow the simplest regimen ever. I don't do a heck of a lot but it gets the job done.

...and here it goes:

- 1) Clean scalp (and braids, if necessary) with ORS Herbal Cleanse** at least 1x week
- 2) Spray braids with leave in conditioner (sometimes I use Jane Carter Solution Revitalizing Leave In. Right now I use Giovanni Vitapro Fusion Leave in)

Sometimes I might...

- 3) Oil scalp with coconut oil (I really have to be in the mood to do this though)

That is it. Simple isn't it?! I followed this regimen when I had micros and when I had kinky twists. My hair definitely loved the little manipulation and the care that I showed to it.

Since it is winter, I will have to wear a hat when I go out so I will most likely cover my braids with a satin scarf, then cover with the hat so I don't get breakage.

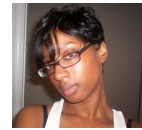
Posted by Sharday at 9:52 PM

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Sharday

Just a young woman on a wild and crazy hair care journey.

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 - ▶ June (4)
 - ▶ May (5)
 - ▶ April (5)
 - ▶ March (5)
 - ▶ February (7)
 - ▼ January (9)
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