

AGES 12+

At this age, hair care will remain consistent as they progress into adulthood

CURLY HAIR CARE

1 WASHING HAIR

Wash hair once weekly with sulfate-free or gentle-sulfate shampoo like:

- Tgin® Moisture Rich Sulfate Free Shampoo
- Crème of Nature® Moisture & Shine Shampoo with Argan Oil
- Shea Moisture Raw Shea Butter Moisture Retention Shampoo
- NaturALL Avocado Shampoo with Kiwi
- Mielle Organics Pomegranate and Honey Shampoo
- The Mane Choice Juicy Orange Fruit Medley Kids Shampoo



2 DEEP CONDITIONER

Use deep conditioner and comb it through the hair. Allow to sit for ~15 min. with a shower cap of choice.

Deep Conditioner Examples:

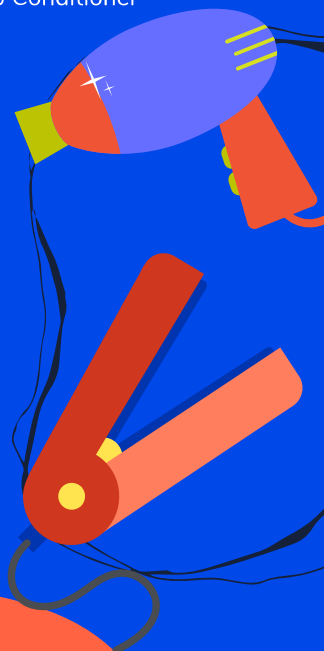
- Aussie Moist 3 Minute Miracle Organic Root Stimulator
- Olive Oil Replenishing Conditioner
- Mielle Organics Rosemary Mint Strengthening Hair Masque
- Mielle Organics Babassu Oil & Mint Deep Conditioner

3 RINSE-OUT CONDITIONER

Rinse deep conditioner then apply rinse-out conditioner and sit for 2-5 min prior final rinse.

Rinse-Out Conditioner Examples:

- Aussie Moist Conditioner
- Cantu Care for Kids Nourishing Conditioner
- Hello Hydration Conditioner
- The Mane Choice Fresh Lemon Fruit Medley Kids Conditioner



5 DAMAGED HAIR

Use protein treatment with shower cap.

Protein Treatment Examples:

- Palmer's® Coconut Oil Protein Pack
- Aphogee® 2-min keratin reconstructor
- CER-100 Collagen Coating Hair Protein Treatment

4 AFTER WASH

Apply leave-in conditioner spray and/or cream then a light carrier oil. Air dry or tension blow dry on medium heat.

Leave-In Conditioner Examples:

- Cantu Care for Kids Curling Cream
- CurlyKids Hair Care Curly Creme Leave-in Conditioner
- CurlyKids Hair Care Curly Gel
- Melanin Hair Care Twist Elongating Style Cream
- Camille Rose Naturals Almond Jai Twisting Butter

Light Carrier Oil Examples:

- Argan Oil
- Grapeseed Oil
- Jojoba Oil
- Olive Oil

REFERENCES

Aguh, C. M. (2019). 90 days to beautiful hair. U & C Publishing.

AUTHOR

Jennifer Choo, Dermatology PA-C