



Simplified Curly Hair Routine

Your go-to guide for healthy, defined, and low-maintenance curls!

01 Cleanse (Once or Twice a Week)

Use a **gentle sulfate-free shampoo** and a **clarifying shampoo** as and when required. Gentle shampoo for regular cleansing and clarifying shampoo for removing buildup.

✓ Look for: curl-friendly formulas

✗ Avoid: Sulfates, parabens, drying alcohols

Tip: Massage your scalp well to stimulate hair growth and remove dirt.

02 Condition (Every Wash Day)

Use a **moisturizing conditioner** to hydrate and soften your curls.

- Detangle gently with your fingers or a wide-tooth comb
- Let it sit for a few minutes before rinsing

Optional: Once a week, use a [deep conditioner](#) for extra hydration.

03 Style (Right After Shower)

Apply a **leave-in conditioner** followed by a **curl cream** or **gel** on damp hair.

- Use the praying hands method or scrunch to apply products
- You can also use a [styling brush](#) for extra definition
- Work in sections for better results

Tip: Don't touch your hair while it dries to avoid frizz.

04 Dry (Air Dry or Diffuse)

Let your curls air dry or use a [diffuser](#) on low heat.

- Wear a satin scarf around your neck or satin kaftan to avoid frizz
- Use a microfiber towel or cotton t-shirt to blot excess water right after you are done applying stylers

Avoid: Regular towels – they can cause frizz and breakage.

05

Maintain (Between Washes)

Keep your curls fresh and protected throughout the week.

- Sleep with a satin bonnet and a satin pillow cover
- Refresh with water + leave-in mix or curl refresher spray if required

Bonus: Pineapple your hair at night with a satin scrunchie to preserve curl definition.

06

Must-Have Products:

- **Sulfate-free shampoo**

<https://www.mywishcare.com/products/multi-peptide-antihairfall-shampoo-rosemary-250ml>

- **Moisturizing conditioner**

<https://www.mywishcare.com/products/multipeptide-anti-hairfall-conditioner-with-rosemary-200ml>

- **Leave-in conditioner**

<https://fixmycurls.com/products/stay-leave-in-cream>

- **Curl cream or gel**

<https://thecurlco.in/collections/all-products/products/enhance-and-define-soft-hold-curl-cream?variant=47956680016153>

<https://www.letscurlup.com/collections/shop/products/curl-defining-cream>

<https://ashbabotanics.com/collections/styling/products/styling-serum>

- **Satin bonnet**

<https://curlycharmymini.store/products/6ad8c3fa-98dc-43d5-82d7-30266af5383a?slug=curlycharmymini>

- **Satin pillowcase/ Satin Scarf**

<https://curlycharmymini.store/products/8c56f9bd-8798-4fff-9cd1-ef77c3bca16d?slug=curlycharmymini>

<https://curlycharmymini.store/products/86959228-a404-4bc8-8a57-cc8b98ba70f4?slug=curlycharmymini>

- **Satin Scrunchies**

<https://curlycharmymini.store/products/7d46130b-ca0c-4795-955b-d0d0ece8f533?slug=curlycharmymini>

07

Additional Tips:

👐 **Massage your scalp daily with your fingertips for 2–3 minutes. It boosts blood circulation and supports hair growth.**

🥤 **Drink plenty of water – hydrated body = hydrated curls.**

✂️ **Trim regularly to get rid of split ends and keep your curls healthy.**

☀️ **Protect your curls from harsh sun and pollution with a scarf when outdoors.**

Note: If you're just starting out, don't go overboard with products. Start with the shampoo and conditioner you already have at home. Once they're finished, you can slowly explore curly hair-friendly options!

For any queries you can always reach out to me on WhatsApp [9892509877](https://wa.me/9892509877) or [Instagram](#).