



Tues – Sat | 9:30am – 5:30pm

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MeMyCurlsAndI.com

Me My Curls And I Curlscription

1. SCALP:

Massage Cleanser onto Scalp with pads of fingers- Scrub on/ Scrub off. *Can also use as a face wash

Products Used: _____

Amount_ _____

How often: _____

2. HAIR:

(ON WARM WET DRIPPING HAIR IN SHOWER)

Ends- Squish up (SQUISH TO CONDISH) Noodle detangle with FINGERS in small sections. Add warm water as needed to help add maximum hydration and softness. *Water is a primary part of hydration. You can also Co- Wash with Conditioner and in between regular cleansing...

Products Used: _____

Amount_ _____

Rinse all out/ Leave In a little/ Leave In a lot

3. FILLER/MOISTURIZER:

(Filling the hair with moisture = no frizz)

Noodle/ Rake/ Smooth/ Glaze/ Milk/ Prayer method/ Scrunch

Products Used: _____

Amount_ _____

4. SEALER/GEL:

(Seal in the moisture)

Flip head over & Pat pat pat back of head & Glaze over back and front like you are doing a protective shield/pony tail...

Shake/ Glaze/ Scrunch/ Squish/ Prayer/ Squeeze & Hold

Products Used: _____

Amount_ _____

5. EXTRA FINISH:

Tilt Back into shower & add more water (small amount), then tilt back over and add more...

Products Used: _____

Amount_ _____

6. SQUEEZE AND HOLD:

With "Me My Curls And I" towel, shake and flip back

7. Clip-Dry-Fluff...SHAKE OUT THE CURL