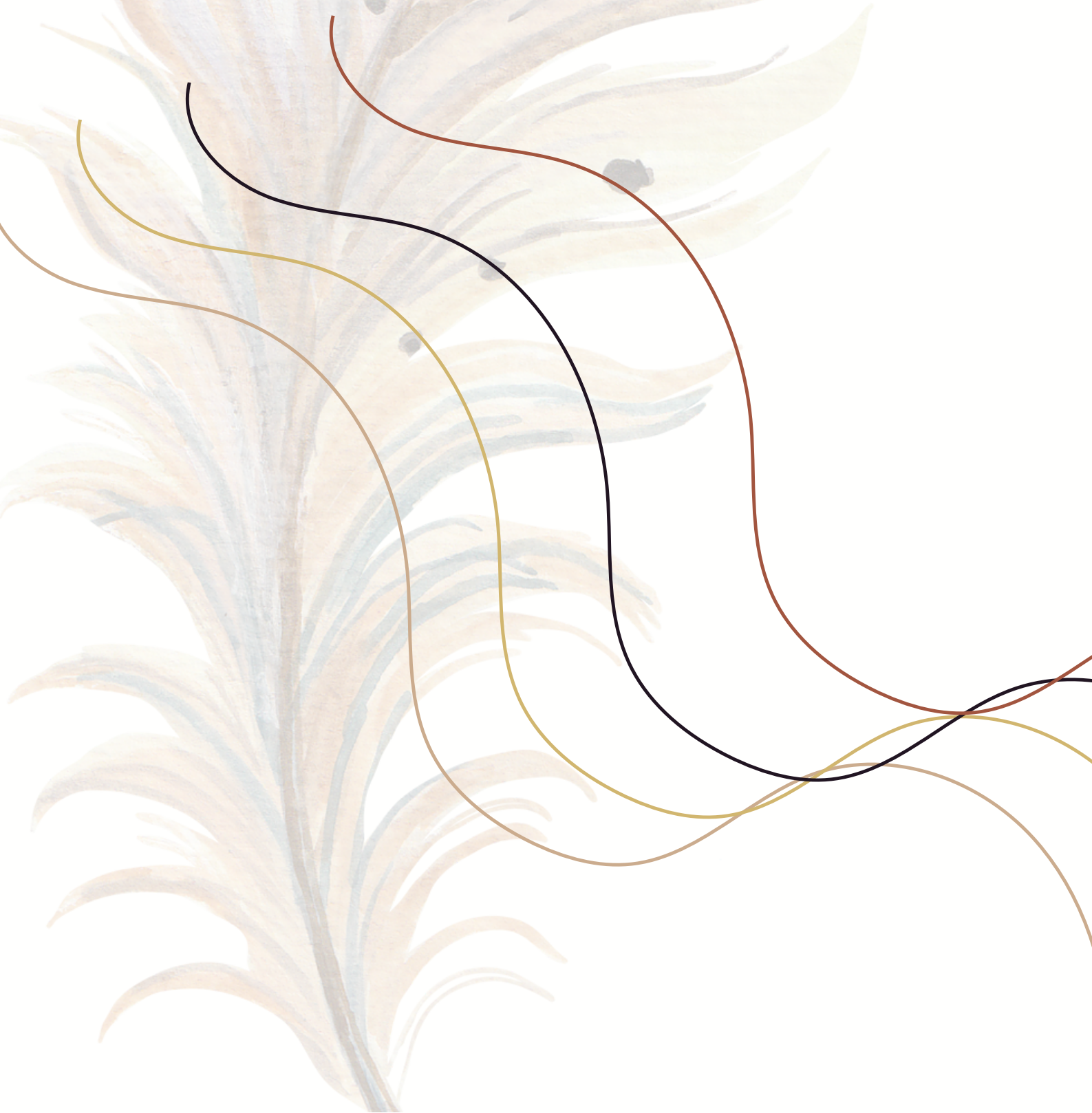




Curl Basics

Workbook





Structure

Hair structure is determined by the following factors:

- Shape of the hair follicle
- Thickness of the hair strand
- Hair texture (fine, medium, or coarse)
- Scalp oil production
- Density (number of hair strands per square inch)
- Hair care practices such as heat styling, chemical treatments, and styling products.

The shape of a person's hair follicle determines the shape of their curls. If a person has round hair follicles, their curls will be more defined and tight. If a person has oval hair follicles, their curls will be looser and have more of a wave. People with flat hair follicles will have straighter hair. And those with a combination of hair follicle shape have a mix of curl patterns. The shape of the hair follicle is genetic and determined by the individual's ethnicity and genetics, and it cannot be changed.

The thickness of the hair strand can affect the overall volume and definition of the curls. Thicker hair strands tend to have more volume and hold their shape better, while thinner hair strands may have less volume and be more prone to frizzing.

Density, or the number of hair strands per square inch, can affect the overall fullness and body of the curls. Higher density hair will have a fuller and more voluminous look, while lower density hair may appear thinner and flatter. Texture refers to the feel of the hair when it is dry and not styled, it can be fine, medium or coarse. Fine hair has a silky, delicate texture and can be more prone to frizzing, while coarse hair is thicker and stronger, and tends to hold curls better. Medium hair texture is between fine and coarse hair, it can hold curls well but can also be prone to frizzing.

All of these factors work together to determine the overall structure and appearance of a person's curls, but texture and density can play a big role in how defined, bouncy or frizzy curls can look.

What does Curly Hair Need?

Water

Water is essential for maintaining healthy, hydrated curls. When curls are properly hydrated, they are able to clump together and form defined, bouncy curls.

One of the biggest benefits of water for curls is that it helps to combat frizz. Frizz is often caused by dryness and lack of moisture in the hair, and when curls are dehydrated, they will reach out and try to absorb moisture from the air, which can lead to frizz. By providing curls with the hydration they need through regular watering, you can help to reduce frizz and promote defined, bouncy curls.

When styling curly hair, it is important to remember that the purpose of a curl set is to lock water into the curls. By locking in moisture, you can help to ensure that curls stay hydrated and defined throughout the day.

This brings us to the enemy..... Silicones.

Silicones repel water. The key to healthy curls is water. Therefore, if you use any products with silicones in them you'll never get those bouncy curls you want to see.

Common silicones found in hair products are dimethicone, cyclomethicone, cyclopentasiloxane, amodimethicone, PEG-12 dimethicone, dimethiconol, phenyl trimethicone, and dimethicone copolymer.

