

# FREE GUIDE

COILY & CURLY HAIR STARTER GUIDE  
+ WASH DAY CHECKLIST



EZHAIRTIPS



## **Coily and Curly Starter Guide + Wash Day Checklist**

### **Welcome to the journey!**

Coily and curly hair is bold, brilliant, and beautifully yours. This guide is here to help you build a simple, loving routine without overwhelm. Let's get into it!

### **Part 1: Coily/Curly Hair Starter Guide**

#### **The Basics: What Your Coils and Curls Need**

- Hydration First – Coily and curly strands thrive on water. Always start with clean, hydrated hair.
- Consistent Cleansing – Clarify regularly, then follow with moisture or volume depending on your goals.
- Gentle Detangling – Use fingers or tools like the Tangle Teezer on wet, conditioned hair.
- Moisture & Definition – Leave-in conditioner, plus gel or mousse, helps set and seal your coils.
- Dry with Intention – A hooded dryer or diffuser shortens drying time and helps lock in shape.
- Protect at Night – Use a bonnet or silk scarf to preserve your coils while you sleep.

#### **Quick Notes for Wash Day Success**

- Skip oils- You don't necessarily need them for moisture or sealing. Hydration comes from water + products
- If you use oils, be diligent about shampooing every 7-10 days. Product + oil + environmental buildup can cause dryness over time.
- Dryness is not permanent. Your hair just needs consistent care.
- Style on wet hair. Use fingers or a brush to define with gel or mousse.
- Breaking the cast? Optional. Some love the crunch for hold, others scrunch it out.
- Give yourself some grace. It will take time to learn or relearn your hair. You will get there.



## Part 2: Wash Day Checklist

### ***Before You Start***

- ☐ Section hair (4–6 sections is ideal if needed)
- ☐ Detangle dry hair gently with fingers (optional)

### ***Cleanse***

- ☐ Rinse thoroughly with warm water
- ☐ Apply Clarifying/Detox Shampoo (mid-shaft and ends first)
- ☐ Use residual suds to gently cleanse the scalp
- ☐ Rinse and repeat with Moisturizing or Volumizing Shampoo, same method

### ***Condition***

- ☐ Apply conditioner (focus on ends)
- ☐ Detangle with your favourite brush or fingers (4-6 sections is ideal if needed)
- ☐ Let sit for 5–10 mins, then rinse with cool water

### ***Style***

- ☐ Apply Leave-In Conditioner on wet hair (section by section)
- ☐ Follow with Gel or Mousse
- ☐ Define curls using fingers or a brush
- ☐ Use a diffuser or hood dryer for best results
- ☐ (Optional) Break the cast for softness

### ***Protect***

- ☐ Sleep with a satin/silk bonnet or scarf
- ☐ You shouldn't need to refresh days 1–3. However, if needed (day 4+), use water and a small amount of mousse or gel on the areas that require it only. Diffuse the area or air-dry.

### **Affirmations for the Journey**

- My coils are worthy of time, care, and love.
- I am learning, evolving, and glowing with every wash day.
- My hair is not a problem to fix, it's a crown to celebrate.
- I'm not chasing perfection. I'm practicing presence.