

NATURAL HAIR SIMPLIFIED IN *5 Steps*



- Over 80
Recommended Products
- **Easy & Practical** Tips
- BONUS SECTION

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Disclaimer

Please note that I am not a licensed dermatologist or trichologist, any information provided in this e-book is based on research and personal experiences. Please do not replace any tip on here with a medical advice. Should you continue to experience any persistent hair issue which could be due to a medical symptom, please don't hesitate to consult your health care professional immediately.

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HELLO THERE!

Thank you for downloading my E-book. I am honored that you've invited me on your Natural hair journey. To save you time, I've only included tips and key points that will help you clarify any confusion that you might have about how to care for your hair. So you won't have to worry about reading something that doesn't relate to you in anyway. Let's face it, natural hair care can be time consuming and difficult when you don't know what you're doing. It can even seem confusing when you're presented with so much information that can at times be contradicting. *So to help you clarify any confusion and get you focused on the things that you really need for healthy hair, I have **simplified your Natural hair care in 5 easy steps.***



It is my hope that this book will help you change the way that you care for your hair.

And if it did, please be sure to recommend it to a friend.

Should you have any question, please don't hesitate to contact me via the following links below.



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NATURAL HAIR DECODED IN 5 EASY STEPS

1. SHAMPOO/CLEANSE



Why: It helps to remove product build up, excess grease, dusts, and other impurities that are not supposed to be on your hair and scalp.

How: Pour a small amount of your favorite sulphate free shampoo into an applicator bottle, mix with warm water and apply directly on your scalp. Then, gently use the pads of your fingers to massage this product through your entire scalp. Excess suds from the shampoo will eventually travel down your hair strands to clean your hair.

If you don't have an applicator bottle, you can simply apply the shampoo directly on your scalp and wash your hair like usual.

When: Depending on your lifestyle, you can choose to cleanse your hair either weekly, bi-weekly, or monthly. The frequency at which you choose to shampoo your hair will all be based on factors such as the type of products you use, how often you work out, the nature of your work, and the type of environment that you live in.

What: There are many different types of products you can use to cleanse your hair. Here's a recommended list you can start with.

Recommended List of Cleansers

Apple Cider Vinegar

Aubrey Organics Honeysuckle Rose Shampoo

Bentonite Clay

Black Soap

Carol's Daughter Monoi Sulphate Free Repairing Shampoo

Jessicurl Hair Cleansing Cream

Kinky-Curly Come Clean Moisturizing Shampoo

Obia Natural Hair Care Coconut Shea Shampoo Bar

Oyin Handmade Honeywash

Rhassoul Clay

Sheamoisture African Black Soap Deep Cleansing Shampoo

Sheamoisture Raw Shea Butter Moisture Retention Shampoo

2. DEEP CONDITION



Why: After washing your hair, it might start to feel stiff, dry and coarse. To restore elasticity and moisture back to your hair, you will need to do a deep conditioning treatment immediately after cleansing your hair. A deep treatment also helps to repair damaged hair and temporarily fill in any gaps and holes on the hair shaft.

How: Apply generous amounts of a deep conditioning treatment on freshly cleansed hair, cover your hair with a plastic cap. Then, use a heating cap, a towel or a wool hat to trap heat in your hair. Heat helps your hair to take in the nourishments from the product at a faster rate.

When: Again, this depends on your lifestyle and the state of your hair. That is, if your hair is excessively dry, colored or damaged, or if you live in a dry climate, then a weekly deep treatment would be beneficial.

What: When shopping for products, look out for labels that say “moisture, hydration, repair” or other phrases that relate to your hair type. This means that if your hair is colored, then you would be looking for products that have been formulated for colored hair. When in doubt, choose the one that says **moisturizing** on it.

[Recommended List of Deep Conditioners](#)

[Aphogee 2-Step Balancing Moisturizer & Protein Treatment](#)

[ApHogee Curlific! Texture Treatment](#)

[As I Am Hydration Elation Intensive Conditioner](#)

[EDEN BodyWorks Coconut Shea All Natural Hair Masque](#)

[EDEN BodyWorks Jojoba Monoi Deep Conditioner](#)

[Kinky-Curly Sea, Sand & Sun Replenishing Masque](#)

[Kinky-Curly Stellar Strands Hydrating Deep Treatment](#)

[Nubian Heritage Indian Hemp & Tamanu Deep Treatment Masque](#)

[OBIA Natural Hair Care Babassu Deep Conditioner](#)

[SheaMoisture Jamaican Black Castor Oil Strengthen, Grow & Restore Treatment Masque](#)

[SheaMoisture Raw Shea Butter Deep Treatment Masque](#)

[SheaMoisture Superfruit Complex 10-In-1 Renewal System Hair Masque](#)

[SheaMoisture Tahitian Noni & Monoi Smooth & Repair Nourishing Hair Masque](#)

[SheaMoisture Yucca & Plantain Anti-Breakage Strengthening Masque](#)

[TGIN Honey Miracle Hair Mask Deep Conditioner](#)

[Alikay Honey & Sage Deep Conditioner](#)

3. MOISTURIZE



Why: A deep conditioning treatment is only a temporary fix that leaves your hair feeling soft when wet. However, as your hair dries, moisture will gradually evaporate from your hair. So to keep your hair feeling nice and soft days after your wash day, you will need to apply a leave-in conditioner on it.

How: Apply small amounts of your leave-in conditioner on small sections of your hair, make sure your ends get enough products.

When: Immediately after washing your hair and every few days in between wash days.

What: When shopping, look for products that say moisture, hydration or dry hair on it. Also, depending on your hair type and curl type, you can either choose to use a thick cream or a hair milk. Thicker creams are great for thick hair, especially in the winter, while hair milk or a lighter product such as a hair spritz/spray is great for those with finer hair.

Recommended List of Moisturizers

[As I Am CocoShea Spray](#)

[As I Am Leave-In Conditioner](#)

[Carol's Daughter Black Vanilla Leave-In Conditioner](#)

[CURLS Curls Milkshake](#)

[Darcy's Botanicals Shea Butter Moisturizing Cream](#)

[Design Essentials Natural Almond & Avocado Detangling Leave-In Conditioner](#)

[DevaCurl B'Leave In](#)

[EDEN BodyWorks Coconut Shea Leave-In Conditioner](#)

[Karen's Body Beautiful Sweet Ambrosia Leave-In Conditioner](#)

[Kinky-Curly Knot Today](#)

[OBIA Natural Hair Care Curl Hydration Spray](#)

[Oyin Handmade Hair Dew Daily Quenching Lotion](#)

[SheaMoisture Jamaican Black Castor Oil Strengthen, Grow Restore Leave-In Conditioner](#)

[SheaMoisture Raw Shea Butter Restorative Conditioner](#)

[Alikay Lemongrass Leave-In conditioner](#)

[Cantu Shea Butter Leave-In Conditioning Repair Cream](#)

4. SEAL & LUBRICATE

Why: We all know that natural hair has the tendency to dry out easily. The reason behind this is that the natural oils produced by the scalp is unable to make its way down the hair shaft due to the twists and turns in your coily hair. So to ensure that your hair remains healthy, you will need to apply oils on your hair, so that moisture can be locked in, which leaves your hair feeling soft, smooth & shiny. Oils also lubricate the hair to minimize friction, tangles and knots.

How: Apply a few drops of oil on small sections of your hair. Start with your ends and work your way to your roots. It's important to start with your ends first because this is the oldest part of the hair, and the part that experiences breakage and dryness most of the time. It's also the part that gets knotted and tangled easily, due to its weathered and thinned out structure.

When: You can do this as often as needed, especially when you start to notice rough ends. You can also add some oil to your deep conditioning treatment, hair spritz, and leave-in conditioner for added slip. Oils can also be used when massaging your scalp.

What: Any natural oil or butter will do.

Sealants for Natural Hair



Recommended List of Sealants

[Alikay Naturals Hair Growth Oil](#)

[Argan Oil](#)

[Cocoa Butter](#)

[Coconut Oil](#)

[Darcy's Botanicals Organic Coconut & Hibiscus Conditioning Oil](#)

[EDEN BodyWorks Monoi All Natural Hair Oil](#)

[Jamaican Black Castor Oil](#)

[Jojoba Oil](#)

[Olive Oil](#)

[Shea Butter](#)

[Shea Moisture Raw Shea Butter Reconstructive Finishing Elixir](#)

Sweet Almond Oil

Coils & Glory Whipped Shea Butter

5. STYLE



Why: It's important that you keep your hair in a style will help to keep it stretched, free of knots and tangles, and most importantly, delay moisture evaporation.

How: This is all dependent on your personal preference. The most important thing to keep in mind is that your hairstyle is meant to keep your hair in a healthy state. So you want to make sure that the style that you choose to wear will not end up damaging your hair in the long run.

When: After washing your hair and during the week when you feel like switching things up.

What: The hairstyle you choose to wear will determine the product you use to style your hair with. To get you started, here's a list of recommended products that you can use to style your natural hair.

Recommended List of Stylers

[CURLS Curl Soufflé](#)

[Eco Styler Gel](#)

[Jane Carter Solution Nourish & Shine](#)

[Jane Carter Solution Wrap & Roll](#)

[Kinky-Curly Curling Custard](#)

[Kinky-Curly Gloss Pomade](#)

[My Honey Child Twist Out Hair Creme](#)

[Organic Root Stimulator Curls Unleashed Curl Defining Cream](#)

[ORS Edge Control](#)

[Oyin Handmade Burnt Sugar Pomade](#)

[Oyin Handmade Shine and Define Styling Serum](#)

[SheaMoisture Coconut & Hibiscus Curl & Style Milk](#)

[SheaMoisture Coconut & Hibiscus Curl Enhancing Smoothie](#)

[SheaMoisture Coconut & Hibiscus Curling Souffle](#)

[TGIN Twist & Define Cream](#)

6. BONUS: TOOLS NEEDED FOR HEALTHY HAIR

Aside from products, you will also need a collection of tools that you will use on a daily basis to care for your hair. A great hair tool is just as important as a great hair product. Choosing the wrong set of tools can cause breakage and split ends, which can cause “stunted growth” and a dull looking hair.

To get you started, here’s a list of tools that you will need to properly take care of your hair at home.



Recommended List of Tools

[Applicator Bottle](#)

[Hair Therapy Wrap](#)

[Scarves | Satin Bonnet](#)

[Heating Cap | Shower Cap](#)

[Soft Boar Bristle Brush](#)

[Bobby Pins | Butterfly Hair Clips](#)

[Spray Bottle](#)

[Large Tooth Detangling Comb | Denman Brush | Rat Tail Comb](#)

ABOUT ADEOLA ADEGBUSI



Adeola Adegbusi is the creative founder of www.coilsandglory.com a natural hair care website for highly textured hair. Adeola's articles have been read by millions of readers on websites such as *Black Hair Information*, *Bella Naija*, *Black Girl Long Hair*, *Curly Nikki*, *Kinky Curly Coily Me*, *Natural Hair Kids*, and *Naturally Curly* where her informational posts continue to receive hundreds of comments, social shares and engagements from readers.

Aside from her blog, Adeola has also conducted live workshops and has been invited to share her opinion about Black culture and Black hair at a prominent Canadian university.

Adeola also has an online store where she sells [T-Shirts on Black culture](#).

Should you have any question or business inquiries, please don't hesitate to contact her via the links below. To work with Adeola, please fill out a contact form on her [website](#) to find out how you can partner with her to grow your business.



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