

Types of Hair Porosity

Low Porosity	Normal Porosity	High Porosity
Cuticles are tightly clamped down, preventing moisture from entering the hair. It often takes longer to saturate with water, including natural oils. As a result they sit on the hair, causing buildup.	Balanced between low and high porosity, this type of hair can hold moisture for an extended period of time. Therefore, it holds styles well and accepts color more easily and evenly.	Highly porous hair has raised cuticles, allowing moisture to go in and out quickly. This type is often characterized by frizzy, straw-like hair.
Float on the surface when dropped into a glass of water	Sink slowly when dropped into a glass of water	Sink Quickly when dropped in glass of water

Hair porosity is the hair's ability to absorb and retain moisture. While porosity is mostly genetic, factors such as heat, environmental stress and chemical treatments (dyeing or permanent relaxers) can cause hair to age and significantly alter its structure.

Glossary

Pre Poo means to treat the hair with oils or conditioners *before washing it* in order to restore moisture in the hair and prevent it to escape. In pre poo, we could use Coconut oil, Avocado oil, Olive oil, Argan oil, Shea butter and Mango Butter.

Glossary (cont)

Hot oil it's a step between shampoo and cond. to nourish, moist., seal and protect the dry, brittle, split ended hair.

Co Wash or conditioner washing, is a recommended cleansing alternative to harsh shampoos because it cleans hair while maintaining the natural oils that keep hair hydrated.

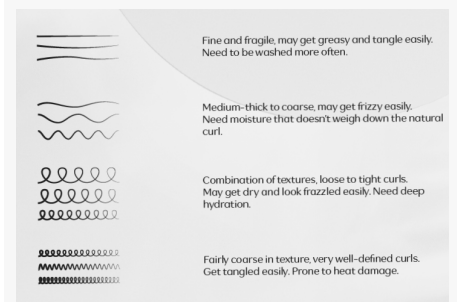
Determine Hair Type and Shortfalls

Hair <i>stretches and returns</i> to its original form	Balanced Hair.
Hair <i>stretches and doesn't return</i> to its original form	Hair is lacking Protein.
Hair <i>doesn't stretch</i> at all	Hair is lacking Moisture.
Hair <i>stretches and breaks</i>	Hair is lacking Moisture and Protein.
Hair feels <i>stringy, limp or sticky</i>	Hair needs Protein.
Hair feels <i>tough and hard</i>	Hair has too much Protein.
Hair feels and looks <i>tangled, dry or brittle</i>	Hair needs Moisture.
Hair is <i>soft but is breaking</i> and won't style	Hair has too much Moisture

Wet Stretch Test for Hair Method

- Gather about 10 strands of hair from different areas of the head, such as the front hairline, nape and crown and spray with water.
- Hold hair firmly with both hands between the thumb and finger.
- Lightly stretch hair away from the head.

Types of Hair Texture and Density



Defining Hair Texture

Coarse Hair has the largest circumference it feels heavy and rough. (Low or Thin Density)

Medium Hair it indicates a middle range of the hair shaft size with normal texture. (- Medium Density)

Fine Hair it has the smallest circumference its texture is soft and silky. (Thick Density)

High Porosity Hair Regimen

- Natural oils** *Heavy Oils to seal the cuticle and retain moisture* (olive, castor, avocado, linseed, wheatgerm, coconut, grape seed and marrow oil.)
- Pre Poo** This process nourish the dry hair and restore moisture. (weekly)
- Shampoo** Should use nourishing and moisturizing shampoo not just clarifying one. (weekly)
- Conditioner** Contains heavy oils & butters to moisturize and seal the hair shaft (Softening effect) (weekly)



High Porosity Hair Regimen (cont)

Deep Conditioner (Hair Masks) Monthly
It Contains Hydrolyzed proteins, vitamins and more able to penetrate the shaft and repair the damaged hair.

Avoid
Heat, narrow teeth combs, comb while dry or wet.

Tips to do
Comb when damp, use heavy butters styling creams.

Low Porosity Hair Regimen

Natural oils which suits this type
Light Oils Which penetrate the shaft to moisturize the hair without forming greasy buildup on the surface.

Example for this oils
Argan, jojoba, sesame, pomegranate, green tea, sweet almond and grape seed oil.

Shampoo
Clarifying

Conditioner
Light Cond. just to keep the hair moisturized

Rinse monthly
A solution of diluted apple cider vinegar and tea tree oil

Tips to do
Comb when damp, apply the styling product evenly and use small amount

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Oils Promote Hair Growth Hair Fall

Vegetable oils & Essential oils for Hair Hair Dandruff

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