

RESTORATION

Curl Guide



TIME + HENNA HEALS

HAD MULTIPLE TREATMENTS?

We define multiple Four Naturals Henna Mud Masque treatments as two or more.

And there are serious benefits to having multiple treatments in your hair: Curl restoration. If you've experienced damage to your hair due to heat, the multiple layers of henna in your hair can help you restore up to 80% of your curl back!

HENNA COATS YOUR STRANDS

- Strengthens the strands
- Revive up to 80%
- Does not restore damage from chemicals

If you want to see maximum curl on damaged hair, the Four Naturals treatment can help!

TIME IS YOUR FRIEND

Several layers of henna in your hair means that time is on your side! Every time you wet your hair or use a curl cream, you are encouraging and training your strands to bend and coil.

TRAIN YOUR CURL BACK

We know that a good curl is only a proper training away! Follow this guide to learn more...



TO DO LIST

HOW TO TRAIN CURLS: **KEEP HAIR MOISTURIZED
AND SHRUNK**

Use Curl Foams, Puddings, Creams and Butters

Scrunch hair up when wet and when diffusing


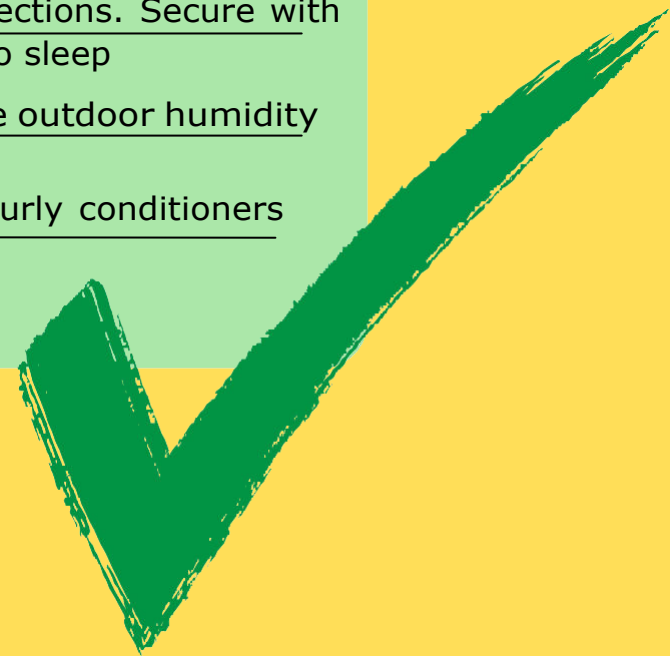
Wet hair with water daily, and use curl cream/foam, etc

Camouflage: Do a twist out on damaged strands that
mimic curl pattern

At night, lightly twist hair in large sections. Secure with
bobby pins and cover to sleep

Refresh with water bottle or use outdoor humidity

Deep Condition weekly with curly conditioners



TO DON'T LIST

DAMAGED CURLS ARE STRETCHED CURLS. STOP ANY AND ALL STYLING THAT INVOLVES STRETCHING OR STRAIGHTENING YOUR STRANDS

Flat Iron

Blowdry straight

Use gels

Wash/wet your hair less than once a week

Style in any way that will cause the hair to stretch,
Like ponytails



STOP



EVERY PERSON ON THIS PAGE HEALED HEAT OR PRODUCT DAMAGE WITH FOUR NATURALS

The ability to treat heat and product damage is one of the prime benefits of doing multiple treatments

DO Train your curls!

Scrunch them, refresh them with moisture daily. This is making the henna on your hair "activate". Remember, henna is a plant! So water and moisture is your friend!



DO Deep Condition Weekly!

Residue happens! Because you are adding curl creams and products more regularly either every day or every other day, product build-up is inevitable. This means you need to clarify or shampoo your hair weekly. Always deep condition your hair after these washes. Your Deep Conditioners will add a real boost to the henna in your hair and get more curl forming.

DO Enjoy the benefits of cumulative treatments!

Four Naturals was designed to make your life easier. That means every aspect of it is a benefit to you. The benefit of doing multiple treatments on your hair is that if you do something that damages your hair, it doesn't automatically mean a "big chop" and "start all over" kind of disaster! By adjusting your hair care and styling routine, the henna in your hair will work for you and restore your curl in no time!



For more resources on your hair post Four Naturals Treatment, visit our site at www.FourNaturalsHair.com