

Healing Curls Routine

This guide is a way we can help you heal your curls at home!
Welcome to the Honey & Heal tribe where we support you 100% in
the Curl Journey! Where hair HEALTH is our # 1 Priority

1. Cleanse 2 x

- 1.Pre- cleanse- Renue Shampoo
- 2.Repeat or use Hydrating Cleanser

Focus on Vigorously massaging the scalp

Start Finger detangling the Ends



2. Condition

Apply Conditioner in sections using clips
Detangle Ends to roots using the wet brush

Do not Rinse, Do not towel dry - let all water remain



3. Style

Rake & Scrunch a palmful of styler
into your soaking - wet hair

- Use Clips to section the hair
- Explore using a Denman or Wet brush to create curl groupings as you apply to each section



**Pro- Tip : Different ways to style
Raking Method, Prayer hands, curl
groupings, and plopping method**

4. Dry

Cup & Scrunch slowly the excess water from your hair
using Micro-fiber towel, Paper towels, or t-shirt, Pin hair
at the roots if desired with dbl prong clips

Diffuser - hover on Low air and High heat , not touching the hair until 60 % dry & a cast is
starting to form For wavy- curly hair start to scrunch the ends to the scalp slowly to not
disrupt the Curl pattern. Try not to move the hair to much during the process , drying one
area at a time.

Tight Curls - Coils - instead of scrunching at 60 % dry slowly lift areas of sections to dry
the roots easier and create a balanced shape, any stretching or shaping is done at this
point as well

**Pro-Tip : Spritz a working hairspray over curls to
reduce drying time with heat**

5. Fluff & Go

100% dry -scrunch slowly the hair to
break the cast of product.

Use A Pic comb to awaken and fluff
the scalp area and not disturb the
curl pattern.

Co- wash - To repeat Steps 2-5 Every 3 days to maintain moisture and prevent split ends, 1x a
week steps 1-5

**Pro- Tip : Apply oil to hands/ combs,/ diffuser to avoid
frizz & add shine**

2nd - day Refreshers- Sweet Spirit , Uberliss elixir, Oils & Dry shampoo

