

Tips on how to take care of your braids

“Washing Braids”

Braids should be washed at least every 3 weeks. Some people choose not to wash them for longer periods of time to preserve the style, but this may not be a good idea. If you use products on your hair such as oil sheens and sprays or undergo activities which cause you to sweat, you are naturally going to have a build up of residue in your braids. Refraining from washing them over an extended period of time can cause odor or bacteria to develop.

One method that seems to work begins with soaking your hair with water. Plait several of your braids together. Dilute some moisturizing shampoo with water and place in a squeeze bottle. Doing this will allow you to direct the shampoo where it's needed most, your scalp. Apply some shampoo to a plaited section. Using the tips of your fingers, gently work the shampoo through the hair in a downward motion. Add more shampoo as necessary. Repeat on the next section. Rinse thoroughly. Use a towel to remove excess water. Allow braids to dry completely before going to bed to prevent the development of mildew and bacteria.

If you develop frizzes after shampooing, apply small amounts of pink oil moisturizer or pink oil spray to the hair while it's still relatively damp and secure it snugly with a satin scarf. This should help the flyaways lay flat. In between washings you can use a cotton ball and products such as antiseptic to cleanse the scalp. (Seabreeze or no rinse shampoo).

** Always cover braids with a hair net scarf before going to bed. If the above care tips are followed, braids should last 8-10 weeks.

