

8 Simple Methods for Growing Long Afro Hair

It is understandably frustrating to spend so much money on hair products that claim to stimulate hair growth yet you do not achieve the desired growth. This can hurt more when your hair is not growing past a certain length. Most of us have been there, but do not fret! Here are 8 simple methods that you can incorporate into your hair routine to grow your afro healthily.

1. Trim when necessary.

Sometimes us naturalistas can be so happy with how much our hair has grown, that we may forget that the health and look of our hair are also important. Regardless of your go-to hairstyle, having the ends of your hair trimmed can make the overall hairstyle look much better!

Having long natural hair is great, but having a long and healthy afro is even better! So when it is time to let go of your dry ends... Just let them go!



On the other hand, some naturalistas may feel that you need to have a set-in-stone hair trim routine, such as every 3-4 months. But it is best to be flexible with this, and only trim when necessary.

For instance, in some seasons your ends may be perfectly healthy. In other seasons such as winter, your ends may be drier! Therefore trimming during colder months to prevent breaking could be more suitable for you.

2. Create a routine that works with your lifestyle.

Whether you are a lazy natural or somebody who is actively involved with your kinks and curls. It is always best to have a hair routine that works with you.

If you are someone who frequently goes to the gym, then you need to wash your hair more often than someone who does not. However, this does not mean that you need to clarify your hair every time you hit the gym. Our **Comb-out Co-wash Conditioner** is mild enough to be used every day, and it will keep your beautiful afro moisturised for the rest of the week or until you use a clarifying shampoo!

So do not work against your hair, work with it.

3. Maintain a healthy and clean scalp.

Growing your hair starts with maintaining a healthy clean scalp. Do not overload your scalp with heavy products. Instead, cleanse it and apply nourishing ingredients to ensure your hair has a healthy foundation to thrive.



Scalp oils are a good idea for those who want to keep them healthy. Jojoba oil is a great scalp oil as it is the most similar to the sebum that our scalp naturally produces.

If you suffer from a dry itchy scalp, our **Grow it Long Scalp Serum** has the ingredients to help relieve itching. If the braids or cornrows from your protective style are causing your scalp to itch, apply this serum without messing up your hairstyle.

It would also not be fair if I didn't mention our **Energizer scalp oil** which is meant to promote hair growth, including for those who may suffer from alopecia.

4. Keep your afro moisturised.

Do not wait for your hair to become dry to do your wash day. Instead, wash or refresh it frequently! You can use the **Original Honey Rain Juice** leave-in conditioner to spray on your hair between wash days to maintain its moisture.

5. Protect your ends.

Do protective style occasionally to maintain length. By tucking your ends away and keeping your hands out of your hair, you give your natural hair the chance to grow very long.



If you're not going to do a protective style, make sure you seal your ends with an oil or a cream. Such as the **Quench anti-breakage creme** by using either the LCO or the LOC method.

6. Deep condition, often.

With manipulation and seasonal changes, your hair can suffer from external stresses that can weaken your hair strands. Incorporating deep conditioners into your routine is a simple way of keeping your strands protected from environmental stresses.

For harsher seasons, our protein-based deep conditioner, the **Triple Protein Strengthening Hair Mask** is a solid choice. This mask has silk protein, wheat protein and henna protein. All great ingredients for maintaining the integrity of your kinks and curls. Therefore, it helps you to retain length to achieve a longer afro.

7. Keep it simple.

You have to know your hair. Keep your routine simple, you do not need three different types of conditioner. You do need, however, the conditioner that you know can deeply condition and nourish your afro hair.



You also do not need 4 different types of oils! Instead, try our **Grow it long scalp serum!** It is great at stimulating growth and helping you treat an itchy scalp by nourishing it.

8. Don't overthink it.

It can sometimes feel frustrating trying to grow a big afro. But it can also be very rewarding to look back at pictures and see the progress, however slow or fast. Remember to be patient and work with your natural hair, not against it.

The more you embrace your hair and enjoy every stage of it, the more fulfilling this journey will be for you. From root to tip.