

# Daily Hair Care Routine Checklist

## For Long, Thick, and Healthy Hair

### Morning Routine

- ☐ Gently detangle hair with a wide-tooth comb
- ☐ Apply heat protectant if using styling tools
- ☐ Style hair loosely to minimize breakage
- ☐ Use silk or satin scrunchies instead of elastic bands

### Evening Routine

- ☐ Brush hair gently with a boar bristle brush (100 strokes)
- ☐ Apply natural oil to hair ends (argan, coconut, or jojoba)
- ☐ Braid hair loosely for sleeping
- ☐ Use a silk or satin pillowcase

### Washing Routine (2-3 times per week)

- ☐ Pre-wash oil treatment (30 minutes before washing)
- ☐ Use sulfate-free shampoo, focusing on the scalp
- ☐ Apply conditioner from mid-lengths to ends
- ☐ Rinse with cool water to seal hair cuticles
- ☐ Pat dry with microfiber towel (no rubbing)
- ☐ Allow hair to air dry whenever possible

### Weekly Treatments

- ☐ Deep conditioning hair mask
- ☐ Scalp massage with essential oils (5-10 minutes)
- ☐ Apple cider vinegar rinse for shine
- ☐ Trim ends to prevent split ends (every 8-12 weeks)

### Diet & Lifestyle

- ☐ Drink 8-10 glasses of water daily
- ☐ Consume protein-rich foods
- ☐ Include omega-3 fatty acids in diet
- ☐ Take biotin supplements if recommended
- ☐ Manage stress through relaxation techniques

## Things to Avoid

- ☐ Excessive heat styling
- ☐ Tight hairstyles that pull at roots
- ☐ Chemical treatments (limit to 3-4 times per year)
- ☐ Brushing wet hair
- ☐ Washing hair with hot water

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