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Beginner lessons for Hair Types

Understanding Hair Types: Your Guide to Better Hair Care

DEFINITION

> Hair types refer to the natural characteristics of your hair, including texture and pattern. Knowing your hair type helps you choose the right products and care routine.

KEY CONCEPTS

Straight Hair

Straight hair lies flat and has no natural curl or wave. It often appears shiny and smooth.

Wavy Hair

Wavy hair has a loose, S-shaped pattern and can range from fine to thick. It often has more volume than straight hair.

Curly Hair

Curly hair forms tight, spiral shapes and can be prone to frizz. It typically requires more moisture and care.

Coily Hair

Coily hair has very tight curls or zigzag patterns, often requiring special products to maintain moisture and definition.

Hair Porosity

Hair porosity refers to how well hair absorbs and retains moisture, affecting its health and styling.

EXAMPLES

→ Use a lightweight serum for straight hair.

→ Apply mousse for added volume in wavy hair.

→ Deep condition curly hair weekly for hydration.

MEMORY TIPS

★ Remember 'S' for Straight and Shiny.

★ Wavy hair is like a gentle 'W' shape.

★ Curly hair can be visualized as 'C' for Coils.

COMMON MISTAKES

✗ Using the wrong products for your hair type.

✗ Over-washing hair, leading to dryness.

✗ Neglecting to consider hair porosity.

QUICK RECAP

Identifying your hair type is essential for effective hair care. Straight, wavy, curly, and coily hair each have unique needs. Remember to consider hair porosity for optimal product selection.