

# #OLEWHAIRTIPS

My step by step guide to using the Olew range to embrace your natural hair!

**Step 1.** Completely wet hair, apply Olew Cleansing Shampoo, concentrate and massage the shampoo into your scalp only for at least 60 seconds. I would recommend shampooing twice for best results. Then rinse thoroughly.

**Step 2.** Add Olew Clarifying Conditioner to the ends and wherever your hair is prone to be dry (for example mine gets very dry at the back on top). Conditioner will not make your hair greasy if your hair is dry and needs the nutrients. Leave in for 120seconds.

**Step 3.** Brush your hair while the Olew Clarifying Conditioner is in (do not brush after this as it disrupts the curl pattern formation ). Rinse.

**Step 4.** Ring hair out, then apply Olew Original Hair Oil to wet hair (even if it is dripping wet this is the best time to apply) depending on hair type add from 1 pipette worth - 3.5 pipette (I use 2.5 or 3). Add to palms, rub hands together and apply to ends working all the way up to your roots and scalp.

**Step 5.** Wrap hair in cotton t-shirt for at least 30 minutes. This will allow your hair to absorb the nutrients from Olew Original Hair Oil.

**Step 6.** Remove t-shirt and then allow hair to air dry. (I find it better to do this during the day/morning, as I find if I sleep on it while air drying it affects my curl pattern; causing them to stick together rather than separate and find their own path). Also try not to touch your curls while they are drying this is a crucial time for them to be developing. To help avoid this temptation use a headband to keep the hair back off your face (this also helps with boosting your roots).

**If this is the first time in a long time for you to do this or the first I would suggest twisting small sections of your hair in order to remind your hair of its natural pattern as the heat damage will have affected its memory. Separate twists when dry.**

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Other things I learned along the way!

**Bed time-** When going to bed I twist my hair into a bun on the top of my head to keep it from tangling. Be sure to not pull it too tight at the front as this will disrupt the curls, waves and volume at the top of your head. Wrapping your hair in a silk scarf will also help protect your hair while sleeping.

**Morning hair-** When taking my hair out in the morning I found that my curls had become a little looser, which made it look longer. If you want this then just add a little olew to lock in the curls, OR spritz some water and olew to bring back the tighter curls.

**A few days since washing-** The days after washing I just add olew and water to my hair. You can spritz, dampen OR put your hair under the shower and completely wet it and then add Olew. Rather than washing, to freshen it. You will see that this will create more definition to your curls. I sometimes completely brush it out then wet it add Olew Clarifying Conditioner leave it in and then add Olew too- works a dream!

**Curly hair doesn't really like to be too clean!!** I know, this will take some getting used to but, as the days gone your hair and curls/waves will begin to look more defined especially after just adding water and Olew Original & Olew Clarifying Conditioner. I'll let you in on a secret, I go without washing my hair for 7-14 days! If this is your first time trying this or if you are used to washing your hair every day, you can start by not washing for 3 days and instead just adding water and Olew Original to your hair. Remember curly hair helps disguise your roots, so even if you think your hair is a little greasy nobody else can see!!

**Deep Conditioning-** For this, I brushed my hair out put my hair under water add Olew Clarifying Conditioner and then lots of Olew Original Hair Oil all over. I then put into a braid or bun and keep this style for 24- 48 hours ideally. Alternatively, if you really do not want to set foot out of the house with this style, you can put a shower cap on and sleep overnight.

For those who have heat damaged this will really help- trust me!! Aim to do it 1 every two weeks in the first three months. It will really help your hair reintroduce your natural curl pattern!

My hair and I have been through each stage and we understand what you are going through- so any questions I am only a message away!

Remember it is a journey. If you have been using heat on your hair it will take a few attempts at this before your curls find their way back. These steps are little like going to the gym. You will see the wonderful results with consistent repetition!