



NATURAL  
INTENTIONS  
BEAUTY • WELLNESS • EMPOWERMENT

## NATURAL INTENTIONS AT HOME HAIR CARE REGIMEN

For healthy hair:  
a step-by-step & wash-and-go's

This guide is to help you achieve healthy, long, natural hair!

At Natural Intentions, we want you to have a great experience along the way on your natural hair journey. We love to educate on the proper techniques and share the tips and tools for success when it comes to achieving confidence and ease in managing your hair.

We would love to see your journey as you go if you use social media please tag us on

Instagram: [@Natural\\_intentions](#)

Facebook: [Natural Intentions](#)





## DEFINING THE CURLS

1. Wash with moisturizing sulfate free shampoo or Cowash
2. Condition every time you wash. Deep condition once a week for at least 15 mins.
3. You will apply all products in 2 inch sections starting at the nape of your neck then work your way up.
4. Apply leave in conditioner (make sure the hair is soaking wet while applying all products, rewet hair if necessary)
5. Apply Aloe Vera Gel or Coiling Custard
6. Use your fingers to rake through hair or finger coil
7. Let air dry or diffuse

## DAILY CARE

THESE ARE SUGGESTIONS FOR KEEPING HAIR HEALTHY AND MOISTURIZED

- Once or twice a week slightly dampen hair with water based leave-in spritz and use moisture rich oils from roots to ends (Jojoba, Olive, Grape-seed Oil, Or Soul Ingredients Heavenly Hair Oil)
- When detangling hair make sure you are finger detangling or use a wide tooth comb.
- Always apply a leave in conditioner or cream to help prevent breakage while detangling.
- Wear a satin or silk scarf to protect hair at night.  
You can also use a satin or silk pillow case for sleeping.
- In the morning, use leave-in spritz and light oil (when needed) or leave-in cream conditioner. If you want more curl definition (hair should be slightly damp before using leave-in conditioner).
- Wearing a Bun or ponytail daily (if you are trying to train your curls) is not suggested, but if so make sure you take it down daily to detangle and moisturize.

## WEEKLY CARE

- Cowash 2 times a week
- Deep condition for at least 20 minutes once a week  
if you can't do that long on a weekly basis - 5 mins will do
- Use clarifying shampoo once every two weeks

# RECOMMENDED PRODUCTS:

SOUL INGREDIENTS ALL NATURAL HANDMADE PRODUCT LINE:  
HEAVENLY HAIR CARE PRODUCTS  
OR AVEDA'S PRODUCTS FOR CURLY AND NATURAL HAIR

## **Heavenly hair oil**

Supreme oils are used to help seal in moisture and add shine without weighing down the hair

## **Lovin Those Curls Leave in**

Helps to combat frizz and aids in curl definition.  
The moisture is intense made for dry, brittle, low porosity hair types

## **Organic Aloe Vera Gel**

Pure 100% organic Aloe Vera made into a gel form  
Defines curls and nourishes scalp and won't make your curls crunchy or dry

## **Restore and More Leave In in spritz**

Light weight leave in Spritz for reviving curls, moisturizing braids or protective styles  
Weightless moisture power

## **Travel Bag with 2oz sizes**

Includes five of Soul Ingredient's must have hair care products  
Great way to try products and are perfect for traveling



OUR FAVORITE  
AVEDA PICKS FOR  
NATURAL/CURLY HAIR  
SHAMPOOS, CONDITIONERS,  
AND TREATMENT MASK

**Dry Remedy Shampoo,**  
conditioner, and treatment mask

**Be curly Shampoo,**  
conditioner, and treatment mask

**Cherry Almond,**  
Shampoo and conditioner

**Shampure Shampoo** or  
**Rosemary Mint**  
for light clarifying shampoo

PLEASE CALL SALON IF YOU HAVE ANY QUESTIONS