

# 4C Natural Hair Care

## Cheat Sheet

Your simple guide to healthy, thriving 4C hair

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## Who is this guide for?

This guide is for my 4c hair girlie who does not understand high and low porosity hair, how too much protein can actually damage 4c hair, and how to properly take care of her beautiful 4c curly hair.

### Moisture is everything



- Use water-based leave-in conditioners daily or every other day.
- Seal in moisture with oils like coconut, jojoba, or shea butter.
- Avoid over-washing — 1–2 times per week is enough.

### Gentle Cleansing



- Use sulfate-free shampoos to avoid stripping natural oils.
- Co-wash (conditioner wash) between shampoo days to maintain moisture.
- Focus on the scalp when shampooing, not the ends.

### Protective Styling



- Styles like twists, braids, buns, or updos protect ends and reduce breakage.
- Avoid tight styles that stress the edges.
- Limit use of synthetic wigs or extensions on delicate areas.



## Recommendations:

### Leave-In Conditioners & Stylers

- 4C only Too Slick Styling Cream
- Carol's Daughter Hair Milk Original Leave-In Moisturizer
- Kinky-Curly Knot Today Detangler

### Shampoo & Cleanser

- tgin Moisture Rich Sulfate Free Shampoo For Natural Hair
- DpHue Apple Cider Vinegar Hair Rinse

### Conditioner & Treatments

- Curls Dynasty Pumpkin Mint Deep Treatment Masque
- TGIN Rose Water Hydrating Hair M
- Aussie 3 Minute Miracle Moist Deep Conditioner

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## Detangling Tips

- Detangle when hair is wet and conditioned.
- Use a wide-tooth comb or your fingers — start from ends, work up to roots.
- Patience is key — 4C hair is fragile and prone to breakage.

## Nighttime Routine



- Sleep with a satin or silk scarf/bonnet to prevent friction.
- Use a satin pillowcase if scarves slip off.
- Refresh twists or braids lightly with water/oil spray.

## Regular Trims



- Trim every 8–12 weeks to remove split ends.
- Healthy ends = longer, stronger hair.

## Scalp Care



- Keep your scalp clean and moisturized.
- Massage with oils to stimulate growth.
- Avoid heavy buildup — clarify occasionally.

## Bonus Tip

Patience + consistency. No fancy products. 4C hair thrives on gentle care and love.



## Extras

### Best Butter:

Shea Butter mixed with the oils below.



Castor, Olive, Coconut, Jojoba and.  
Glycerine oils



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