A Curly Stylist’s Top 5 Tips for Curly Hair

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I get it. Everyone is looking for ease and order in their busy lives. Whether you’ve just ditched your flat iron or you’re a long-time curly girl looking for fresh direction, here are our top tips for luscious curls and waves.

1. Embrace the diversity of your curls. Yes, you will have “curl diversity” everyday and that’s okay. Being consistent with your haircare routine and avoiding the temptation to blow dry or straighten will do wonders for your hair over the long term. I promise, your overall curl or wave pattern will improve over time. I also promise that you will never have the same head of curls twice. Variety is the spice of life!
2. Keep your cleanser gentle and leave in a little bit of your conditioner. Using a cream based, no or low suds cleanser is the best way to insure you’re not stripping your hair of its natural oils. Once you’ve cleansed, condition and rinse very quickly, leaving a light amount of moisturizer in your hair. This provides a constant supply of the nourishment curls are always in need of. Apply your styling product right over your very wet, lightly conditioned curls and you’re all set.
3. Avoid silicones and sulfates. You’ve heard this (pretty much everywhere) before but that’s only because it’s true. Silicones coat the hair and are extremely difficult to remove, leaving the hair with an altered texture and rendering it impervious to deep conditioning. Use only reputable hair care products like those from Innersense Organic Beauty or Curly World. Beware of hidden silicones. They can be in the “fragrance” portion of the ingredient list. (thanks to Lorraine Massey for that new knowledge.
4. Rest easy. Wrap your curls or waves in a silk scarf to avoid friction. If you’re rough sleeper and you wake up with your scarf wrapped somewhere between your neck and your armpit (me), a silk pillow case is a better and safer option. Less friction= smoother curls.
5. I’m not saying this because I’m a stylist, I swear. I’m saying this because I care about curly hair. Cutting curls every 6-10 weeks, depending on the length and curl type is essential to great hair health. Keeping your ends blunt and free of splits and frays will make styling easier and is especially important of you’re growing your hair longer. We all know how long that takes when you’re a curly girl.

*Jeannine is the owner of Sky Salon in Lincoln and Lexington, MA. She is a Deva advanced curly hair stylist and is certified in the Curl by Curl method. She is a curl advocate and a lover of natural and organic products.*