



THE HEALTHY HAIR GUIDE

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YOUR
NEW
WASH
ROUTINE

A well-cared-for scalp is your secret weapon for healthier, faster-growing hair. So, let's apply a wash routine that promotes a healthy environment

shampoo twice

The first round is all about breaking down and washing away the day's grime and build-up; like clearing the slate. Then, the second round is when you get that rich, satisfying lather that makes your head feel rejuvenated.

And for my friends blessed with extra hair, try parting your hair into sections – top and bottom – to make sure no spot is left unloved.

clarify and exfoliate

Once a week, especially after a heavy dry shampoo run, use a [clarifying shampoo](#) to remove any unwanted build up that we can't get rid of by just regular washing

shampoo is for your scalp, conditioner is for your ends

Now, switch your focus to the ends of your hair when you condition. These are the parts of your hair that have lived the most – each curling iron twist, every pool dive, and sun-soaked beach days.

By applying conditioner primarily to the ends, you're directly nourishing the most parched areas without overburdening your scalp.

DETANGLE
AND SET
UP FOR
SUCCESS

Stepping out of the shower, remember, your hair is in its most vulnerable state. It's up to *100 times more elastic when wet*. This elasticity calls for extra care and gentleness.

squeezed, not shaken

First things first, ditch the rough towel drying. Instead gently squeeze out the excess water without any harsh rubbing. It's a simple switch that reduces breakage significantly.

I love a microfiber towel wrap as a great time saver to help dry while I'm getting ready (or scrolling TikTok)

leave-in conditioner

Think of this like the moisturizer you apply to your face. So to lock in moisture and ease detangling, apply a quality leave-in conditioner.

Oi milk is a universal lightweight magic. If I was on a deserted island and could only have one thing for my hair it would be Oi Milk!

detangle

Now, for detangling, always start from the ends. Whether it's a wet brush or a wide-tooth comb, the key is to work your way up gently. This method prevents unnecessary breakage and respects the delicate nature of wet hair.

HEAT
AND
YOUR
HAIR

Whenever hot tools come to play, there's one golden rule you can't afford to skip: **always, and I mean always, use a heat protectant.** Whether you're layering on other styling products or not, this step is non-negotiable to keep your hair safe.

If your hair is wet, I love *This is a Blow Dry Primer*

If your hair is dry, I love *Neuro Heat CTRL*

DID YOU KNOW THAT THE IDEAL TEMPERATURE FOR STYLING TOOLS IS BELOW 360 DEGREES FAHRENHEIT? IT'S LOWER THAN YOU THINK - WE ONLY NEED TO BAKE BREAD AT 400 DEGREES, YOUR HAIR DESERVES BETTER THAN THAT!



GOOD
NIGHT,
SLEEP
TIGHT

silk pillowcase

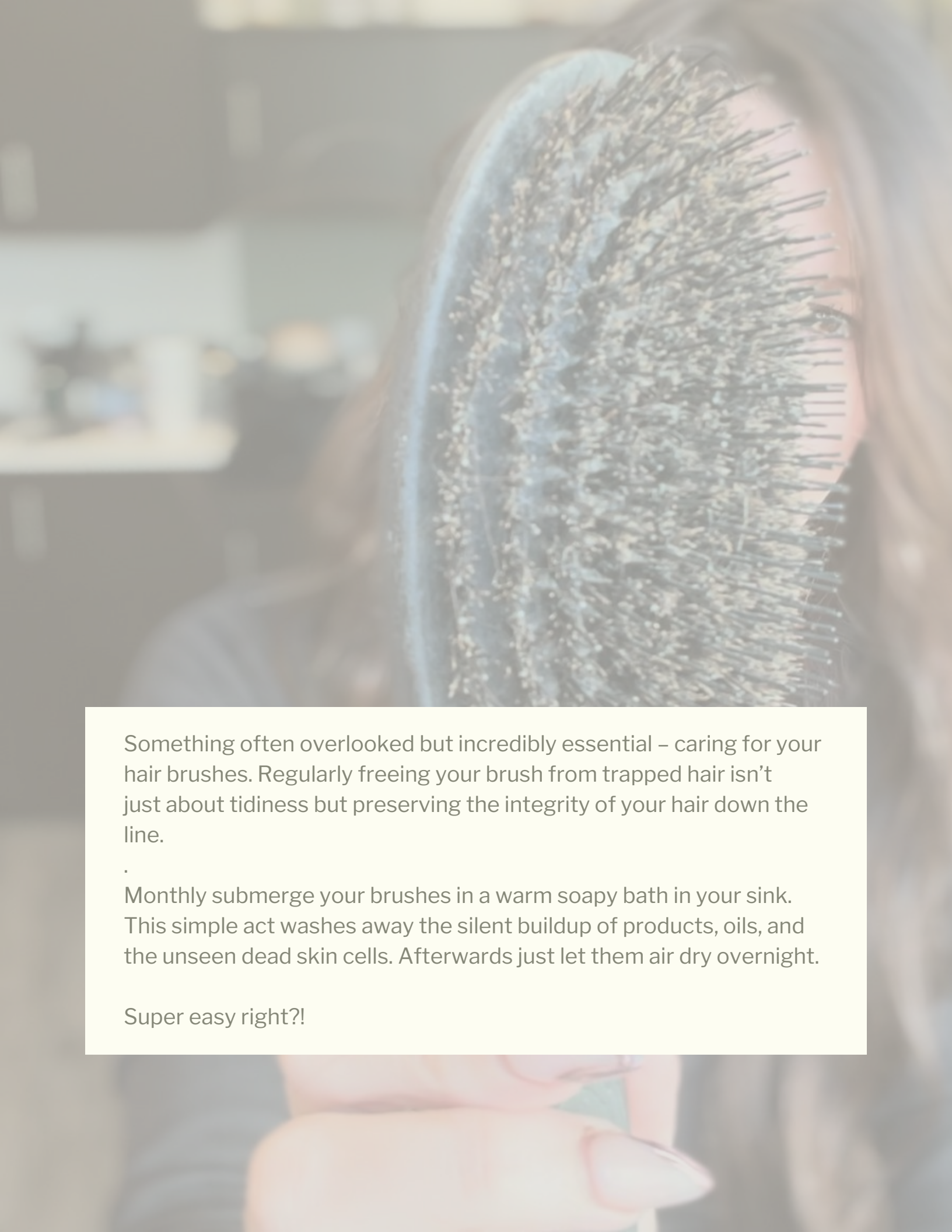
Hair is a delicate fabric and deserves luxurious treatment. That's why I'm a firm believer in [silk pillowcases](#). Imagine as you twist and turn your hair glides effortlessly across your pillow. No friction, no snagging. Smooth.

protective styles

I know a messy bun or wet hair might be quick or convenient, but we're asking for scalp issues and breakage. I recommend a loose, dry braid. It's going to keep your hair nice and neat.

And for a little extra nighttime magic, I'm in love with my [heatless curls](#). Made from silk and satin they're just as much about protection as styling your hair as you sleep. Talk about beauty sleep right?

CARE
FOR YOUR
TOOLS



Something often overlooked but incredibly essential – caring for your hair brushes. Regularly freeing your brush from trapped hair isn't just about tidiness but preserving the integrity of your hair down the line.

Monthly submerge your brushes in a warm soapy bath in your sink. This simple act washes away the silent buildup of products, oils, and the unseen dead skin cells. Afterwards just let them air dry overnight.

Super easy right?!

FILTER
YOUR
WATER

Have you ever noticed those pesky white and pink residues in your shower? They're more than just unsightly – these minerals are also building on your hair. Hard water, rich in minerals, is leaving its mark in the form of build-up on your hair and scalp.

Check out my blog post that breaks this down further!

Buy Jolie Shower Filter

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