

Haircare Practice-

To do something regularly or consistently as an ordinary part of taking care of your scalp and hair.

There are many ways to care for the scalp and hair, but if you continue to focus on your haircare goals, eventually you will see the results you want to accomplish. Accomplishing these haircare goals will take some practice. For instance, getting to know the scalp and hair, and finding better ways to take care of the scalp and hair, all take practice. As you continue to practice, you will have your own preferences as to how, why and when you care for your scalp and hair. Below are some notes for "good haircare practices"

Good Scalp & Hair Practices- Questions & Answers Guide

Name- Youngtouch Haircare

Year- 2022

Ask Questions-

What are some of your haircare questions or concerns?	Some of my concerns over years has been how to prevent experiencing enormous amounts of shedding.
What kind of haircare results are you looking for or want to achieve?	I would like to have hair days where I can use any product I want to use. However, I am currently satisfied with knowing what is working and using those products.

Find a Balance- How will you balance using your products, tools and appliances?

What products will you use to oil, moisturize, shampoo, condition, cleanse, detangle, and style your hair?	This year in 2022 I used conditioner to moisturize and cleanse my scalp and hair. I used castor oil as my oil. And I used my fingers to detangle my hair throughout this year. This year I have been braiding, plaiting, or twisting my natural hair, and wearing wigs on top of that protective style.
When and how often will you use your products?	This year I used my conditioner to cleanse my scalp and hair, and in between wash days once or twice a week to keep my hair from becoming too dry.

	I used my oil daily, and after washing. I tried to detangle once a week or every other week. I also used a edge wax on the front of my hair to blend in with my wigs.
What type of hairstyles will you choose?	Wearing wigs has been the easiest hairstyle for me this year.
Will you be hairstyling often or every so often?	The only hairstyling I've been doing is braiding, plaiting or twisting my natural hair.
What type of foods will you eat?	This year I have not really been focusing on the foods, but instead trying to get more supplements. So far, the products that I have been using have been working for my body. I just need to adjust when I use them, especially in-between menstruation times.

Use Moderation-

What are some of the practices that you need to avoid or use less?	I have been doing good with avoiding certain practices. For instance, I don't use much or any heat. I also stopped wearing tight hairstyles, or too many ponytails years ago. I have also been avoiding using shampoo because it makes my hair hard even after using conditioner.
Are there any hairstyles, ingredients, chemicals, products, tools or appliances that you need to avoid or use less?	This year I was sad to let go of shea-butter. Although it makes my hair very strong, especially in elasticity, because it is so thick and pasty, it tangles it. It also makes my scalp itch when used directly on the scalp, so I only use it on the ends of my hair. I will eventually go back to using it because it does help with reversing gray hairs, makes my hair grow stronger, and gives my hair a nice textured look. I just have to figure out the right times to use it and how to balance it with my other products.
Do you need to make changes to your hairstyles, like lessening the amount of time you wear your hairstyles?	I only wear my protective style with my natural hair for 1-3 weeks. I notice if I leave it in longer, I have more shedding and dryness.
Or do you need to slow down on the products you use frequently?	I have been using two products consistently this year. But at one point in the year, my hair was growing good so I thought I could add another oil. Of course that did not turn out well, and I

	experienced shedding and tangles.
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Attaining Knowledge-

What do you need to learn more about?	In 2023 im probably going to study more about how the scalp, hair, and body work together.
What concepts about the scalp and hair is most important to you?	For the past few years, haircare practices has been one of the concepts that have been the most important to me. I have been in learning mode for some time and have been learning so much about how my scalp and hair reacts to certain products and practices.

Creating & Updating- Create a foundation for your haircare experience, then update. In other words, anything that is related to your haircare goals and accomplishments needs to be added to your experiences.

Ex: How and when you used your products, tools, appliances. Dates, time, years, etc.	This year I used pictures, and videos to keep up with dates, times, and the year.
What were the results or outcomes? Ex. Did you notice growth, damage, or the same results you always experience.	I experienced so much growth this year, and I am very satisfied with my scalp and hair results.
Were your results accomplishments or some mistakes?	The only mistake I made this year was adding another oil. Next time I will only try using extra oils during wash days to see how those results turn out.
What are some of the steps or rules that you would follow next time?	Since I already know what works to keep my hair from becoming dry, I am going to focus more on wash days. And if I want to add more products, only use them on days when im going to wash my scalp and hair. In 2023 I will also be focusing more on exercising and body training.

Getting Help- You always have the option to get help. You can search online, purchase books, or do more research about the scalp and hair. Or you can visit Youngtouchhaircare.com to get more information about taking care of the scalp and hair.

Choose Responsibly- Always remember to choose responsibly. Although making haircare decisions is fun, it can also get serious especially when using chemicals, attempting to avoid scalp and hair complications or choosing products for your scalp, hair or body. So if you are under 18 years of age, it is recommended that you consult with your parents or your guardian to get permission before making any haircare decisions.

