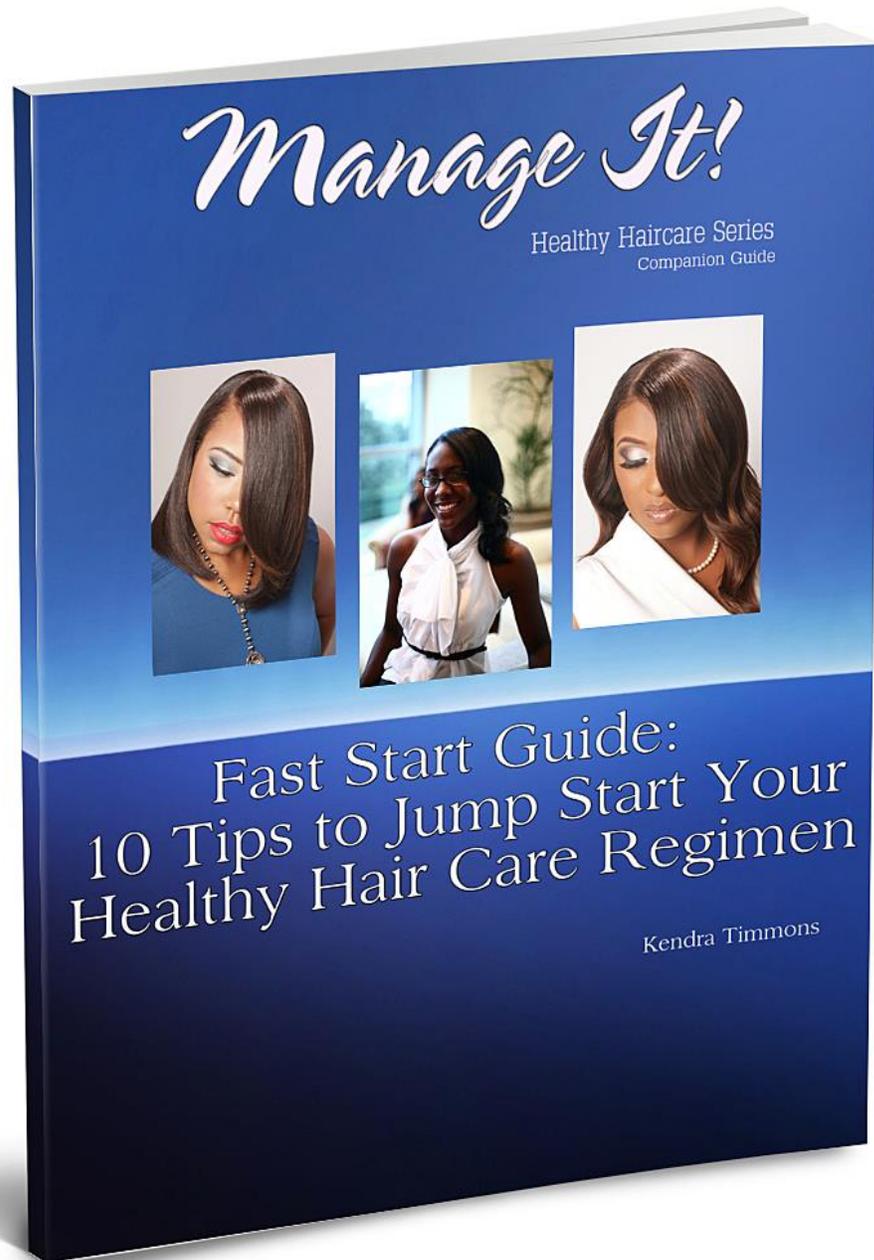


**FAST START GUIDE:
10 TIPS TO JUMPSTART YOUR
HEALTHY HAIR CARE REGIMEN**

**By
Kendra Timmons**



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Table of Contents

| | |
|--|----|
| Introduction..... | 4 |
| Tip #1: Assess Your Hair | 5 |
| Determining your hair texture..... | 5 |
| Determining your hair type..... | 5 |
| Determining your hair density..... | 6 |
| Determining your hair’s porosity..... | 6 |
| Determining your hair’s elasticity..... | 6 |
| Tip #2: No More DIY Relaxing..... | 7 |
| Tip #3: Stop The Heat..... | 7 |
| Tip #4: Shampoo Your Hair..... | 8 |
| Tip #5: Condition, Condition, Condition..... | 8 |
| Tip #6: Sun Proof Your Hair..... | 9 |
| Tip #7: Protect Your Hair Before Bed..... | 9 |
| Tip #8: Get Regular Trims..... | 9 |
| Tip #9: Proper Nutrition..... | 10 |
| Tip #10: Water Is Essential..... | 10 |
| Home Hair Assessment..... | 11 |
| 6-Week Home Hair Care Journal..... | 12 |

Introduction

I run into women all the time, especially working in a salon, that have the slightest idea on growing out their hair and keeping it in a healthy state. While it seems challenging to some, it is actually very simple with the right direction and guidance. I usually tell my clients to keep it simple. When you do too much to your hair, such as always using heat tools, always wearing ponytails, always wearing pins or clips, or always wearing braids or weaves, you're bound to run into some problems sometime in the near future.

During your healthy hair care journey, you will need to take time out to care for your hair the right way. Yes, we live in a time when we want everything to happen fast, but this is not so with changing your routine and lifestyle. Sometimes there's a learning curve involved when learning to do things the proper way, and it always seems a little frustrating in the beginning but if you stick to the process you will be amazed at the results you have achieved.

Deciding to make a change begins with your mindset. If you haven't made up your mind to change, you won't change. If you have not planned your next steps in your journey or thought things through, you may not be successful. I know there have been many times in my 'deciding to make a change' moments, when I said it, and was dead serious, but after a few days, everything fell by the wayside because I didn't plan my days, or purchase the tools that was needed for the journey I was embarking on. It's a horrible feeling when you don't complete what you start, or don't even get a few days in and it's already over, which is why I have put programs and groups in place for victory and confidence.

This practical "Fast Start Guide: 10 Tips to Jumpstart Your Healthy Hair Care Regimen", a companion to my original hair care guide, hair coaching club and programs, is meant to get you started on your hair growth journey in an easy to understand way. Yes, you will need to take a little time out of your busy schedule to look at your hair, assess it and record your results in order to find the right products and routine just for you. I promise, if you just take 30 minutes to read this guide and plan your routine and products, you will be so happy you did.

Healthy hair is desired by all, but not everyone takes the time to learn how to nourish their bodies, hair and scalp properly. The following is 'starter' hair care advice that will allow you get the best hair possible...

Assess Your Hair

Because this a 'Fast Start Guide', I won't go into a lot of detail here. I will discuss this in more depth during my coaching group and within the Manage It! Healthy Hair Care Coaching Club (www.HealthyHairCoaching.com). Take a moment to examine and observe your hair by noting the look and feel of it. Five things you need to determine... **Texture, Type, and Density, Porosity & Elasticity.**



Texture is defined as fine, medium and coarse. Some people often get the texture of their hair misunderstood for the hair type or curl pattern, but texture really refers to the thickness of your hair strands. Your texture is determined by your cuticle layers of your hair.

- *Fine hair* has minimal cuticle layers while coarser hair has many layers. Fine hair can be strong or weak, but lacks volume. You need to know this to determine how much heat your hair could possibly withstand or how much product your hair needs or will absorb.
- *Medium hair* is neither too thick nor too thin, and is normally strong and elastic.
- *Coarse hair* is abundant and heavy, with a tendency to grow outwards from the scalp as well as downwards. It often lacks elasticity and can be frizzy. Coarse hair is more challenging for products to penetrate than fine hair, which is why coarse hair needs more steam or heated conditioning to open the cuticles for the conditioners to penetrate rather than just sit on top of the hair shaft.

An easy way to determine your texture is by getting a piece of sewing thread and compare it to your hair strand. Sewing thread when compared to our hair is considered to be a fine to medium or medium texture. If your hair is thinner than the thread, your hair is fine. If your hair is thicker than the thread, your hair texture is medium to coarse.

Type refers to your hair's natural shape: straight, wavy, curly, or kinky/coil curly. In your hair's natural form, with no product added, but water, take a deep look at your hair...

- Straight hair is straight. No curl at all. It tends to be a little oilier than most because the natural oils from the scalp can spread easily throughout the hair.
- Wavy hair forms more of an S-shape and usually lies flat closer to the top of the head and gains it's wave momentum toward the middle and ends of the hair.
- Curly hair can have various forms and shapes and can appear very thick when actually some can be very fine once observed. Curly haired girls in most cases tend to suffer from frizziness and curl definition.

- Kinky/coily hair can come in a range of curl patterns from S-shaped, to Z-shaped or even O-shaped on one head! Even though this hair type can be very dense, like other textures, kinky/coily hair can range from fine to coarse and create lots of shrinkage.

Density refers to the number of hairs per square inch on your head. People usually use the terms thin or thick when referring to density. Knowing your density helps you to know how much product you will need or what styles will work best.

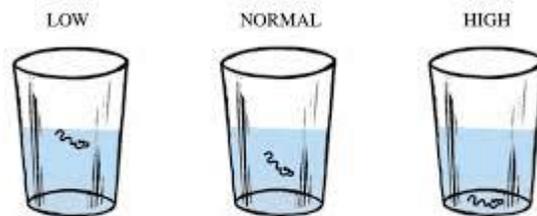
Porosity is the hairs' ability to absorb moisture and retain it. Porosity is important because it helps you understand why your hair is not retaining moisture and what to do about it. Your hair can have high, moderate or poor porosity.



If you have high porosity, the cuticle layer is lifted and open causing the hair to absorb chemicals quickly which causes the hair to have low moisture levels and become damaged from over-processing. This results in dull, lifeless, dry hair. If you have good or average porosity, the cuticle is slightly raised, the hair retains moisture well and accepts chemical

treatments. If the hair is not properly treated and maintained on this level, the hair can become out of balance. Low porosity means that the cuticles are closed tight and can maintain its natural moisture levels, but may be resistant to certain chemicals if and when applied. It is ideal to fall in the middle range.

Test your porosity levels by taking a strand of your hair and place it in a glass of water (cold water is fine). If the hair strand sinks to the bottom of the glass, you have high porosity. If your hair strand stays floating you have medium to low porosity



WHAT IS YOUR HAIR'S POROSITY LEVEL?

Elasticity refers to when wet hair has the ability to stretch and return without breaking. It indicates the strength of the bonds that holds the hair's individual fibers in place. Normal elasticity will stretch up to 50% and return without breaking. Dry, brittle hair is an indication of low elasticity. Low elasticity is usually a result of over-processing.

Write your answers down on the *Healthy Hair Care Assessment Form*. You can download this form in your member's area inside of www.HealthyHairCoaching.com. Keep this information for future reference during your healthy hair care journey.

NO MORE 'DIY' RELAXING!!!!

Did you notice all those exclamation points??? I know relaxers have gotten a bad rap, but realistically, many of you that were once relaxed and are now natural, if you would admit it, were not following the manufacturer's instructions prior to applying the relaxer. Applying relaxers are serious business if you choose to wear one. This process shouldn't be taken lightly. Taken lightly could be difference between hair one minute and none the



next, seriously! If you are still getting relaxers, it is imperative that you visit a Licensed Professional Salon/Stylist that is knowledgeable and as serious about giving this service as you are about receiving it. The time has come to STOP doing home relaxers that are not healthy in the first place, where no one is trained to perform this chemical service that can have serious repercussions if not done properly, including hair loss, breakage and over-processing. Yes, anybody can put a relaxer on, but the difference is the training and knowledge behind the application of it.

Just to back track a little bit... I know everyone has not mishandled their relaxer applications, don't misunderstand me. In fact, many of you realize the importance and probably were and are visiting a Hair Professional to receive this service and are still having breakage, shedding or scalp sensitivity from the chemicals. I totally understand relaxers aren't for everyone. You can do everything right and still have problems. Sometimes your hormones mixed with the chemical aspect of a relaxer will just not vibe together well at all. If this is or was the case, it may be in your best interest to not get relaxers applied to your hair, but as a Licensed Hair Professional, I have seen over and over again the effects of relaxers not done properly. Please, take my professional advice, and find you a competent Licensed Hair Professional to perform this service.

STOP THE HEAT!!

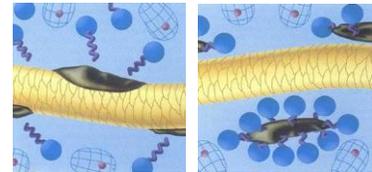
This is very important! Believe me, I know your struggle, but I coach ladies all the time on the effects of improperly used heat to the hair. When heated tools (curlers, flat irons, blow dryers, heated rollers) are not used appropriately, or used too often, they can really cause a lot of damage to your hair, leaving you with dry, brittle hair that breaks off easily. I suggest that you not use heat if possible, but I know, in reality, if you prefer straightened hair, you may need to *'touch up'* your strands here and there.

Notice I said *'touch up'*. So, if you must, lower the temperature of your irons, while ONLY using MINIMUM contact time with your hair strands and it's especially important to guard your hair with a protective product prior to straightening or blow drying, oops... I meant drying 😊

If you are a heat abuser, find a different hair style to rock. You may need to opt for more wrapped or roller set styles or even protective styles to help you keep the heat off and to a minimum.

Shampoo Your Hair!

This is the most important aspect of hair and scalp health. The hair and scalp needs to be thoroughly cleansed for an optimal environment for health and growth. Just as our bodies need to be cleansed, our scalps need the same treatment. Imagine always “co-washing” your bodies that get dirty and sweaty and rarely cleanse. I can imagine a build-up that would accumulate over my body after a period of time. I'm sure speaking against co-washing goes against many naturalista's code of conduct, but as a Licensed Professional Hair Stylist with extensive training, and over 20 years' professional experience servicing ALL TYPES of hair, scalps and clients, my final call is to tell you to SHAMPOO YOUR HAIR. Shampoo has a totally different function than conditioners. Using the RIGHT shampoo will replenish the moisture as well as cleanse away any dirt, grime, and buildup that's on the hair from sweat, products, over-conditioning and the environment. Don't misunderstand me, if co-washing is *a part* of your regimen, that's fine, but don't allow it to be 'THE' regimen. Cleanse Your Scalp and Your Hair Regularly (at least every 7 to 10 days – more if necessary)!



Condition, Condition, Condition!

All hair needs some form of conditioning. A GOOD conditioner will detangle, moisturize as well as smooth the cuticle. Many of today's top-notch conditioners are formulated with humectants, botanical and other top ingredients that can actually penetrate the hair shaft and lock in moisture. Make sure that you are using a separate conditioner rather than an all-in-one to receive the effectiveness of your products. Like I mentioned earlier, shampoos and conditioners have different functions, so don't get caught up in the hype. Go back to the basics.

I will also add to this tip because it is part of conditioning, Moisturize, Moisturize, Moisturize! Especially if you have the type of hair that tends to get really dry or won't absorb moisture too well. It's imperative that you use a natural oil to cocktail with your deep conditioner as well as (depending on style), seal your hair with a natural oil and moisturizer prior to styling. Visit www.HealthyHairCoaching.com for recommendations.

Sun-proof Your Hair

During the summer months, it can get really HOT and with the summer heat also comes outdoor activities as well as swimming. Swimming often and sunshine alone can dehydrate your hair causing it to become dry, brittle and lifeless. To protect your hair from the elements before swimming, use a conditioner throughout your hair or wet your hair thoroughly before swimming to prevent chlorine absorption you're your hair. Also Spray/comb in a sun/swim protection product. Using these products will help, but there's no protection like covering your hair with a wrap, scarf or cap while enjoying the sun and not forgetting that pretty ole' swim cap while swimming. If your hair just happens to still get wet, ALWAYS shampoo your hair afterwards with a clarifying shampoo followed by a hydrating or moisturizing shampoo and conditioner.

Opt for Textured Hairstyles

Assimilate texture into your hairstyle. Textured hair often takes less time to style. Consider a cut that adds texture, or a rod or twist set. Adding texture will leave your hair with more body, and you can choose a cut that allows for variance in styling options. Textured hairstyles also prevent you from applying direct heat to your hair.



Protect Your Hair Before Bed

This step is very, very important. Though, I've heard that it's not a popular choice among men, it's imperative that we educate them as to why we need to do this. Before retiring for the evening, it's important to wrap or cover your hair with a silk or satin scarf or bonnet or both if you're a 'toss and turn' sleeper and your wrap always ends up next to you on the pillow. If you just hate the thought of sleep caps and wraps, then be sure to cover your pillow with satin or silk to retain the moisture in your hair. Once you start this routine, if you haven't done so already, you will definitely see the difference in your hair in the mornings. There will be less maintenance for you in the mornings because of the 2 to 3 minutes of time you took out the night before.

Get Regular Trims

This is also another very important step toward healthier hair. I service women (not regulars) that for some odd reason, 'want to wait' every visit to get their hair trimmed and their ends are obviously split. I cannot make you trim your ends, but the problem is if you continue to not get your hair trimmed, what was a bad situation becomes worse as the split travels further up the hair shaft. Then when you ultimately make the decision to trim, it now needs to be cut and then it's said that the Stylist "cut too much". Be sure to get your maintenance trims as needed or every 2 to 3 months to keep your

hair performing at its' best. Remember the purpose of this coaching club is to educate you on proper hair care maintenance.



Proper Nutrition is Key

Healthy hair starts from the inside out. It's important for you to nourish your body and feed your cells and blood the nutrients it can use which in-turn helps your hair to grow and function at its' best. Start with a multi-vitamin that contains Biotin, Folic Acid, MSM, B-12, & B-6 or a 'Hair, Skin & Nails' vitamin because they usually have the necessary vitamins and minerals needed for growing and helping to maintain healthy hair. Besides vitamins, change your eating habits to more whole fruits and veggies, less carbs, meat and sugars. Juicing is a great option as well to get your nutrients in that doesn't take a lot of time.

A healthier lifestyle means healthier hair. Eating quality foods, minimizing stress, not smoking and taking a multi-vitamin can all benefit the condition of your hair. Specialists can check how much minerals and vitamins are in your body, and from when, by looking at your hair. Your hair's condition depends on how you eat.

Water is Essential

Water is very important for hydration of our bodies. It's vital for the nutrients in our bodies to be utilized properly and for the proper function of cells and hair follicles. It's recommended that you drink 64 oz. of water daily which is the equivalent of eight 8 oz. glasses of water. Take the water challenge and experience healthier, more hydrated skin and hair. The water challenge is located in your FREE membership area within www.HealthyHairCoaching.com

About the Author



Kendra Timmons is a Professional Hair Designer, Certified Trichologist and Medical Hair Loss Specialist, Certified Non-Surgical Hair Replacement Specialist, and Hair Coach/Strategist, with over 25 years' experience servicing women, men and girls needing healthy hair and scalp care services. Kendra services clients at her clinical salon, Blessings Beauty Center and her hair restoration center, The Hair Recovery Center, both located in Arlington, Texas, where she specializes in healthy hair care, hair restoration, scalp therapies, and non-surgical hair replacement for clients who are experiencing medical hair loss due to chemotherapy, radiation, hormones, surgeries and more. She has worked with all types, textures and lengths of hair and have successfully consulted, coached and serviced thousands of clients during her day-to-day salon operations toward healthier hair. She is also the author of the book *Manage It! A Guide to Achieving and Maintaining Beautiful Black Hair*, not to mention an PRO educator to her peers, radio host and entrepreneur. Kendra is passionate about helping women and girls look and feel their best! For more information on Kendra and her services, visit www.HealthyHairCoaching.com or join her Hair Growth Challenge at www.12WeekHairGrowthChallenge.com

For Speaking Engagements, Seminars and Salon Business Coaching, contact Kendra by email at [**healthyhaircoaching@gmail.com**](mailto:healthyhaircoaching@gmail.com).

The following pages include your home assessment and 6-week hair care journal for you to assess your current hair and health state as well as journal your journey toward healthier hair care. As aforementioned, take a little time out of your schedule to understand this guide and the assessments and record them below. I suggest that you record your daily habits in your phone throughout the day and record them in your journal every night so you can get an overall picture of your routine and what's working and what's not as well as what you may need to work on. This form will also be our guide, if you ever choose to schedule a coaching session with me.

***This Fast Start Guide is ONLY meant to jumpstart your healthy hair care regimen. These 10 important points will be covered in detail within the information throughout the membership site as well as our coaching sessions.*

Home Assessment Form & 6-Week Journal

| HAIR CHARACTERISTICS | OBSERVATION (circle all that apply) | NOTES |
|---|--|---|
| Texture | Fine Medium Coarse | |
| Type | Straight Wavy Curly Kinky/Coily | |
| Density | Thin Medium Thick | |
| Porosity | Low Normal High | |
| Elasticity | Low Normal | |
| | | |
| How long is your hair? | Short Medium Long Extra long | Can you tell it's growing? |
| How often do you use heat on your hair? | Never Rarely Often | Type of Heat: Hooded Dryer Irons Blow Dryer Steam Rollers |
| Last Trim: | Next Trim: | |
| Describe your hair: | Relaxed Relaxer-free Colored Bleached Transitioning | |
| Do you wear locks? For how long? | Do you wear extensions? How often? | Do you wear braids? How often? |
| Do you smoke? | How Often? | |
| Do you swim? | How Often? | |
| Do you exercise? | How Often? | |
| Do you have any medical conditions such as thyroid, cancer, heart, diabetes, etc.. | If yes, explain... | |
| Are you taking medications? | If so, name of medication and use... | |
| Are you stressed frequently? | If so, why? | |
| Have you had a baby recently? | Are you on birth control? | Are you menopausal? |

| WEEK 1 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------|----------------|------------------|------------------|-----------------|---------------|-----------------|
| Water In-take (How many glasses) | | | | | | | |
| Comments: | | | | | | | |
| Vitamin/ Mineral Intake | | | | | | | |
| Comments (Include the vitamins you taking daily): | | | | | | | |
| Daily Medications: | | | | | | | |
| Shampooing/ Conditioning Cycle | | | | | | | |
| Comments (Include products used): | | | | | | | |
| Stress Level (High/Low) | | | | | | | |
| Comments (Include stressors): | | | | | | | |
| Diet: Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Lunch | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Dinner | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Snacks | Monday | Tuesday | Wednesday | Thursday | Friday | | |

| WEEK 2 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------|----------------|------------------|------------------|-----------------|---------------|-----------------|
| Water In-take (How many glasses) | | | | | | | |
| Comments: | | | | | | | |
| Vitamin/ Mineral Intake | | | | | | | |
| Comments (Include the vitamins you taking daily): | | | | | | | |
| Daily Medications: | | | | | | | |
| Shampooing/ Conditioning Cycle | | | | | | | |
| Comments (Include products used): | | | | | | | |
| Stress Level (High/Low) | | | | | | | |
| Comments (Include stressors): | | | | | | | |
| Diet: Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Lunch | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Dinner | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Snacks | Monday | Tuesday | Wednesday | Thursday | Friday | | |

| WEEK 3 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------|----------------|------------------|------------------|-----------------|---------------|-----------------|
| Water In-take (How many glasses) | | | | | | | |
| Comments: | | | | | | | |
| Vitamin/ Mineral Intake | | | | | | | |
| Comments (Include the vitamins you taking daily): | | | | | | | |
| Daily Medications: | | | | | | | |
| Shampooing/ Conditioning Cycle | | | | | | | |
| Comments (Include products used): | | | | | | | |
| Stress Level (High/Low) | | | | | | | |
| Comments (Include stressors): | | | | | | | |
| Diet: Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Lunch | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Dinner | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Snacks | Monday | Tuesday | Wednesday | Thursday | Friday | | |

| WEEK 4 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------|----------------|------------------|------------------|-----------------|---------------|-----------------|
| Water In-take (How many glasses) | | | | | | | |
| Comments: | | | | | | | |
| Vitamin/ Mineral Intake | | | | | | | |
| Comments (Include the vitamins you taking daily): | | | | | | | |
| Daily Medications: | | | | | | | |
| Shampooing/ Conditioning Cycle | | | | | | | |
| Comments (Include products used): | | | | | | | |
| Stress Level (High/Low) | | | | | | | |
| Comments (Include stressors): | | | | | | | |
| Diet: Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Lunch | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Dinner | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Snacks | Monday | Tuesday | Wednesday | Thursday | Friday | | |

| WEEK 5 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------|----------------|------------------|------------------|-----------------|---------------|-----------------|
| Water In-take (How many glasses) | | | | | | | |
| Comments: | | | | | | | |
| Vitamin/ Mineral Intake | | | | | | | |
| Comments (Include the vitamins you taking daily): | | | | | | | |
| Daily Medications: | | | | | | | |
| Shampooing/ Conditioning Cycle | | | | | | | |
| Comments (Include products used): | | | | | | | |
| Stress Level (High/Low) | | | | | | | |
| Comments (Include stressors): | | | | | | | |
| Diet: Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Lunch | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Dinner | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Snacks | Monday | Tuesday | Wednesday | Thursday | Friday | | |

| WEEK 6 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------|----------------|------------------|------------------|-----------------|---------------|-----------------|
| Water In-take (How many glasses) | | | | | | | |
| Comments: | | | | | | | |
| Vitamin/ Mineral Intake | | | | | | | |
| Comments (Include the vitamins you taking daily): | | | | | | | |
| Daily Medications: | | | | | | | |
| Shampooing/ Conditioning Cycle | | | | | | | |
| Comments (Include products used): | | | | | | | |
| Stress Level (High/Low) | | | | | | | |
| Comments (Include stressors): | | | | | | | |
| Diet: Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Lunch | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Dinner | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| Diet: Snacks | Monday | Tuesday | Wednesday | Thursday | Friday | | |

