

Finger Detangling 101

Guide for Fine Natural Hair

Guidelines

- Detangle on wash day only; Skip mid-week detangling to eliminate over-manipulation
- Set aside enough time to detangle (30-90 minutes depending on the length of your hair)
- Check finger nails for snags/splits. File nails to smooth as necessary
- Remove all jewelry so your hair doesn't tangle in it
- Work in small sections
- Keep detangled hair separate from tangled hair using sectioning
- Dampen hair to make it more pliable
- Slide tangles up and out
- Work from the ends to roots OR roots to ends. Whatever works best
- Be gentle and don't rush

Recommended Products/Tools

- Spray bottle with water
- Large clips/butterfly clamps
- Vatika Oil, Coconut Oil or Olive oil
- Vegetable Glycerin
- A Rinsing Conditioner:
Hello Hydration, Suave Naturals, TRESemme Perfectly unDone, Aubrey Organics GPB, TRESemme Botanique Nourish & Replenish Conditioner

Are you ready to finally take your fine hair to the next level of awesome? [click here](#)

