

Your Guide to Loc Length Retention



WHAT YOUR HAIR NEEDS

Before diving in, let's start with understanding what your hair needs! For great length retention your hair needs a healthy balance of Elasticity, Protein, Moisture, and Hydration! Your moisture level depends on your hydration level to keep your hair from becoming dry. And Elasticity and Protein work together to keep your hair strong and reduce breakage. Here are some tips to balance these 4 components of growth and length retention



Choose the correct Shampoo

Stray away from harsh shampoos that will strip away moisture, leading to brittle locs. Hydration and Moisture start at the shampoo



YES! You can use Conditioner

Conditioners assist with keeping your locs moisturized. Be sure to thoroughly squeeze your locs when rinsing out your conditioner



Maintaining At-Home Care

In between salon visits or at home shampoos, use a water-based leave in conditioner or hydration spray for extra care



Styling Tension

When styling, avoid tension! Alert your stylist if your style feels too tight. Tension can create damage over time.



Scalp Care

Keep your scalp clean and use lightweight oils such as avocado, jojoba, and grapeseed to seal in moisture



Best Foods and Vitamins

- BIOTIN: Strengthens locs (found in eggs, nuts, sweet potatoes)
- IRON: Prevents shedding and thinning (found in spinach, lentils, red meat)
- OMEGA 3 FATTY ACIDS: Keeps locs hydrated & a healthy scalp (found in salmon, chia seeds)
- ZINC: Helps repair & strengthen follicles (found in chickpeas, cashews, pumpkin seeds)
- PROTEIN: Essential for strong locs (found in lean meats, tofu, quinoa)



Stay Hydrated!

Drinking at least 8 cups of water a day helps keep locs strong, hydrated and healthy from the inside out.



Track Your Loc Length Progress

CLICK HERE! To visit our website for your **LENGTH CHECK T-SHIRT!**
Use offer code: **GOALS** at checkout!