Your routine. Made simpler.

A practical starter guide for caring for your hair between appointments.

01 / Cleanse for your needs

Choose wash days around your scalp, activity and product buildup. Focus shampoo on your scalp and rinse thoroughly. Follow the product label and your stylist's advice for your style.

02 / Condition and handle gently

Use conditioner after shampooing. Detangle loose hair carefully, working from the ends upward with a wide-tooth comb. Do not use this detangling routine on established locs.

03 / Use less heat and less tension

Limit hot-tool use and choose low or medium heat with a heat protectant. A tight style is not a better style: ask for less tension if braids or a retwist feel uncomfortable.

04 / Keep your routine affordable

Write down what you already own before buying more. Start with a cleanser and conditioner suited to your hair, then add only what your chosen style needs. More bottles do not guarantee better results.

A note from Keisha

The goal is a routine you can repeat. Use the next pages to prepare questions for your appointment and track what works for you.

Care for the style you wear.

Choose the section that matches your current style.

Silk press

Limit repeated flat-iron touch-ups. Ask your stylist to show you a gentle nighttime wrap and explain how to protect the style during workouts or humid weather. Your scalp's comfort matters more than stretching a style longer.

Locs and retwists

Ask for a cleansing and drying routine matched to your loc stage and density. Let hair dry thoroughly after washing. Avoid repeatedly twisting roots between visits, and ask your stylist before adding new products that could leave buildup.

Braids and protective styles

Keep your scalp accessible for cleansing. Avoid pulling the style into tight ponytails. Ask your stylist when to remove the style and how to take it down gently; there is no one wear-time rule for every head of hair.

Wash-and-set

Ask how to preserve your particular set overnight and how to refresh it without heavy layers of product. Plan the next wash around your scalp and styling needs, rather than applying more product to hide buildup.

When to get additional help

Persistent itching, sores, scalp pain or new hair loss deserve evaluation by a dermatologist. This guide offers general grooming education, not diagnosis or treatment. A cosmetic scalp oil is not a substitute for medical care.

Buy with a plan.

Fill this in before your next restock or Saturday appointment.

My current style and hair goals

What I already have (product / amount remaining)

My next wash day and appointment

One thing I want my stylist to help me understand

What I actually need to restock / spending limit

Ready for your next routine? Visit KOKOSALONNSUPPLY.com

General care references: American Academy of Dermatology, Tips for healthy hair; How to stop damaging your hair; and Hairstyles that pull can lead to hair loss.
aad.org/public/everyday-care/hair-scalp-care/hair/healthy-hair-tips
aad.org/public/diseases/hair-loss/insider/stop-damage
Starter edition | October 2026 | No product purchase required.