



Curly Cues

Natural hair guru Nedjetti Harvey of Hair by Nedjetti Salon in Bloomfield, New Jersey, answers our mane FAQs and breaks down the best products and practices for the lightest to the tightest of coils

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PATTERN PRIMER

If the graveyard of products in your bathroom cabinet is any indication, the curly strand struggle is real. The quest for coil perfection is common for pretty much every naturalista. Wavy curls have a more visible S-shape pattern (type 3A to 3C), while tighter curls can range from tiny circles to a Z-shape coil (type 4A to 4C). If you're on the wavy end, your strands still crave moisture, but for definition without the weight Harvey says to opt for light styling creams. Shampoo and apply a rinse-out conditioner once every three days. To produce volume, start with your stylers, then use a diffuser. An alcohol-free, lightweight gel will help enhance your locks too. Looser curls are also more prone to heat damage, so keep the straightening to a minimum. "Sometimes heat damage can take place toward the root to the middle of the shaft," says Harvey.

"When this happens, curl the hair with perm or flexi rods to create the coil instead of using a heated wand."

HAIR



Frizzy Waves

RENE FURTERER
Sublime Curl
Curl Nutri-
Activating
Cream (\$28,
renerfurterer
usa.com).

OIDAD
Advanced
Climate Control
Defrizzing
Shampoo and
Conditioner
(\$22 and \$24,
oidad.com,
available in
April).



Identify your curl pattern and layer the products that are right for you.

Layering lineup for 3A and 3B hair types: sulfate-free shampoo, rinse-out conditioner, light styling cream.

The root of the issue for many curly girls is moisture retention. A lack of hydration causes frizz and a head full of other styling woes. "Due to the hair's ringlet formation, it takes a longer time for the natural oils to be released from the sebaceous glands on the scalp, causing slower travel down the hair shaft," explains Harvey. The tighter the curl, the drier and more fragile the tresses. Medium to heavy creams will work best for your moisture needs. For a quick boost, add a monthly steam treatment to your regimen to help soften and hydrate strands and alleviate breakage. »



Combo Coils

Layering lineup for 3C hair types: sulfate-free shampoo, rinse-out conditioner, light to medium styling cream or nonalcohol gel, moisturizing spritz.

- EUFORA**
Curl'n Forming Cream (\$26, eufora.net for salons).
- L'ORÉAL PARIS**
EverCreme Deep Nourish Conditioner (\$8, drugstores).
- HAIR FOOD**
Sulfate Free Hair Milk Shampoo (\$10, Target).



If your strand tussle is how to juggle multiple textures (that is, a loose curl in the front and tighter in the back), Harvey suggests evening things out by incorporating a protective style, like double-strand twists, only in the parts where the curl pattern is looser. To prevent breakage when detangling, be sure to saturate your locks with conditioner and use a wide-tooth comb. "Hold a section of hair, spritz with water and then gently use a fast raking motion from the ends, gradually working up to the root," says Harvey. It's also no secret that regular trims are essential. She recommends getting one every three months, preferably after a steam treatment. »

PRODUCTS, COURTESY OF BRANDS



Tight Tresses

Layering lineup for 4A to 4C hair types: sulfate-free shampoo, rinse-out conditioner, medium to heavy styling cream, moisturizing spritz, oil blend with vitamins A and E, coconut, jojoba, olive, avocado, grapeseed, sunflower or almond.

CREME OF NATURE
Ultra-Moisturizing Conditioner With Mango & Shea Butter (\$5, Walmart).

SCHWARZKOPF
Gliss Hair Repair Oil Nutritive Weightless Oil (\$7, walmart.com).

JOHN FRIEDA
Frizz Ease Daily Nourishment Leave-In Conditioner (\$6, drugstores).



Daily doses of hydration are a must for the curliest of curly girls. Harvey advises choosing a moisture-sealing spray over an oil. "Oils don't contain moisturizing ingredients. They coat the hair and give sheen to the shaft, but they don't penetrate the cuticle," she says. Instead, use an oil to help define your curls as a finishing touch or protective treatment. For more defined coils, try the LCO (liquid, cream, oil) method at bedtime: Spritz on a leave-in conditioner, then layer a curl cream on top and end by applying an oil. Braid, do a double-strand twist or create Bantu knots to rest and repair your locks overnight. In the morning, unravel and then use a pick at the base to lift the roots.

PRODUCTS, COURTESY OF BRANDS