

## JANUARY 2- 8, 2017

Foundation							
Weekly goals: To ensure minimal tangling retain as much moisture as possible during this harmattan season							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Styling and Maintenance	Cowash, moisturizing conditioning. Two strands twist		Morning: Glycerine-water-oil mix	Morning: Glycerine-water-oil mix	Morning: Glycerine-water-oil mix		Cowash, moisturizing conditioning. Two strands twist
		Night: aloe vera juice	Massage before bed	Massage before bed with oil mix	Massage before bed		
Products Used	Cantu Cowash and Cantu moisturizing conditioning	shea butter and oil mix, Glycerine-water-oil mix, rose water- aloe vera mix, cantu leave-in conditioner					

**Summary of the week:**

- 1) My hair tangles so easily, single knot strands and breakage on wash day still
- 1) I think i do twist out the wrong way and it is contributing to the breakage