

JANUARY 9- 15, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Foundation	Weekly goals: 1) To ensure minimal tangling To cover the tip of my hair as much as possible because of the harmattan 2) 3) To ensure my hair remains moisturized all through.						The harmattan resurfaced when I was thinking of doing wash-and-go-style. A protective style is the best option for me.... or so i believe.
Styling and Maintenance		Morning: conditioner and Glycerine-water-oil mix	rose water- aloe vera mix and Glycerine-water-oil mix	Morning: conditioner and Glycerine-water-oil mix	rose water- aloe vera mix and Glycerine-water-oil mix	1) Hot oil treatment before washing, Cowash, moisturizing conditioning. Left the conditioner for about 15minutes, rinsed out, further oiled; left with my hair covered till i finished bathing before rinsing out.	Three strand braiding. Hair feeling very moisturized and easy to manage while braiding
	Night:rose water- aloe vera mix	Night:rose water- aloe vera mix and shea butter mix	Night:rose water- aloe vera mix	Night:rose water- aloe vera mix and shea butter mix	Night:rose water- aloe vera mix		
Products Used	shea butter and oil mix, Glycerine-water-oil mix, rose water- aloe vera mix, cantu leave-in conditioner					Cantu Cowash and Cantu moisturizing conditioning. Oil mix- castor, coconut and olive oil, rubber for threading, wide and medium tooth combs.	

Summary of the week:

1) My hair felt so moisturized but it dried up quite easily most likely because of the weather. My glycerine mix was always handy and super moisturizing too.	<input checked="" type="checkbox"/>
2) Because of the time taken to detangle my hair, i experienced little breakage while it was being braided which by the way is a plus	<input checked="" type="checkbox"/>
3) I made sure my stylist played by my rule while handling MY HAIR. I can not pay you with cash and with my hair, of course.	<input checked="" type="checkbox"/>