

Access Free The  
Curly Girl Method

## The Curly Girl Method

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## **The Curly Girl Method**

How to wash and style  
Step 1 CLEANSE Gently

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scrub and stimulate the entire scalp with fingertips (no nails!) and conditioner. The friction... Step 2  
CONDITION Smooth conditioner over hair in sections, until all hair has been coated with conditioner. Let the...  
Step 3 DRY & STYLE

**How to Follow the  
Curly Girl Method |  
NaturallyCurly.com**

Curly Girl Method  
Approved Products

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Mop Top Daily Conditioner is an excellent hair moisturizer and frizz reducer for all curl types. It's especially helpful... Fruit of the Earth Aloe Vera Gel is typically used on dry or sunburned skin, but makes an excellent styling gel for... VO5 Moisture Milks ...

**The Curly Girl  
Method Cheat Sheet  
for Your Transition**

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## **in 2020**

Your Curly Girl Method  
dos: Do find  
conditioners and co-  
washes with gentle  
cleansing ingredients  
such as decyl  
polyglucose (it helps  
clean without... Do use  
products with rich  
emollients like shea  
butter and proteins like  
wheat (this helps to  
restore your hair... Do  
use styling gel with  
ingredients ...

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## **The Curly Girl Method: Everything You Need to Know | Real ...**

The curly girl method recommends low manipulation for all hair types. As a 4c girl (coily hair texture), I understand the shrinkage struggle. I personally don't mind my shrinkage, but the great thing about this method is that it can be adjusted by hair type and styling

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preference.

## **A Step-by-Step Guide to The Curly Girl Method**

Basics Steps to the Curly Girl Method

1. Cleanse with sulfate free shampoo or co-wash.
2. Condition with silicone free conditioner and use a leave-in conditioner.
3. Apply silicone free styling products to soaking wet hair and scrunch up to



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encourage curl formation. 4. Use a microfiber hair towel or ...

## **What Is The Curly Girl Method? The Beginner's Guide to the ...**

The curly girl method for beginners I really didn't believe the curly girl method would work on my hair. I hated my curly hair in my teenage years, straightened it to

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within an inch of its life through the later teen years, and then spent early adulthood with a frizzy mess.

## **The Curly Girl Method: How I Got My Waves Back After Years ...**

The Curly Girl Method is an approach to hair care designed for naturally curly hair that has not been chemically relaxed. It is similar to the "no poo

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" method in that it discourages the use of shampoo.

## **Curly Girl Method - Wikipedia**

The curly girl method (also referred to as "no-poo" or the CG method) is based on the book "Curly Girl" by Lorraine Massey. The nickname "no-poo" alludes to not using a sulfate shampoo, because sulfates tend to strip the hair of its

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natural oils. Once you take away the sulfates, your hair can retain its natural moisture.

## **3 Ways to Follow the Curly Girl Method for Curly Hair ...**

The Curly Girl Method—and come Curly Girl-approved products—changed my wavy hair for the better. Here's how the Curly Girl Method can help you, whether you have waves, curls, or

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something in between.

## **I Tried the Curly Girl Method on My Wavy Hair | Real Simple**

There are so many articles explaining how the Curly Girl Method works and why it's the best way to take care of curly hair. I want this article to focus on something different: my curly hair journey and its struggles--which includes the CG

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method). Then, I want to show you why the CG Method turned out to be perfect for my curls.

## **I Tried The Curly Girl Method, This is What Happened ...**

If your hair is naturally curly, you may be looking for the perfect hair care routine. Why don't we explore the Curly Girl Method together?

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## **How to Care for Naturally Curly Hair With the Curly Girl**

...

The Curly Girl Method recommends that you use alcohol and silicone-free hair gel to hold your curls while styling your hair.

Lorraine Massey in the Curly Girl Handbook refers to creating a curl cast or gel cast, which helps the hair maintain its natural curl formation until it dries

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completely. Really, of all the steps, this is the trickiest part.

### **What is the Curly Girl Method? - A Healthy Hair**

While the Curly Girl Method bans sulfates for curly girls, you'll be ok if you need to use some to help strip away build up on your strands. This will actually help your waves retain their natural shape, since



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they won't be weighed down by too much product. #4.

### **More Ways To Adapt The Curly Girl Method For Waves**

...

Transform your hair with this curly girl routine from Hair, Beauty and Style Blogger, Ashlyn Paraskevas.

### **Aveda Curly Hair Routine Using The**

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## **Curly Girl Method**

This video, Easy Curly Girl Method for Beginners, is a revamp of one of my first videos. The info is the same, but the video is better quality & much much sh...

## **Easy Curly Girl Method for Beginners - YouTube**

The Curly Girl Method is a set of guidelines for styling curly and wavy hair with a focus

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on avoiding sulfates, silicones, and heat and mechanical damage. There are different lists of CG method approved hair products.

## **12 Tricks to Modify the Curly Girl Method for Wavy Hair in ...**

Curly Girl Method (CGM) for wavy hair can be broken down into 2 main areas: -  
Things To Avoid -

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Things to Add In To Your Routine The aim with both of these is to improve the condition of your waves and enhance their natural pattern.

## **Curly Girl Method For Wavy Hair - Explanation and Steps ...**

The Curly Girl Method, outlined in detail in the book, ' Curly Girl: The Handbook ' is a curly hair regimen created

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by Lorraine Massey.  
Lorraine Massey  
believes that most  
women “go wrong”  
when they plan the  
cleansing and styling  
components of their  
hair regimen.

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