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Naturally curly hair are dry and rough! They are voluminous and tough to manage. They require constant nourishment and moisture to stay soft and manageable. Most of the shampoos and conditioners available in the market are not formulated to tame curly tresses. They need deep conditioning and loads of it on a regular basis. If you have also color treated them, the need to provide extra nourishment and conditioning is even more. Use a sulfate free shampoo and conditioner to ensure that the color stays longer and the hair stay healthy.

Shampooing Tips

There is no thumb rule about how often should you wash and condition your hair. Since curly hair are more difficult to manage, some females opt for only conditioning rinses, once or twice a week. Do not use shampoos that leave your hair dry. Try a few to figure out which one suits you the best. Stay away from hot water as far as possible. It dries out the hair as well as the scalp. Rinse well to remove any build up on your hair.

Only conditioner rinsing is suggested at least once a week. It will keep your hair hydrated as well as manageable. For extra conditioning, put some conditioner on the hair before wash, comb it through your hair and then shampoo. Use sulfate free shampoo and conditioner for best results. Keranique for women offers a revitalizing shampoo, that will help you repair your hair, in case they have become dull and rough either due to hot water washes or lack of oiling and conditioning.

Conditioning Tips

When choosing a conditioner, always go for milk-based products. Some popular conditioner base are coconut milk, peach milk, avocado, jojoba, cocoa butter and Shea butter. All these are highly moisturizing ingredients that keep the hair soft, smooth and detangled. Although Keranique products focus on adding more volume to the hair, its sulfate free shampoo and conditioner improves the hair's luster, texture and smoothness.

When applying the conditioner, make sure you condition from root to tip. It will help manage the unwanted frizz along with dryness. Pay more attention to brittle ends. Let the conditioner stay there for some time, allow it to penetrate and nourish before you rinse it off.

Curly hair trap a lot of dust, so keep your hair tied and covered to save them from pollutants and dust. Do not go out in the sun or expose to heat for long. Stay away from harsh chemicals as much as possible. Though it's not possible to stay away from styling completely, keep it minimal. In case you have tried permanent straightening, coloring or any other chemical treatment in the past, it's a good idea to stick to a sulfate free shampoo and conditioner. Such a shampoo and conditioner will be gentle on your hair and will also cleanse it at the same time. Besides picking sulfate-free conditioners, prefer a milk-based to a water-based conditioner. Pamper your hair with lots of conditioning agents to make sure they remain well moisturized all the time. Remember, conditioning is the key to manageable curly hair.

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[Aretha](#) - About Author:

Keranique for women offers the best a [sulfate free shampoo and conditioner](#) for colored or damaged hair. Check out the complete range of a [Keranique](#) products and pick what you need.

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