

Your Natural Hair Detox Guide

Reset Your Scalp & Activate Healthy Growth



Introduction

Welcome to Your Natural Hair Detox Guide!

Congratulations on taking the first step to healthier, thriving hair! 🎉

If you've struggled with **dryness, breakage, or product buildup**, you're not alone. This guide will help you **reset your scalp**, remove years of buildup, and allow your hair to hydrate naturally—just like it was meant to!

What to Expect in This Guide

- ✓ **Why detoxing is the key** to hair growth & moisture retention
 - ✓ **Simple, clean ingredients** to cleanse your scalp naturally
 - ✓ **Step-by-step instructions** for a Bentonite Clay detox
 - ✓ **What to expect after detoxing**—and how to maintain results
- 👉 **No complicated routines. Just a simple reset for your healthiest hair!**

👉 **Let's get started!** ❤️

Detox Your Hair & Let It Breathe Again

If you've been using **heavy oils, silicones, or store-bought hair products**, your hair may be **coated with buildup** that blocks moisture. A detox helps **remove that buildup** so your hair and scalp can thrive naturally.

- ✓ **Cleanses your scalp** from product buildup & toxins
- ✓ **Balances natural oils** (sebum) for hydration
- ✓ **Improves curl definition** & softens hair
- ✓ **Prepares your hair for a water-based routine**

Step 1: What You Need

Simple, clean ingredients to start fresh:

- ✓ **Bentonite Clay** (removes toxins & buildup)
- ✓ **Apple Cider Vinegar (ACV)** (balances pH & smooths hair)
- ✓ **Water** (activates the clay)
- ✓ **Other clays can be used but my experience is with bentonite clay.**

Step 2: Mix Your Detox Mask

📖 **How to Make It:**

- **1/2 cup Bentonite Clay** (adjust for hair thickness and length)
- **1 tbsp Apple Cider Vinegar**
- **Enough Water** to create a smooth, yogurt-like paste.

🌀 **How to Mix:**

- 1 In a **non-metal bowl**, add Bentonite Clay.
- 2 Slowly add Apple Cider Vinegar (**it will fizz—this is normal!**).
- 3 Add water **little by little** while stirring.
- 4 Mix until the consistency is **smooth but not runny**.



Step 3: How to Apply Your Detox Mask for Best Results.

- ◆ Start with damp or dry hair (*you do not have to wash hair first*).
- ◆ Section your hair and apply from roots to tips, making sure to coat your scalp.
- ◆ Leave on for at least 15-20 minutes and cover hair with a conditioning cap.(DO NOT let it dry out completely).
- ◆ Rinse with warm water until all the clay is removed.

Step 4: Restore Moisture

Final Rinse & Hydration

After rinsing, follow up with:

- ✓ Cool water rinse to close cuticles
- ✓ Massage scalp gently during this step to activate your natural oils(sebum)
- ⊘ DO NOT apply heavy oils or butters to your scalp! Your hair needs time to regulate natural oils.

Step 5: What to Expect

- Day 1: Your hair may feel “different” or drier than usual—**this is normal!**
- Day 4-7: You’ll start noticing **softer, more hydrated hair** as your scalp adjusts.
- After 1 Week: Your natural sebum should start **balancing & hydrating your strands** naturally.

💡 **Tip:** If your scalp feels dry, gently massage it with **wet hands** (not oil), but you can **add a light carrier oil to your ends to keep hydrated** until your natural oil moves from your scalp to your ends.

Here's a quick look at my detox routine-from applying the mask to styling for moisture retention.



betonite clay added



hair freshly rinsed



I choose twists for protective style

FAQ's: Detoxing Made Simple

Common questions

💬 "How often should I detox?"

✓ Do this detox annually or every **6 months** whenever your hair feels coated with buildup. Doing this more frequently could result in extreme drying of your strands.

💬 "Can I use shampoo after this?"

⊘ No! Regular shampoos will strip the natural oils you're trying to activate.

💬 "Can I style my hair afterward?"

✓ Yes! Stick to protective styling by adding a light carrier oil to your ends for best results(I used coconut oil but other oils such as jojoba, sweet almond or olive oil are also good).

You're Done! What's Next?

🕒 Want to maintain your results?

✓ Follow up with the **7-Day Activate Your Sebum Routine**.

✓ **Save this guide** so you can redo this detox!

✓ Follow me for **more natural hair tips & resources!**



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