

original  
**dippity~do**<sup>®</sup>  
GIRLS WITH  
*curly*

5 SECRETS  
TO  
HEALTHY CURLS

Your  
Curly Hair  
IS A GIFT.

## IT'S BEAUTIFUL. IT'S UNIQUE.

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It's just one of the amazing things that makes you, you. As much as your curls are a gift, sometimes they can be a challenge. Maintaining beautiful curls isn't easy. **We say work smarter, not harder.** There are little things you can include in your routine to improve the look and feel of your luscious locks.

Keep scrolling and you're guaranteed to learn a thing or two about keeping your curls healthy. Feel free to share these secrets with your fellow curly haired girls. **We're all in this together.**

KEEP YOUR HANDS  
off my CURLS.  
EVERYTHING ELSE,  
we'll Discuss.

## 1 YOU KNOW YOU'VE DONE IT:

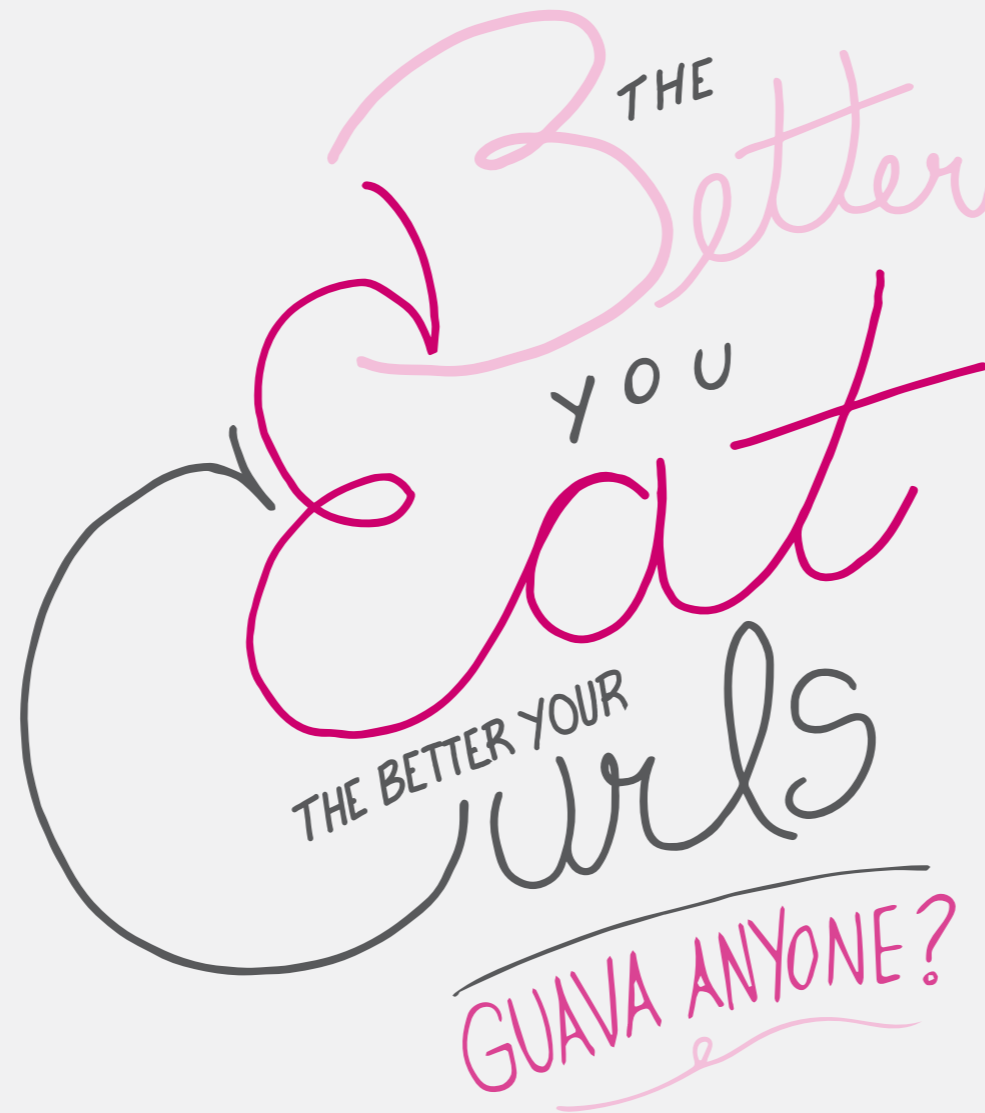
sat around and played with your hair without even realizing it. But if you touch your hair too much (and, yes, over scrunching counts) your fingers can absorb the essential oils in your hair. **That can lead to hair strands that are dry and brittle.** If you want your curls to last longer and look drop-dead, scrunch them no more than three times when applying product then keep your hands off them. And your boyfriend's too :)

Sleep on a *Satin*  
Pillowcase.  
OR AS YOUR  
HAIR CALLS IT  
"OH" ←  
*Sweet Mother*  
YES"

2

**JUST IMAGINE HOW  
DRY AND BRITTLE  
YOUR HAIR WOULD BE**

if you randomly scrubbed your head with a cotton cloth throughout the day. Well, if you sleep on a cotton pillowcase, you're basically doing the same thing. You can get rid of all that nightly friction by doing one simple thing: switching to a satin or silk pillowcase. Your curls will be healthier, plus it's better for your looks apparently too, because it helps your skin keep its moisture. **A glowing complexion and great curls? Yes please!**



### 3

#### **YOUR HAIR. YOUR NAILS. YOUR SKIN.**

How do you keep all three healthy? You eat well. Yup, that's it. The nutrients in your food keep the cells in your body healthy (guess the teachers in health class weren't lying). **Here's a refresher for what a balanced diet looks like:** whole grains, fruits, veggies, low-fat dairy and lean protein. A good rule of thumb: if your great grandmother wouldn't recognize it (if it's in a bag, box or can) it's probably no good for you. Switch to a healthier diet today. Your hair will thank you tomorrow.

## - CURLY HAIR'S -

Mortal Enemy



4

**AHHHHHHHHH,  
THE DREADED  
HAIR BRUSH.**

At some point when you were a little girl, someone probably convinced you that you needed to brush your hair every day. But we've got news for you: brushing your curls is one of the worst things you can do to them. Brushing damages the cuticle, which leads to split ends and breakage. **So toss the brush. Get yourself a wide-tooth comb.** Or better yet, leave your curls alone. Trust us, you'll be happy you did.



# 5

## HERE'S THE THING WITH CURLY HAIR.

The natural oils your scalp produces have a more difficult journey to get to the tip of your hair strands than they would with straight hair. All those twists and turns don't just slow down your oils either – they're potential breaking points. So when you use any type of heating appliance (blow dryer, flat iron, etc.) you run the risk of stripping your curls of their moisture, making them dry and brittle. The solution? **Stay away from heat.** After washing your hair (preferably with shampoo and conditioner specifically made for curly hair, like, ohh, let's say dippity-do Girls with Curls) scrunch in a gelée, apply a curl defining cream, then let your hair air dry all day. Your curls will look beautiful and hair will be healthier.

# HABITS DON'T JUST DEVELOP OUT OF NOWHERE.

They are learned. Be proactive and put some effort into these secrets and you'll see a real genuine payoff. If you incorporate the dippity-do **Girls with Curls**® products into your routine as well. Oooohhhhhhhh-weeeeeeee the payoff will be, as the French say, incroyable. Your hair will thank you and since it's the only hair you have you two need to be besties.





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