

Bantu Knots Quick Reference

Everything you need beside you while you style — supplies, sections, and the steps in order.

DRY TIME**Overnight to air dry****LASTS****About 1 week****AS PROTECTIVE STYLE****1–2 weeks**

What you need

- ☐ Sulfate-free shampoo
- ☐ Moisturizing conditioner
- ☐ Leave-in conditioner
- ☐ Styling gel or cream (medium–strong hold)
- ☐ Rat tail comb
- ☐ Wide-tooth comb
- ☐ Spray bottle with water
- ☐ Rubber bands
- ☐ Edge control
- ☐ Bobby pins (optional)
- ☐ Hair oil
- ☐ Satin scarf

Prep your hair

- 1 Wash with a sulfate-free shampoo.
- 2 Condition, then detangle from ends to roots.
- 3 Moisturize while the hair is still damp.
- 4 Stretch it if you're using extensions — blow-dry, braid, or band it.

Sizing your sections

Shorter hair needs smaller sections. If your hair is long, sections can be as small or as large as you want.

Make the knots

- 1 Mist lightly with water and apply leave-in conditioner.
- 2 Part out a section with the rat tail comb.
- 3 Apply gel or cream styler to that section.
- 4 Secure the roots with a rubber band.
- 5 Oil your scalp.
- 6 Twist the hair in a circular motion from roots to ends, using your thumb and forefinger.
- 7 Wrap the coil loosely around the base of the section.
- 8 Apply holding product and tuck the ends under the knot.
- 9 Check it holds — add a bobby pin if it doesn't.
- 10 Repeat across your whole head.
- 11 Finish your edges with edge control.

Don't

- ✗ Don't wrap too tight. It causes headaches and breakage.
- ✗ Don't rewrap every day — more manipulation means more breakage.
- ✗ Expect several tries before the knots stay in formation. That's normal.

Keeping them

- Cover with a satin scarf at night.
- Retwist knots as they loosen to stretch the style out.
- Reapply edge control as needed.
- Oil your scalp when it feels dry.

