

Deep Conditioning Troubleshooting Log

A one-page log for working out what your deep conditioner is actually doing. Change one thing at a time, give it three wash days, and write down how your hair responded.

WHAT TO CHANGE
One variable at a time

GIVE EACH CHANGE
2–3 wash days

DEEP CONDITIONING WORKS IN
The first 20–30 minutes

The five things to change

- 1 Product weight — lighter and water-based, or richer and creamier.
- 2 Contact time — 10, 20, or the full 30 minutes.
- 3 Heat — none, a plastic cap, or a hooded dryer.
- 4 Protein — protein-free, or a protein treatment.
- 5 Rinsing — how thoroughly you rinse it out of your hair.

Reading the result

- Limp, mushy, curls won’t hold: cut to 10–15 minutes, drop the heat.
- Dry, rough, snaps with no stretch: that’s protein overload. Go protein-free.
- Coated or waxy, never rinses clean: lighter conditioner, clarify once.
- Stiff after coconut oil: swap to a lighter oil. Not a technique problem.
- Fine at first, dry within an hour: the sealing step is missing.

Your log

WASH	DATE	THE ONE THING I CHANGED	MINUTES + HEAT	HOW MY HAIR FELT AFTER
1				
2				
3				
4				
5				
6				
7				
8				
9				

Two ways to waste a month

- ✗ Change all five at once and an improvement teaches you nothing.
- ✗ One wash is noise. Give every change two or three wash days.