

The Natural Hair Regimen Planner

A starting schedule, space to write in your own products, and where to begin for type 2, 3 and 4 hair. Tape it inside a cabinet door.

WASH DAY
Weekly to every 2 weeks

DEEP CONDITION
Every wash day, 15–20 min

PROTEIN
About once a month

Your wash day plan — write your products in the last column

STEP	HOW OFTEN	WHAT IT DOES	MY PRODUCT
Pre-poo	Before each wash (optional)	Oil first so shampoo strips less	
Cleanse	Weekly, or every 2 weeks	Sebum, sweat, product, dead skin	
Clarify	Monthly, or when buildup shows	Silicone and mineral residue	
Protein treatment	About monthly	For limp, over-stretchy strands	
Deep condition	Every wash day, 15–20 min	Never skip after protein	
Leave-in, then seal	Every wash day, on damp hair	Water first, then lock it in	
Moisturize + reseal	Every 1–3 days	Replace what's evaporated	
Protect at night	Every night	Satin. Cuts friction and loss	

Quick porosity check

POROSITY	WHAT YOU NOTICE	START WITH
Low	Water beads. Slow to wet, slow to dry. Product sits on top.	Lightweight liquids and milks. Warmth when deep conditioning.
Medium	Absorbs at a moderate pace. Holds a style. Cooperative.	Most balanced products. The schedule above, barely modified.
High	Soaks up water fast, dries fast. Rough, frizzy, tangles.	Thicker creams and butters. Layer. Regular protein. Acidic rinse.

Frequencies are a starting point, not a prescription. Adjust them to your porosity, density and how much you handle your hair.

Where to start, by curl pattern

	TYPE 2 – WAVY	TYPE 3 – CURLY	TYPE 4 – COILY / KINKY
Main job	Definition without weight	Definition and frizz control	Moisture and breakage prevention
Wash day	Every 2–3 days	Weekly, co-wash between	Weekly to every 2 weeks
Deep condition	Every other wash, 10–15 min	Weekly, 15–20 min	Every wash, 20 min, with heat
Protein	Every 4–6 weeks	Every 4–6 weeks	Monthly, then moisture
Product weight	Lightest – mousse, light gel	Medium – cream plus gel	Heaviest – creams, butters, oils
Between washes	Rarely; water and mousse	Every 2–3 days	Every 1–2 days, ends first
Detangling	Damp, fingers or wide-tooth	Wet, with conditioner	Wet, saturated, 4–6 sections
Night care	Loose pineapple, satin	Pineapple or twists, satin	Twists or braids, bonnet, nightly
Common mistake	Too much product – goes limp	Skipping gel, fighting frizz	Sealing hair that was never wet

Protective styling – the limits that protect your hairline

- ✗ If it hurts, it is too tight. Pain, tenderness or bumps are not the style settling in.
- ✗ Loosen the perimeter – the hairline and nape take the most tension.
- ✗ Thicker braids and locs, not finer ones. Tension spreads across more follicles.
- ✗ Six to eight weeks maximum, then take it down.
- ✗ Rotate – follow a tension style with a low-manipulation stretch.
- ✗ Sewn-in rather than glued.

When to stop and see a professional

Thinning at the hairline or temples, widening parts, bald or smooth patches, a scalp that stays itchy, sore or flaking, or sudden heavy shedding – see a board-certified dermatologist. Traction alopecia is treatable while the follicle is alive and permanent once it scars.

This week

MON	TUE	WED	THU	FRI	SAT	SUN

Safety limits adapted from the American Academy of Dermatology, “Hairstyles that pull can lead to hair loss.” Full sourcing in the article.

Free to print and share.
The full guide is at curlcentric.com/natural-hair-regimen

