

Passion Twists Quick Reference

What to buy, how to install, and when to take them down before they cost you hair.

HAIR NEEDED**7–9 packs (10+ for full)****TWISTS PER HEAD****70–100****INSTALL TIME****Up to 8 hours****TAKE DOWN BY****8 weeks — no later**

What you need

- ☐ Water wave crochet braiding hair, 7–9 packs
- ☐ Hair oil
- ☐ Edge control or styling gel
- ☐ Comb
- ☐ Styling mousse
- ☐ Hair ties and clips

Prep the extensions

- 1 Take one piece of crochet braiding hair.
- 2 Grab one end and separate it until you reach the midpoint.
- 3 Grab the other end and separate it to the midpoint.
- 4 Lay it flat, then repeat for the rest.

Sizing your sections

Section size should match how thick you want the finished twist. A full head usually works out to 70–100 twists.

Install the twists

- 1 Part a section sized to the twist thickness you want.
- 2 Apply edge control along the section borders.
- 3 Split the natural hair section in half lengthwise.
- 4 Twist each half around the extension hair until it's secure and flat to the scalp.
- 5 Twist downward, pulling taut every 2 inches.
- 6 Add gel to the ends and wrap around your finger to coil them.
- 7 Oil the exposed scalp.
- 8 Apply mousse throughout, then air dry.

Don't

- ✗ Don't twist too tight. It causes scalp pain and hair loss.
- ✗ Too much tension at your hairline risks traction alopecia.
- ✗ Don't go past 8 weeks — twists loosen and your natural hair pays for it.

Keeping them

- Apply mousse periodically to keep them looking new.
- Oil your scalp when it looks dry to stop the itch.
- Silk scarf or bonnet at night, or a silk pillowcase.

Free to print and share.

More free tools at curlcentric.com/hair-calculators

Scan for the full
guide

