# Passion Twists Quick Reference

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

| HAIR NEEDED | TWISTS PER HEAD | INSTALL TIME | TAKE DOWN BY |
|---|---|---|---|
| 7–9 packs (10+ for full) | 70–100 | Up to 8 hours | 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.