

Reverting or Heat-Damaged?

A strand test that tells you whether your curls are coming back, and what to do if they aren't.

DO THE TEST ON
Soaking wet hair

CHECK THESE AREAS FIRST
Ends, hairline, crown

IF IT'S HEAT DAMAGE
Only cutting removes it

What you need

- ☐ A normal wash, no styling product after
- ☐ Good light — daylight if you can
- ☐ A hand mirror for the back
- ☐ A rat tail comb

Run the test

- 1 Wash and rinse as usual.
- 2 Skip all styling product — gel and cream fake a curl pattern.
- 3 Leave it soaking wet. Don't towel it.
- 4 Part a strand at your ends, hairline, and crown.
- 5 Look at each one wet, before touching it.
- 6 Stretch one strand between two fingers, then let go.

Where damage shows first

Wherever the iron passed most — ends, hairline, crown. Test all three, not just the top layer.

Read the result

- 1 Reverting: the pattern reappears while wet.
- 2 Reverting: it matches the hair around it.
- 3 Reverting: the strand springs back when released.
- 4 Damaged: it stays limp and straight while soaking wet.
- 5 Damaged: it hangs differently from the hair beside it.
- 6 Damaged: the strand stretches and stays stretched.
- 7 A mixed result is normal. Damage is usually localized.

Don't

- ✗ Don't judge it dry. Every texture reads straighter dry.
- ✗ Don't test the next day — wait for a full wash.
- ✗ Don't buy protein hoping for reversion. It can't rebuild denatured keratin.
- ✗ Don't press the section again to blend it. That deepens it.

What to do next

- Drop the iron to 330°F, or 300°F if color-treated or relaxed.
- One pass per section. Stretch better with the blow dryer instead.
- Trim the damaged length all at once, or a little at a time.
- Space presses further apart while it grows out.

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