


## How to flat twist your own hair

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# How to flat twist your own hair

How to flat twist your own hair for beginners. How to flat twist your own natural hair. How to do flat twist on your own hair.

With positions throughout Mississippi, the Academy of Hair Design is dedicated to the formation of cosmetologists and competent instructors. We strive to separate ourselves from all other Cosmetology beauty colleges - the goal of our training programs is not only to pass the exam required by the board of directors, but also to participate in intensive training and study so that on graduation, our future professionals can successfully enter into his chosen profession. The Academy of Hair Design offers Pell grants, federal loans for direct students and is approved by VA. So, you saw the Tiktok trend. Or maybe you saw the YouTube videos? In both cases, you consider that some people think they have smooth hair, but they discover that their hair is actually wavy or curly after trying the curly girl method. You started to suspect your hair could be moved or curly. And yet... the curly girl's method seems too complicated, right? Of course it can be. I am more than 2 years in myself, and I am still shocked by how many products and how many steps some people put in their hair dryer routines. Also products approved by the curly girl can be expensive too. Don't blame yourself if you don't want to spend money if you're not sure that this is also right for your hair type. I have a blog post that discusses the signals that your hair is naturally wavy that can help you decide if you want to test it. Once ready and you want a quick and easy way to test if your hair is actually wavy? Here's what to do, step by step. How to test if your hair is wavy before trying the method of the curly girl. To check if your hair is wavy, write your hair after rinsing the conditioner in the shower, then apply a hold hold gel of any type. Let your hair dry without brushing, combing or touching it. If it dries wavy, you have moved hair and they would probably benefit from trying the method of the curly girl. This is the quick answer, here is a more in-depth answer! I suggest you try this experiment on a day and time when you have nowhere important to be. For example, don't do it on a business day 30 minutes before you need to leave the house for work. In case the results make you unhappy or uncomfortable, you want to leave time to re-wash your hair. This is just a precaution, but the better you know I'm sorry! Wash your hair with any shampoo you have at your fingertips. Stand in the head of the shower (so you are looking at the ground). Stay rested in the whole washing process in the shower. Focus on rubbing the scalp with shampoo (using fingers to rub, not nails from scratch). You don't need it or you want it,shampoo to the lengths of your hair. Rinse the shampoo completely. Apply any conditioner that you have the lengths of your hair. Do not apply the conditioner to the scalp, only the lengths. Pettina the hair with a large tooth comb while the conditioner is still in your hair. If you don't have a large tooth comb but you have a wet denman or wetYou could use it instead. If you don't have any of these, simply use your fingers to disconnect and align your hair. Rinse the air conditioner completely and then turn off the water. He digs his hair in your hands. Scrunching means scoop hair in the palms by raising the palm from the ends of the hair up to the scalp, then crushing the hair for crunch or splash your hair. Do it around the whole head. If you have wavy or curly hair, you will most likely start to see a wavy or curl model taking shape due to scrunching. This sketching process should help squeeze some of excess water from hair, leaving hair still very moist. Exit the shower, keep your head resting. Apply gel or mousse. Once again, whatever you will do. How much you should use it for everyone and varies depending on the specific product you use. There is a possibility that you will get the wrong amount on your first attempt. For thin hair, low density, short, using a quantity of fourth can be sufficient. For long and thick hair, you can use different handfuls. I use about 4 mousse palmate in my armpit length, very dense hair. PLOP! Gently lower your hair on the drop t-shirt and wrap your hair. Now you can finally stand up! See my complete tutorial on plopping if you are unknown with how to do it. Shutter in the plop. Keep your hair picket shirt for 5 minutes if hair air dries quickly (in a couple of hours or not). If your hair usually take hours to dry, savor for 10 minutes. Remove the plop. When the weather is up, lean each other up and gently remove the drop shirt. Turn your head brilliantly. I like doing this by keeping the ends of my tight hair against my head as I go to stand up to stand. I practically keep your hair against my head in a position similar to what would have been in, wearing the hallux. Once standing, slowly lower your hands to allow my hair to fall gently into place. Correct your part. If you find out that your hair is sealing in a different place where you like, now it's time to solve it. Do not use the queue of a comb to create a 100% fresh part. Instead, gently curl curly drops that are on the wrong side where you want your part to be. Let him dry. If you have a speaker, you could spread your hair. Check my tutorial to spreading wavy hair if you need help. If not, let it dry. Do not touch the hair more than it is absolutely necessary during this process or risks to introduce crespas. Wait for your hair to be 100% dry. The easiest way to find out if the hair is dry is temperature note. If it turns out that any part of the hair is colder than the rest, that colder area is still wet. Wait until all the hair feels the same temperature, and it is neutral or warm in temperature before moving forward with the next step. It's okay (good, actually!) if your hair feels crisp or crisp as it dries. Don't worry.Don't feel like Longterm in that way! Scrut out of the crunch. Once your hair is 100% dry, it hopes that you will have a crispy texture. This is called a cast. Squeeze gently or scanning the hair to break the cast. If you shake your hair and it remains harder than you prefer, tighten it again until it becomes softer. Now that you wrote the crunch, the process is complete! If your hair is wavy or curly, then congratulations, you have naturally wavy or curly hair! If your hair is still straight, then congratulations, you have naturally straight hair! If you are ready to start the curly girl method (or the corrugated girl's method) on a budget check out my minimum routine routine of under \$ 20 Walmart Girl starter routine. Or I have a destination CGM start-up routine for wavy hair if you prefer the target. Troubleshooting of the first naturally wavy hair care attempt: where you go after this first attempt can vary greatly. If your results have been wavy or curly, it is likely that you see benefits your hair following the curly girl's method. This will probably lead to go out and buy new hair dryer products that are approved by the curly girl. However, if you don't want to change products you can continue to use methods approved by non-curly girls and to embrace your natural waves or curls through other means. The routine is a really important part of hair care with texture. I even blogged an experiment I did in my opinion led to the test that wavy hair techniques count more than products. So, my advice is to play with new techniques before assuming that you need to spend more on products. If you have found that your hair felt sticky or had flakes after graduating the crunch, you've probably used too much gel or mousse. The next wash, try to use less to see if you get better results. If your hair is not crunchy, or they were only crunchy in a few points, you probably didn't use enough gel or mousse, or did not take it well distributed to all the areas of your hair. Next time, try using more or tries to be more cautious to cover the whole head with the gel or mousse. Or take a look at my post as you know if you are taking a cast of hair and because you may not be. If your hair was straight in the upper but corrugated or curly part, your hair can be weighed. Take a look at my post 13 ways to get more volume in wavy hair to learn many of the ways in which wavy hair can be weighed and how to solve those. If you want to know how to get the wavy hair to last longer, take a look at my posts because you shouldn't wavy hair, how to get wavy hair to last longer, and how to sleep on wavy hair. If you find yourself fighting a lot of tangles or knots, check out my post on how to fix tangles in wavy hair. If you have any other problems or questions, leave me a comment below and I'll try to help or point you to resources that are helpful! Is Editing to help answer the question - is the gel or mousse really needed for testing if your hair is wavy? The difference in these photos is not left, left. Just use the mousse on the right. For me, using a seal product (gel or mousse, or as I recently discovered, hairspray!) is really essential to allow my waves to sustain themselves. This might not be true for all waves, but if you have always assumed that your hair is smooth, then probably your waves need support from the product, too. If you do this test without gel or mousse, you may find that your hair has a little more texture than usual, suggesting that it is wavy. You can see in my photo on the left that the ends have a very thin texture, but in general it doesn't read as wavy. The use of gel or mousse could be the key to making the answer "Is my hair really wavy?" super clear. So I suggest you buy a gel or mousse if you don't currently own one. If you're not interested in the curly girl method, buying the cheapest hard-hold gel or mousse you can find would work. Some really inexpensive approved curly options are LA Looks gel (about \$2 for a large bottle at most pharmacies. Or my local dollar tree sells a smaller tube for \$1). Or for a cheap CG mousse I recommend Aussie Instant Freeze. If you find that your hair is, in fact, wavy, check out my blog post directory. I have tons of content on how to embrace your waves!

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