

The Mane Project

Unlock Your *Hair's Potential*



Ultimate Scalp Health Guide for Stronger, Healthier Hair

Healthy hair starts at the scalp! A well-maintained scalp promotes hair growth, reduces dryness and irritation, and helps your hair reach its full potential—even when wearing extensions. This guide will walk you through the essentials of scalp care



1. The Importance of Scalp Health

A healthy scalp is the foundation for healthy hair. When the scalp is in good condition, it promotes stronger, longer hair growth. Poor scalp health can lead to a buildup of dead skin, excess oil, and product residue, potentially leading to conditions like dandruff, itchiness, or even hair loss.

The Power of Double Cleansing

Just like double cleansing your face removes dirt and impurities, the same concept applies to your scalp. Double washing is the secret to thoroughly cleansing the scalp, ensuring there's no residue from styling products or oils left behind.

Steps for Double Cleansing:

1. Wash, let's sit for 1 minute, Rinse. REPEAT Twice.
2. Use a clarifying shampoo *once every 4-6 washes.
3. For the washes in between use your daily shampoo twice.

****Tip: Let both sit for at least 1 minute****

2.





3. Mask is a MUST | Nutrient Depositing

After rinsing the shampoo, apply the mask to help re-deposit essential nutrients and vitamins back into the hair and scalp. This is an important step in the process that contributes to leaving your hair and scalp feeling balanced, nourished, and healthy.”

Pro Tip: Rinse excess water before applying, excess water will dilute the mask. Let it sit for 3 to 5 minutes, allowing it to penetrate deeply before rinsing.

Condition | Seal your cuticle

Conditioning after shampooing is crucial because it smooths and seals the hair cuticle, which can become raised during washing, especially with clarifying shampoos. By sealing the cuticle, conditioner locks in moisture and nutrients, helping to prevent tangling, dryness, and breakage while promoting smoothness and shine. This also reduces frizz and maintains the hair's elasticity, protecting it from further damage.

4.



Pro Tip: Rinse excess water before applying, excess water will dilute the conditioner. Let it sit for 3 to 5 minutes, allowing it to penetrate deeply before rinsing. I use a clip after this step and let it sit while I move on to washing my body.

5. To Blow Dry or Air Dry

To maintain a healthy scalp and protect hair bonds or extensions, it's beneficial to blow-dry the roots and any attachment points. Allowing the hair to air dry for 15-20 minutes first helps reduce heat exposure, while blow-drying the roots prevents the scalp from staying damp, which can lead to issues like bacteria growth or weakened bonds. Letting the ends air dry for an hour before finishing with a blow-dry is a great way to minimize damage while ensuring a polished look. This method balances the benefits of both air and blow-drying, reducing potential harm to the hair shaft

