

Seven-Day Curly Hair Ritual You Need for Frizz-Free

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Curls vary in pattern: waves (Type 2), loose-curls (Type 3), coils (Type 4). Each type has different needs: waves frizz easily but hate heavy products; coils are the driest and need rich moisture. Knowing your curl pattern helps pick the right products and routine.

Your 7-Day Hair-Care Schedule

Elle India recommends a week-long cycle that balances cleansing, moisturising, styling and rest. It helps reduce frizz and boosts curl definition over time.

Day	Focus	What to Do
Day 1	Pre-Wash & Detangle	Oil-massage scalp and lengths. Detangle gently with fingers or wide-tooth comb.
Day 2	Gentle Cleanse	Use a sulfate-free shampoo. Thus cleanse scalp, let suds run down lengths without scrubbing the hair. Use lukewarm water.
Day 3	Condition	Apply conditioner generously from mid-lengths to ends. Leave for 2-3 minutes. If you feel dryness, rinse lightly so some remains.
Day 4	Deep Hydration	Use a deep conditioning mask (ingredients such as shea butter, aloe, coconut). Cover with shower cap for 15-20 minutes, rinse with cool water.
Day 5	Style & Definition	On damp hair, layer leave-in, curl cream, then gel. Scrunch with a microfiber towel or cotton tee. Air-dry or diffuse on low heat.
Day 6	Rest & Recovery	Skip styling products. Protect hair while sleeping (pineapple bun, satin pillowcase). Avoid touching or brushing when dry.
Day 7	Refresh	Spritz curls with water or aloe mix. Finally apply a bit of leave-in or cream if needed. Scrunch to revive curl shape.

Key Tips for Frizz-Free Curls

- Use microfiber towels or old cotton T-shirts instead of regular towels, which can cause friction and frizz.
- Sleep on satin or silk pillowcases to reduce overnight frizz.
- Avoid brushing dry curls; detangle only when wet and with conditioner.

- Cold rinse (or cool water) seals the cuticle and adds shine after deep hydration.
- Layer your styling products smartly—leave-in for moisture, cream or curl cream for definition, gel for hold. Let cast form and then scrunch it out once dry

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