

The Struggle is Real – Maintaining Kinky Curly Hair

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By Tiffani Douglas



Kinky curly hair is by far the most difficult kind of hair to manage and keep up. Because of its fine and fragile nature, it requires A LOT of moisturizing and constant maintenance to keep it healthy and presentable. Kinky hair is classified into various types, and knowing your hair type is the key to ensuring that you are taking the best care of your locks.

The 411 on Kinky Curls

Kinky hair, also known as Type 4 hair, is the most common type of Black hair and is an extremely fragile and delicate hair texture that needs lots of love. Type 4 hair is coily or tightly curled hair that looks coarse, but is very soft and fine.

Divided into three categories based on curl patterns – 4A, 4B and 4C – each Type 4 hair category has its own unique characteristics.

- Type 4A hair has lots of tight coils, and it has an “S” pattern when stretched.
- Type 4B hair has a less defined curl pattern and it forms a “Z” shape. As the hair bends it resembles a zigzag shape with sharp angles.
- Type 4C hair has the tightest curl pattern, but it looks more like cotton and can shrink up to 75 percent!

Loc'ing it Down

Creating a kinky hair care regimen for Type 4 hair that works can be hard, but knowing is half the battle and taking time to observe and determine what your hair needs are make all the difference in how you care for your hair. Here's a peek at what your kinky hair care regimen should look like!

Cleanse. With Type 4 hair, it's important that you keep your hair shampooed using sulfate-free cleansers. Sulfates are lathering agents used in shampoos that can dry out your already delicate curls. Cleansing your hair weekly with sulfate-free [Cashmere+Caviar Hair Bath – Activated Charcoal](#) will keep your hair silky and scalp clean without contributing to extra dryness. It's the bomb diggety for all types of kinky hair!

Deep condition. Shampooing can often rinse away your hair's natural oils, and fragile Type 4's, especially Type 4C hair can become dry if you do not restore moisture to your hair immediately after cleansing. [Cashmere+Caviar Hair Masque – Deep Conditioner](#) contains vitamins and antioxidants to strengthen and smooth your kinky locks and is the perfect deep-conditioning solution to restore full moisture to your squeaky clean strands.

Detangle. We've all been there...that moment when you are just standing in the mirror looking like “who dunnit” because your hair is a hot tangled mess! Not to fret, [Cashmere+Caviar Hair Silk – Leave In Conditioner/Detangler](#) is the answer to your prayers. It moisturizes and detangles kinky hair and is a must in your arsenal of kinky hair products.

Grow & Strengthen. Because Type 4 hair is so fragile, you need to do some regular damage control. Many times we have to really work with this delicate hair to make it act right, and pulling and tugging on your tresses can often lead to breakage. Applying kinky hair products that strengthen and grow your hair is vital to having full, healthy curls. Use [Cashmere+Caviar Hair Gelle – No Hold Gel](#) to strengthen and reconstruct damaged hair and [Cashmere+Caviar Hair Serum – Oil Based Hair Treatment](#) to strengthen and enhance hair growth. This dynamic duo is the perfect combo for ensuring strong, healthy kinky hair.

To strengthen, restructure and add sheen to stressed, and damaged, coils and kinks, check out our [Cashmere + Caviar Collection](#) now!