

What to do as a first-time hair relaxer.

A first-time relaxer means that it could be your first time to relax, texlax, or even texturize your hair. Therefore, there are a few things that you should know first. Relaxers basically straighten your hair, and it lasts for a while before you decide you want to go back to natural unrelaxed hair as your hair grows out again.

1. Choose the correct relaxer.

There are various types of relaxers, and you should only go with the one that suits and is compatible with your hair. If you are going to a hair specialist, ensure that they know your hair type because choosing the wrong relaxer will leave your hair significantly damaged, and you may end up having an irritated scalp. TCB Naturals Regular Relaxer works for normal fine-textured hair, while the TCB Naturals Super Relaxer works for thick and coarse hair types such as 4c.

2. Ensure your scalp is well protected.

Before relaxing your hair, ensure that the scalp is well protected from the relaxer you intend to use. The relaxer contains chemicals that may irritate the scalp, especially as a first-time relaxer. TCB Naturals Nourishing Hair Food acts as a good protectant while relaxing your hair by acting as a barrier between the scalp and the relaxer.

3. Ensure that the relaxer is applied correctly.

For a first-time relaxer, the relaxer should be applied to the ends through the roots while ensuring that the strands are smoothened out as the relaxer goes through it. Also, ask your hair specialist to time the process depending on your hair type because over staying with the relaxer may cause the hair to weaken and thin out.

After this, your hair should be rinsed with warm water, and a conditioner is applied to raise the pH level of the hair, then shampooed to neutralize it. Apply the TCB Leave-in Treatment afterward to restore hair moisture.