

# Different types of porosity in hair

By: Kristin Haskell

## *What is porosity when it comes to hair and how does it work?*

Porosity is how hair absorbs and retains moisture. This determines how tight or loose the cuticle layer of the hair lays. Figuring out what hair porosity you have is crucial to hair care when buying products like shampoo and conditioner, knowing which one will suit you best based off of your level of hair porosity in order to make sure that your hair can be as healthy and hydrated as possible. Now we will be diving into low, medium, and high posterity definitions of hair and how to tell which one you may have.

- Once you know your porosity, you can determine how much of Supernatural Hair Care's Nourishing Moisturizer to use to maintain hydration effectively.



## *Low Porosity*

Low porosity hair has a tight, flat cuticle layer. This type of hair resists absorbing water and products. A sign of this could be water beading up on the strands of the hair. This type of hair is still able to hold moisture, although it sometimes can be a challenge for the hair to maintain and hold moisture compared to other levels. Low porosity hair also can be more prone to build up since it tends to resist absorption, as the product just sits on top of the layer instead of absorbing in.

### *Signs of low-porosity hair include:*

- Hair takes a longer time to get fully wet while washing it.
- Hair takes a long time to dry.
- Products feel like they don't absorb into their hair.
- Using products with lots of protein makes the hair feel stiff or straw-like.
- Low porosity hair benefits from using a generous amount of Supernatural's Nourishing Moisturizer on damp or warm hair to help with absorption and hydration.

## *Medium Porosity*

Medium porosity hair has a cuticle layer that is slightly raised. What this means is it tends to absorb and maintain moisture well, not quickly or slowly.

This type of hair is able to hold styles well and looks healthy with minimal effort. Compared to low or high porosity hair, it is less prone to frizz or excessive dryness.

*Signs of medium porosity hair include:*

- Gets wet easily and dries at a moderate rate.
- Gets along with color and chemical treatments but still needs protection.
- Usually feels soft and smooth.
- Can hold curls and styles nicely.
- Medium porosity hair does well with a moderate amount of Supernatural's Nourishing Moisturizer a few times a week to keep moisture levels balanced.

### ***High Porosity***

High porosity hair has raised cuticles that often have gaps or holes. This means that the hair is able to absorb moisture very quickly but can also lose it just as fast. It can often feel dry, frizzy, or rough while also being more prone to tangle more easily. High porosity hair can happen naturally through genetics but also due to damage from heat, coloring, and chemical treatments.

*Signs of high porosity hair include:*

- It is easy to get fully wet immediately, but it dries quickly.
- Looks frizzy or puffy, especially when humidity is involved.
- Easily absorbs product.
- More prone to breakage and split ends.

High porosity hair absorbs quickly, so a smaller amount of Supernatural's Nourishing Moisturizer is often enough—just be sure to seal it in with an oil or butter to prevent moisture loss.

