

Curly Girl Method-

Meanings & Abbreviations

STC - Squish to Condish

THE ACT OF SQUISHING/PULSING WATER AND CONDITIONER INTO YOUR HAIR. USUALLY IN THE SHOWER AND USUALLY UPSIDE DOWN

Wet Flopping

PUTTING HAIR UPSIDE DOWN INTO A SHOWER CAP TO TIGHTEN CURL AND ABSORB WATER. EITHER BEFORE OR AFTER STYLING

Flopping

USING A T-SHIRT OR SPECIFIC CG HAIR TOWEL AND WRAPPING HAIR TO TIGHTEN CURL AND ABSORB WATER. EITHER BEFORE OR AFTER STYLING/

Micro-plopping

USING A T-SHIRT/CG HAIR TOWEL AND USING YOUR HAND, SQUISHING AND SCRUNCHING YOUR HAIR IN SECTIONS UP TO YOUR SCALP. THIS TIGHTENS THE CURL PATTERN AND ABSORBS EXCESS WATER. EITHER BEFORE OR AFTER STYLING

A Cast

WHEN USING A HAIR PRODUCT IT CAN CREATE A HARD 'CAST' THAT FEELS CRUNCHY. THIS SEALS THE CURL WHEN DRYING. GELS LEAVE THE HARDEST CAST.

SOTC - Scrunch out the Crunch

WHEN THE HAIR IS 100% DRY (AND NOT A MOMENT BEFORE!) YOU GENTLY BREAK THE CAST LEFT BY THE HAIR PRODUCT. THIS CAN BE USING A BARE CUPPED HAND, WITH OR WITHOUT PRODUCT OR A CLOTH

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Praying hands

A TECHNIQUE USED TO SMOOTH AND AID CLUMPS. MOST OFTEN USED TO APPLY PRODUCTS IMAGINE YOU TAKE A FLAT HAND ON EACH SIDE OF YOUR HAIR (LIKE YOU'RE PRAYING) AND SMOOTH DOWN THE LENGTH.

Scrunching

AT THE STYLING STAGE, SCRUNCHING IN PRODUCT IS SIMILAR TO SQUISHING. USING CUPPED HANDS TO COIL UP THE HAIR TO THE SCALP AND THEN SQUEEZING.

Pineappling

ANOTHER METHOD TO PROTECT YOUR HAIR AT NIGHT BY GENTLY PILING YOUR HAIR ON TOP OF YOUR HEAD USING A LOOSE BOBBLE, LIKE A PINEAPPLE!

Picking/Fluffing

ONCE HAIR IS FULLY DRY, USING A PICK (AKA AFRO COMB) TO LIFT HAIR OFF THE SCALP AND LOOSED UP FOR VOLUME

Raking

USING YOUR FINGERS LIKE A WIDE TOOTH COMB TO 'RAKE' THROUGH STYLING PRODUCTS FOR EVEN DISTRIBUTION

A Buff

PROTECTING YOUR HAIR AT NIGHT FOR SLEEP USING A STRETCHY TUBE OF MATERIAL.

Root Clipping

A TECHNIQUE TO HELP CREATE VOLUME AT THE DRYING STAGE. USING SMALL CLIPS TO GENTLY LIFT CURLS OFF THE SCALP CREATING HEIGHT. CAN BE USED BEFORE OR AFTER DIFFUSING.

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Co-washing

USING A SILICONE FREE CONDITIONER OR SPECIFIC CO WASH TO WASH YOUR HAIR.

Lo-poo

USING A SULPHATE FREE SHAMPOO TO WASH YOUR HAIR

Pre-poo

A SCALP/HAIR TREATMENT DONE BEFORE WASHING. USUALLY AN OIL MASSAGED ON TO THE SCALP.

Side to Side Diffusing

FLIPPING THE HAIR SIDE TO SIDE WHEN DIFFUSING TO CREATE VOLUME AND MOVEMENT AT THE ROOTS

Diffusing

DRYING THE HAIR USING A HAIR DRIER AND THE DIFFUSER ATTACHMENT

LGM/MGM/3G

LGM- LEAVE IN, GEL, MOUSSE
MGM- MOUSSE, GEL, MOUSSE
3G- LAYERS OF GEL

Pixie Diffusing

DIFFUSING THE HAIR SLOWLY AND METHODICALLY IN SECTIONS. TURNING THE DRIER OFF WHEN YOU MOVE TO THE NEXT AREA. A SLOWER PROCESS THAT CREATES LESS FRIZZ

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Clarifying

TO DEEP CLEAN YOUR HAIR. THE EXCEPTION TO THE RULE FOR USING SULPHATES TO REMOVE BUILD UP*.

Chelating

A SPECIFIC SHAMPOO TREATMENT TO CLARIFY AND REMOVE HARD WATER BUILD UP*

Protein

PROTEIN IS PART OF THE MAKEUP OF YOUR HAIR. WHEN YOUR HAIR LACKS PROTEIN IT CAN GET FLAT AND FLUFFY. PROTEIN TREATMENTS ADDRESS THIS

Gelatin Treatment

A PROTEIN TREATMENT USING GELATIN MIXED WITH CONDITIONER TO ADD PROTEIN

ACV Rinse

ACV = APPLE CIDER VINEGAR. USE DILUTED TO GENTLY CLARIFY HAIR AND SCALP

Smasters Technique

A TECHNIQUE USED HALF WAY THROUGH DIFFUSING WHERE YOU ADD MORE WATER +GEL TO YOUR HAIR USING PRAYING HANDS AND DIFFUSING TIL DRY

Rice Water Treatment

ANOTHER PROTEIN TREATMENT, THIS TIME USING RICE, COOKED DOWN AND STRAINED THROUGH A SIEVE AND MIXED WITH A CONDITIONER