



THE ORIGINAL

HAIR WHISPERER™

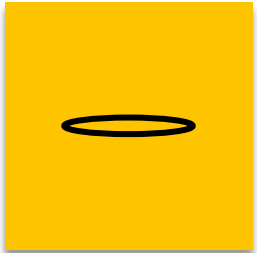
Genesis 1:27

4B/4C Hair Care + Styling Guide

THE 4B/4C CURL PATTERN

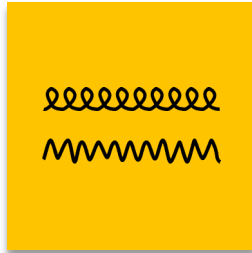
Hair Type

Flat



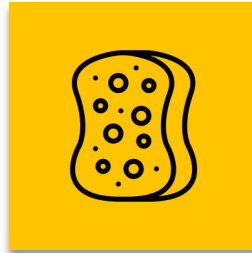
Pattern

Coily-Kinky



Feel

Spongy



Look

Dense



Behavior

Shrinks, Defies Gravity



Gifts and challenges of having curls

GIFTS



Maximum style versatility.
Stays where you put it!

CHALLENGES



Fragile, dehydrates quickly,
major shrinkage, growth
shows up as length very
slowly.

4B/4C hair usually has high porosity, is fine and loves steam, natural oil, braids, twists and locks.

Styling

Protective styles promote length and mitigate shrinkage. Braids, twists, bands and retexturizing are all options.



Products

Mild sulfate-free shampoos



Instant conditioners with lots of slip to reduce friction



Use intensive conditioners that don't contain silicone



Humectant rich leave-in conditioners



Castor Oil, Shea Butter



Styling: Opt for gels over foams and mousses

Techniques



Carefully detangle your hair while wet



Start at the ends and carefully detangle the hair working upwards



Apply all products liberally



Use fingers first to distribute product, then a Denman or detangling brush



Diffuse damp or dry hair to stretch it



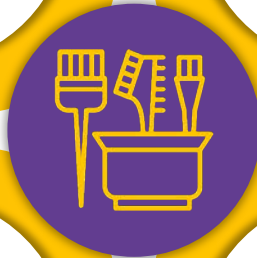
Braid, twist or band hair at night

Tools

Use duckbill clips and a water bottle keep sectioned hair wet as you work.



Acrylic Combs
(rattail, fine tooth,
Krest 613)



Detangling Brush or
Deman Brush



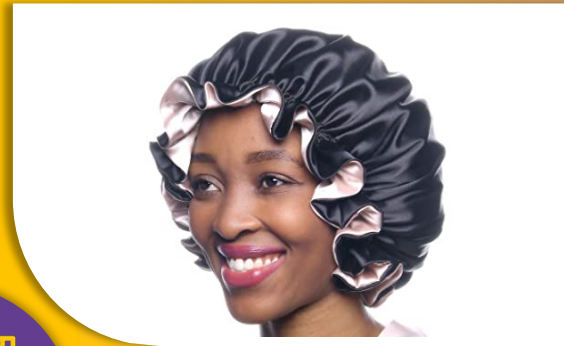
Bonnet Steamer

Tools

Diffuser and
blowdryer



Satin cap, scarf or
pillowcase



Boar Bristle Round
brushes (for silky
blowdrys)



Scrunchies for
stretching and
elongating



Type 4 hair is both dynamic and fragile! The right tools and handling make all the difference.

Tools

Avoid accessories that pull or tug on the hair (Anything stronger than the hair easily breaks the hair)



*Limit heat styling
(4-6 times per year, 380 – 400 degrees F)*

More Styling Options

Protective styles promote length and mitigate shrinkage. Braids, twists, bands and retexturizing are all options.

