

The Baykar London Guide to Managing your Curls

We often get asked by clients how to keep their curls from going frizzy without having to go through the whole wash and style every morning – let's face it, who has time for that?

Your curls don't need a full wash to look salon-fresh on Day 2 and Day 3. Follow these steps to reactivate your definition.

1. The "Steam Method"

Before reaching for any products, use the steam from your morning shower.

- **How:** Keep your hair out of the direct water stream, but let the humidity "awaken" the curls. This softens the products applied in the salon, allowing you to gently reshape any flattened areas with your fingers.

2. The Fine Mist Refresh

Curls love moisture, but they hate being "soaked" once they've been styled.

- **Tool:** Use an **ultra-fine mist** bottle.
- **Technique:** Lightly mist your hair with water mixed with a pea-sized amount of leave-in conditioner. **Do not brush.** Simply "scrunch" the hair upwards toward the scalp to encourage the curl to bounce back.

3. Handle the "Frizz Halo"

If you have a few stray flyaways on the top layer:

- **The Glazing Method:** Rub a tiny drop of lightweight hair oil or curl cream between your palms until it's clear. Lightly "glaze" or smooth your palms over the surface of your hair without breaking the curl clumps.

4. Sleep Protection (Essential!)

The refresh is only easy if you protect your hair at night.

- **The Pineapple:** Gather hair into a very high, very loose ponytail on top of your head using a **silk scrunchie**.
- **The Silk Barrier:** Sleeping on a silk or satin pillowcase is the difference between a 2-minute refresh and a 20-minute struggle.

We hope you find our guide helpful, but feel free to ask any questions you have when you visit us. There are some additional tips and tricks available on our BLOG at <https://www.baykarlondon.com/post/curlspecialistwesthampstead>

The Team at Baykar London