

## High Porosity

- **Grade:** 4-5
- **Hair Condition:** Hair may be naturally high porosity or highly damaged hair from chemical processes.
- **Water Absorption:**
  - Hair tends to suck up moisture like a sponge.
  - Water will absorb immediately with Flairosol test.
- **Hair pH:** Can be slightly alkaline around 8-10.
  - Apple cider vinegar rinses will help seal the cuticle and lock in moisture.
- **Hair Strength:**
  - The hair tends to be fragile and susceptible to damage and breakage.
  - Once damaged it cannot be reversed, options are to protect, cut, or wait until the damaged hair grows out.
- **Hair Cuts:** Schedule regular trims to keep your ends neat and free of split ends.
- **Shampoo:**
  - Low-Poo and Co-Washes will help to keep your hair healthy.
  - pH balanced co-wash will cut frizz.
- **Clarify:** Use gentle clarifying shampoo when needed but not too often.
- **Condition:** Deep condition regularly. Follow conditioner with a cooler rinse to help seal the cuticle and prevent frizz.
- **Detangle:** Combing can be done with a wide-tooth comb or fingers on wet hair with a pre-poo or good slip conditioner after washing.
- **Leave in:**
  - Can be a little butterier and thicker texture to help fill in the cuticle.
- **Oils:**
  - Heavier oils and butters help smooth and close the cuticle.
  - Seal with butter and oils to protect the strand from losing moisture.
  - Try the LOC or LCO method (Leave-In, Oil, Cream or Leave-in, Cream, Oil) for locking in moisture and preserving curls.

- **Prefers Protein and Hydration:**
  - Most of your products should have balanced protein and hydration.
  - Protein treatments help seal and fill in gaps in the cuticle.
- **Amounts of Products:**
  - Tends to want a LOT of product to achieve curl pattern and hold.
  - Careful not let it get mushy from overdoing it with conditioners.
- **Product Application:** Product application on wet hair tends to net better-looking curls to lock in moisture.
- **Gels/Hold:**
  - Particularly sensitive to heat and humidity.
  - You want a gel or cream that seals the cuticle and helps prevent the elements from causing frizz, or loss of curl definition.
- **Dry Time:**
  - Tends to dry rapidly, losing moisture as fast as it soaked it up.
  - Watch for drying too fast your proteins and hydration may be out of balance.
- **Drying Techniques:**
  - Plopping and Air-drying will help keep the hair healthier.
  - Heat tools can damage your hair rapidly.
- **Tangles Type:** Tangles easily especially if dehydrated.
- **Frizz:** Frizz can be a major issue throughout the length.
- **Sheen:**
  - Looks and feels dry if not properly hydrated.
  - Looks dull and shine can be hard to achieve.
- **Length of Days Holds Achieved Style:** Once your hair is hydrated, dry, and set, curls can stay with you for days.