

Medium Normal Porosity

- **Grade:** 3
- **Hair Condition:** May be slightly damaged from length, age, hair color, or heat tools but in great shape despite the treatments. Easy to maintain and style.
- **Water Absorption:**
 - Plays well with water, gets wet when you want it too.
 - Water will absorb after a second or two with Flairosol test.
- **Hair pH:** Slightly acidic at 4.5 to 5.5.
- **Hair Strength:** Normal, tends to be resilient.
- **Hair Cuts:** 6-8 weeks between cuts, keeping ends from splitting or drying out.
- **Shampoo:** Low-poo or sulfate-free shampoo works well.
- **Clarify:** Build up can be a slight issue so clarify about once every two weeks.
- **Condition:** Warm wash will help open the cuticle and cool rinse will help smooth it.
- **Detangle:** Tends to be resilient to combing and brushing. Just be gentle.
- **Leave in:** A thin curl cream may work great as your leave-in just make sure it mentions moisture or hydration on the label.
- **Oils:** Lighter oils will help prevent frizz and control dry ends.
- **Prefers protein and hydration in balance:** May need to avoid having protein in all products.
- **Amounts of Products:**
 - Moderation is key. Not too little and not too much.
 - Prone to being weighed down if too many heavy products are used.
- **Product Application:** It can go either way on applying products on soaking wet to damp hair. Depending on the product and your preference.
- **Gels/Hold:** Medium hold may be all you need to keep a style.
- **Dry Time:** Dries in a relatively normal time frame under two hours.
- **Drying Techniques:** Plopping may be all you need to assist dry times.
- **Tangles Type:** Also prone to fairy knots and hydration will solve this.
- **Frizz:** Occasional frizz can be managed with a light oil and a little gel.
- **Sheen:** Shiny and usually very healthy looking.
- **Length of Days Holds Achieved Style:** Curls can usually last about 2-4 days, with just a spray bottle and a little more hold for a refresh.