

High Porosity Characteristics

- **Grade:** 4-5
- **Hair Condition:** Hair may be naturally high porosity or highly damaged hair from chemical processes.
- **Sheen:**
 - Looks and feels dry if not properly conditioned.
 - Looks dull and shine can be hard to achieve.
- **Frizz:** Dry frizz can be a major issue throughout the length.
- **Hair pH:** Can be slightly alkaline around 8-10.
 - Apple cider vinegar rinses will help seal the cuticle and lock in moisture.
 - Do not do this to Grade 5 severely damaged hair.
- **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.

Water Retention and Absorption in High Porosity Hair

- **Water Absorption:**
 - Hair tends to suck up moisture like a sponge.
 - Water will absorb immediately with Flairosol test.
- **Dry Time:**
 - Tends to dry rapidly, losing moisture as fast as it soaked it up.
 - Watch for drying too fast your products may be out of balance for your hair type.

Proteins for High Porosity Hair

- Proteins like oat, wheat, and rice are often great for high porosity hair.
- Protein rich deep conditioning treatments can help seal and fill in gaps in the cuticle.
- You may also prefer bond treatments, just don't overdo them or you'll end up with dry crispy hair.



Cleansing Tips for High Porosity Hair

- **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. Depending on how often you wash this could be up to every six weeks.
- **If you use silicones avoid co-washing only.**

Conditioning Tips for High Porosity Hair

- **Condition:** Use a protein rich moisturizing conditioner. A cooler rinse can help seal the cuticle and prevent frizz.
- **Deep Condition** regularly...this will help keep your hair from getting too dry and fragile.

Leave-in for High Porosity Hair

- Heavier butterier and thicker texture curl creams to help fill in and seal the cuticle.
- Make sure your leave-in is UV, Heat, and Humidity protective to help protect your hair from further environmental damage.

Tangles and Detangling High Porosity Hair

- **Tangles Type:** Tangles easily especially if not conditioned and protected properly.
- **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. Dry detangle with fingers only, and maybe a silicone-based serum.

Oils for High Porosity Hair

- Heavier oils and butters help smooth and seal the cuticle. Shea butter, coconut oil, cocoa butter.
- If you have finer high porosity hair less oil is more.
- Seal dry hair with butter and oils to protect the strands 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.
- You may even need a silicone-based serum.

Hold Products & Longevity for High Porosity Hair

- **Gels/Custards/Hold Sprays:**
 - Particularly sensitive to heat and humidity.
 - You want a humidity blocking gel or cream that seals the cuticle and helps prevent the elements from causing frizz, or loss of curl definition.
- **Length of Days Holds Achieved Style:** Once your hair is conditioned, dry, and set, curls can stay with you for days, on healthy high porosity hair. On damaged high porosity hair the style may not keep for as long.

High Porosity Product Amounts & Application

- **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.
- **Curl Product Application:** Product application on wet hair tends to net better-looking curls to lock in moisture.

Drying High Porosity Hair

- **Drying Techniques:**
 - Plopping and Air-drying will help keep the hair healthier.
 - Heat tools can damage your hair rapidly.
- **Blow-Dry:** Dry hair on cool with diffuser or blow dryer.
- **Dry Time:**
 - Tends to dry rapidly, losing moisture as fast as it soaked it up.
 - Watch for your hair drying too fast this means you need more conditioning products that protect the moisture level in your hair.