



Natural Hair Master

Master Your Natural Beauty

The Beginners Natural Hair Checklist

I'm proud of you queen! You've decided to start your natural hair journey, that's AWESOME! Welcome to the other side.

It's time to go shopping (what us girls love to do). To start off your natural hair journey the following items are recommended:

Shampoo

I use [Burt Bees](#) and [Herbal Essences](#) Shampoo. They are both sulfate free and truly keep your hair clean. My favorite is Burt Bee's-- it's a little more expensive but I love the way the texture of my hair feels after washing.

The thing I like about Herbal Essences is the affordability, look out for coupons for this in the newspaper and in promotional fliers that may come to your home. The one thing you need to know about shampoo is that you shouldn't overdo it. I use twice as much conditioner as I do shampoo.

Shampoo, although it will get your hair clean, will dry out your hair. That's why I recommend either diluting your shampoo with water or co-washing (replacing your shampoo with a conditioner.)

Rinse Out Conditioner

My favorites are [Burts Bees](#), [Herbal Essences](#), and [Olive Oil](#). Again, Burt Bee's is my favorite. It's natural and smells great, when I use this my for deep conditioning my hair gets so soft.

You're going to go through conditioner like crazy! Make sure you always have it in stock. You'll be using it to wash, pre-poo, and do deep conditions with.



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Deep Conditioner/Leave In Conditioner

I use [Shea Moisture's Raw Shea Butter Restorative Conditioner](#) for my deep conditioner and [Cantu's Leave In Conditioning Repair Cream For Natural Hair](#) as a leave in conditioner.

They both aid in keeping hair moisturized longer, helps prevent breakage, and gives protection in harsh temperatures.

Necessary Accessories

[Hair accessories](#) such as headbands, bobby pins, clips, and ponytail holders (use ponytail holders without any attachments in the middle to avoid snagging hair).

You may also need spray bottles and application bottles to help apply your products easily.

Satin or Silk Scarves /Pillow Cases

You'll be using scarves for hairstyles to wrap up your hair at night. I'm talking about the large silk/satin scarves.

If you don't have or don't want to use a scarf, consider using a satin or silk pillowcase while sleeping as to not dry your hair out... And of course you can always use bonnets.

These are the basics you'll need to get started. No need to get anything else for now. The best type of hair style to start out with is twists or a fro.

They are simple styles and take the least time and expertise to do. [Watch some tutorials](#) on how to do some beginner natural hair styles to get started!

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