

Have you **checked** your porosity?

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- 1 High Porosity
- 2 Medium Porosity
- 3 Low Porosity

Products and hair routines are selected based on porosity.



Hair Growth Cycle 2020-2021

To check your porosity.

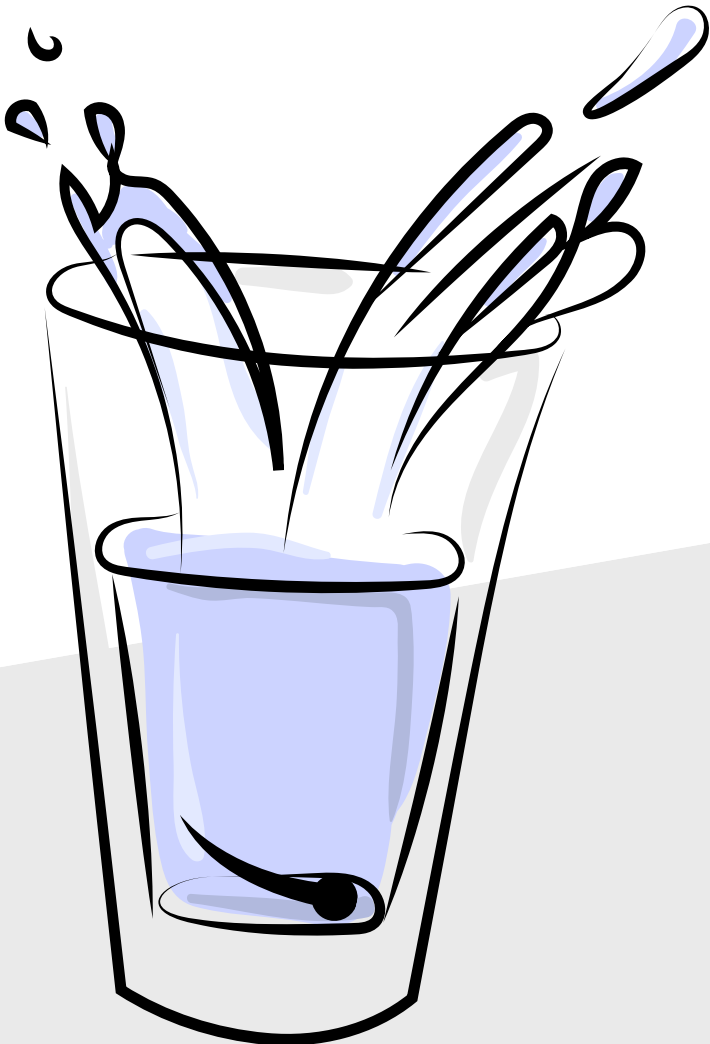
- 1 Place a strand of clean hair room temperature water.
- 2 Wait 10 minutes
- 3 Look for one of the following results and take notes.



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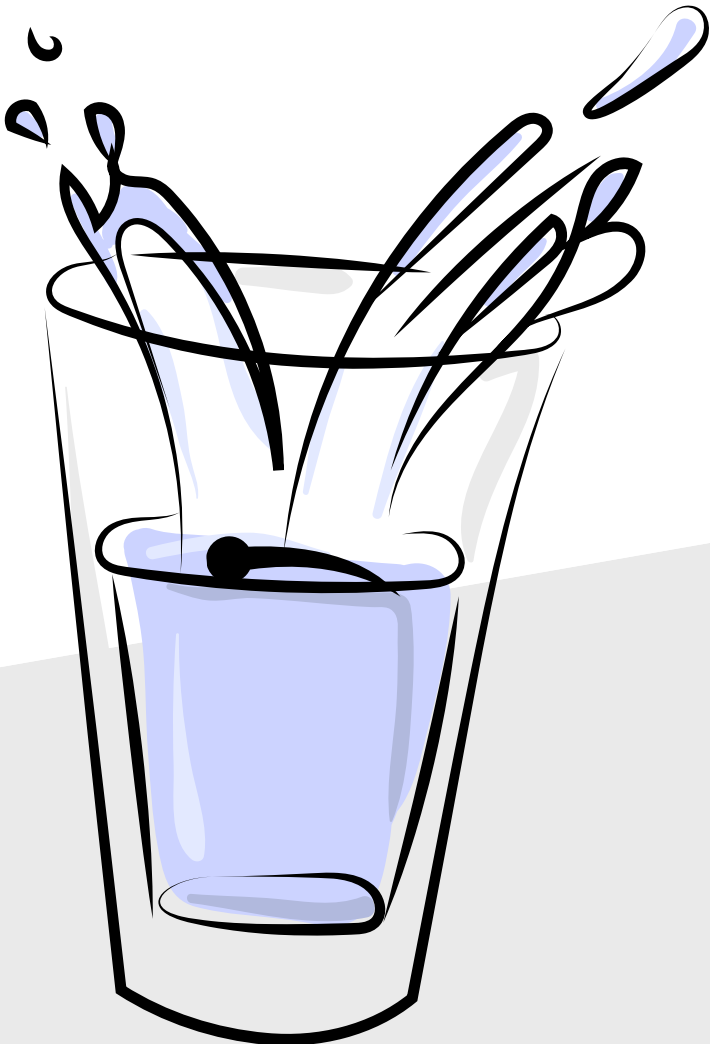
HIGH POROSITY HAIR



The cuticle is open so the strand fills up with water and floats to the bottom. If your sample looks like this you have "High Porosity Hair".

Hair Growth Cycle 2020-2021

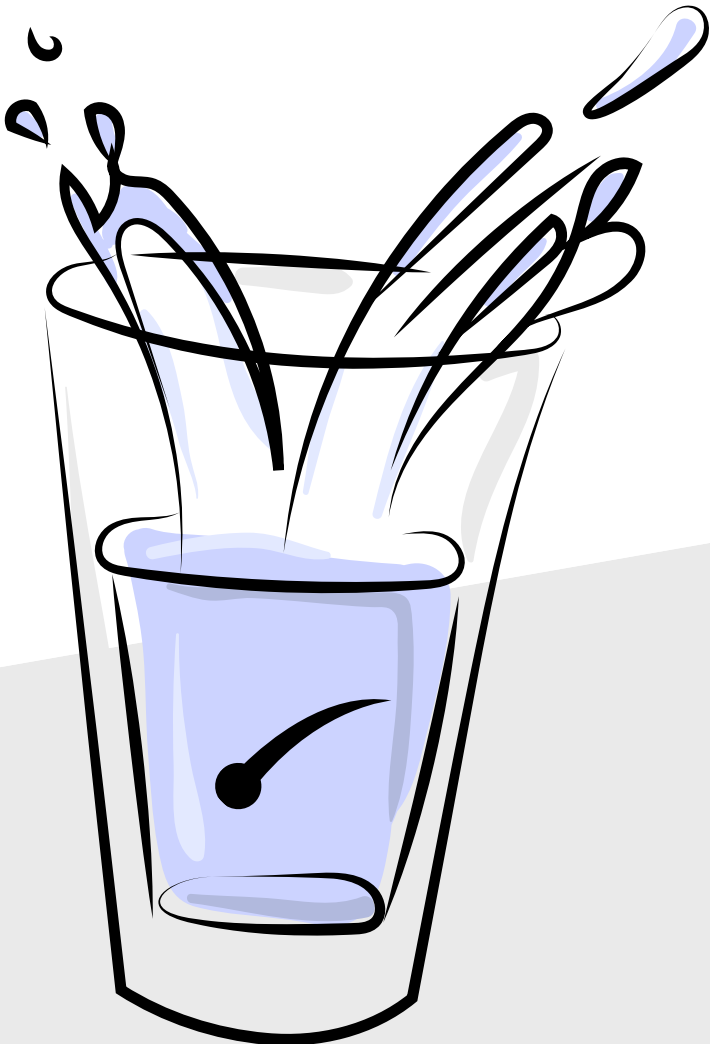
LOW POROSITY HAIR



The cuticle is closed so the strand remains empty allowing the sample to float. If your sample looks like this you have "Low Porosity Hair".

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NORMAL POROSITY HAIR

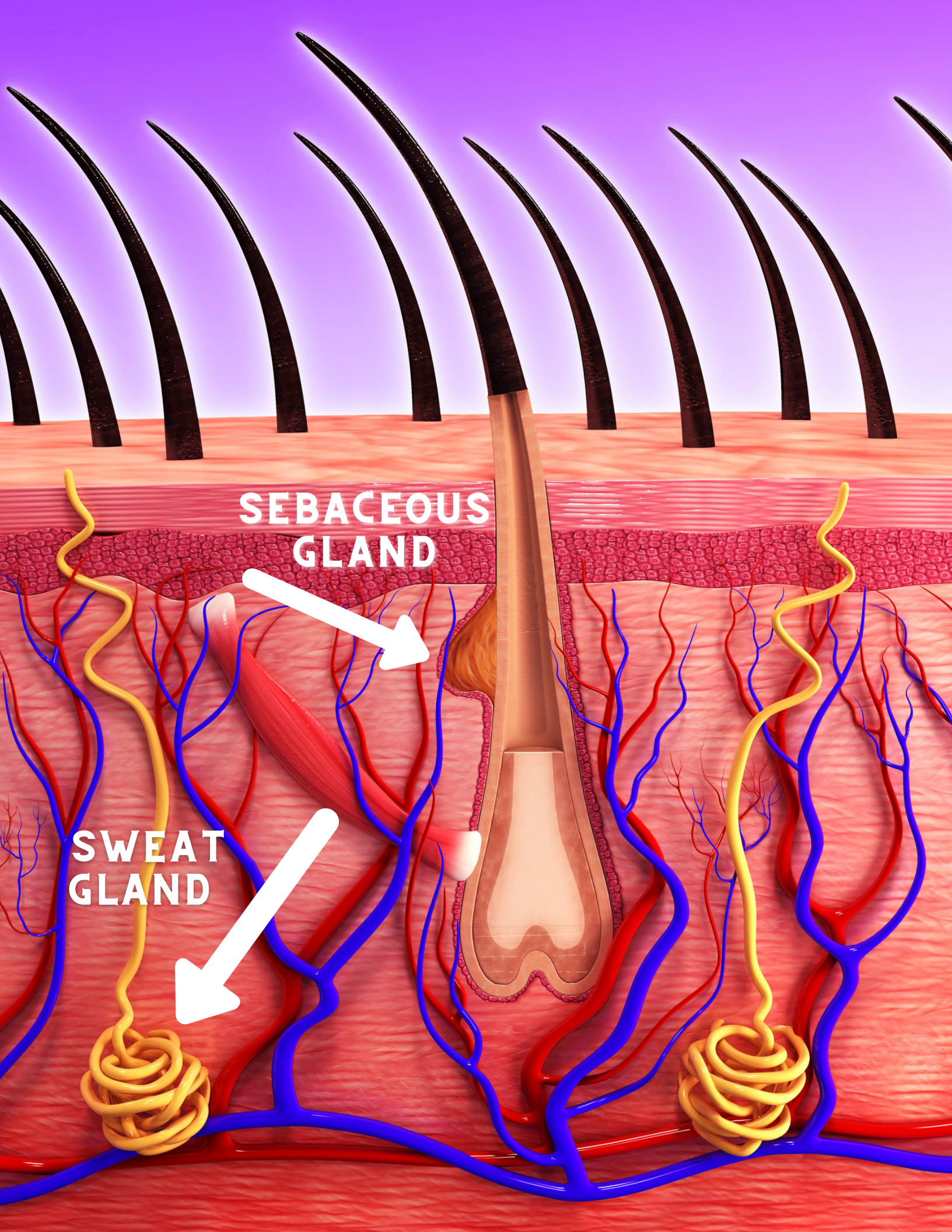


**The cuticle is loose
so the strand receives
and releases the
water at a normal rate
allowing it to remain
neutral. If your
sample looks like this
you have "Normal
Porosity Hair".**



#TheBasics

- () Detox the scalp every two months.
- () Cleanse the scalp or Shampoo weekly.
- () No de-tangling wet. Dry with Oil ONLY.
- () Set your hair in a style. NO WASH AND GO'S!
- () NO heavy oils or butters on the scalp.
- () Deep Condition once each month.
- () Trim every 10 weeks.
- () Keep hair stretched 80% of the time to prevent breakage.



**SEBACEOUS
GLAND**

**SWEAT
GLAND**

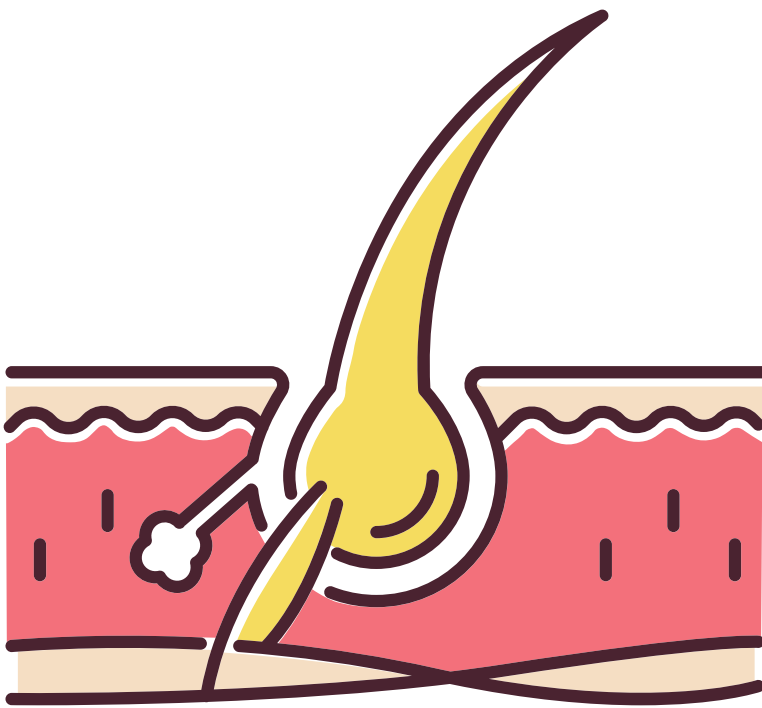
Seborrheic (seb-o-REE-ik) dermatitis is a common skin condition that mainly affects your scalp. It causes scaly patches, inflamed skin and stubborn dandruff. It usually affects oily areas of the body, such as the face, sides of the nose, eyebrows, ears, eyelids and chest.

A yeastlike fungus (malassezia) that feeds on oils on the scalps of most adults. Sensitivity to hair care products (contact dermatitis)
Other skin conditions, such as psoriasis and eczema.

SWEAT
GLAND

Hair Growth Cycle 2021-2022

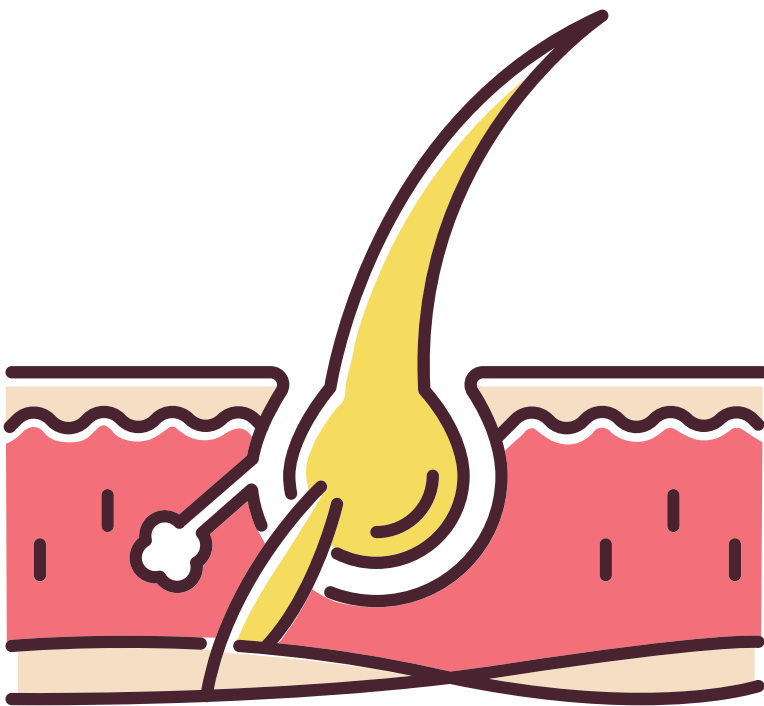
SWEAT GLAND



Eccrine glands occur over most of your body and open directly onto the surface of your skin. Apocrine glands develop in areas abundant in hair follicles, such as on your scalp, armpits and groin area.

Hair Growth Cycle 2021-2022

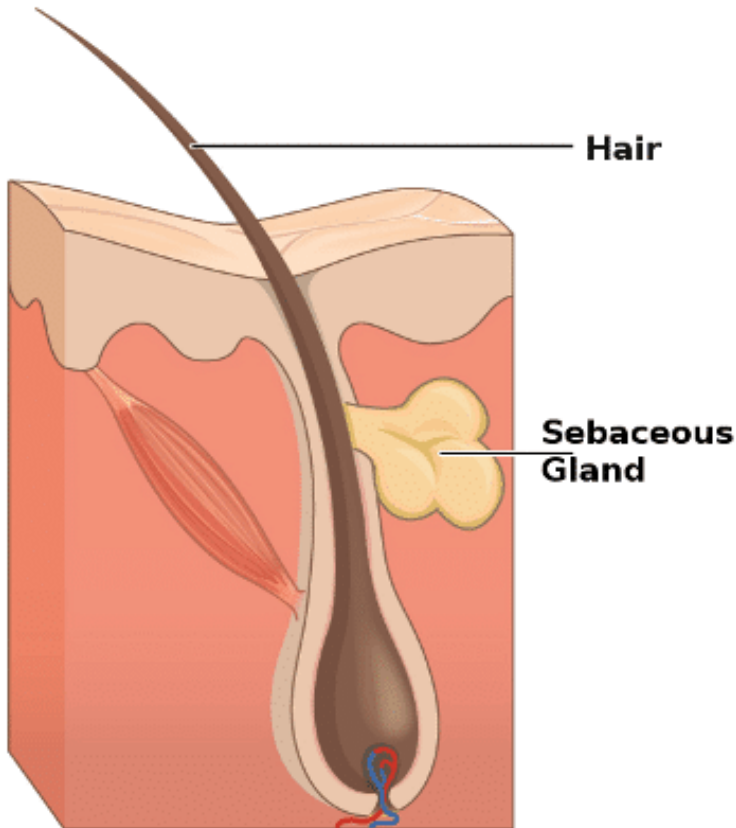
SWEAT GLAND



There are a large number of sweat glands in the face and scalp. If you are prone to excessive sweating, it may be more noticeable in those areas. If your hair reverts back at the root fast it's not your stylist fault. If you sweat excessively a Silk Press is simply not for you.

Hair Growth Cycle 2021-2022

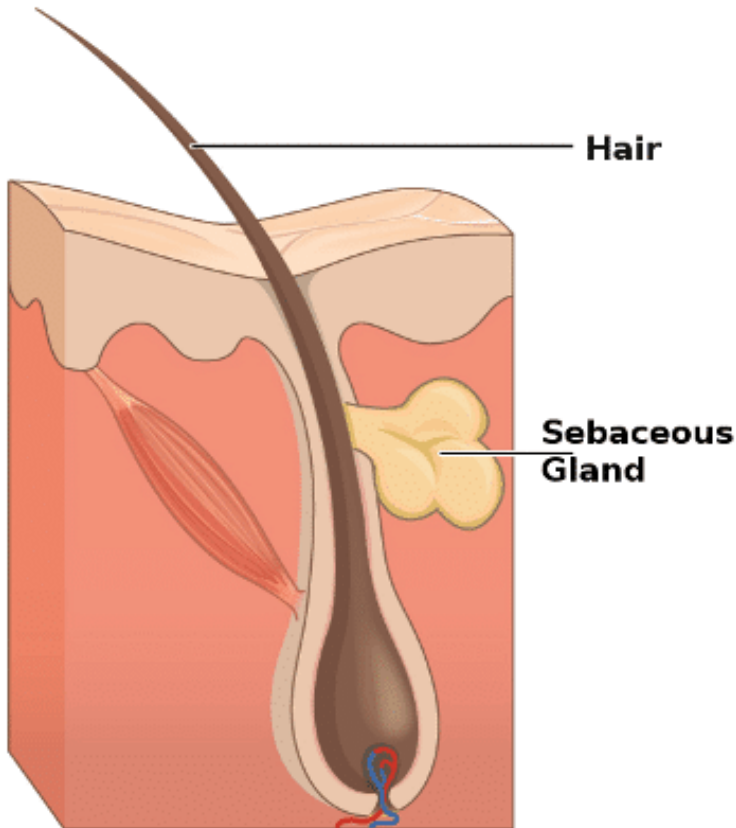
SEBACEOUS GLAND



There is a myth going around. Black women don't have oil in their hair naturally. Here is your proof. Most have blocked follicles so the oil can't be released from the gland. Your hair produces it's own oil but heavy oils and butters block the flow. Keep your scalp clean and clear before you spend your money on these products. No product will work if the follicles are blocked.

Hair Growth Cycle 2021-2022

SEBACEOUS GLAND



Sebum is the natural oil constantly produced by your sebaceous glands which are located next to the hair follicle. We all produce it throughout our lives, but hormonal changes (during puberty or pregnancy, for example) can increase or decrease sebum production. Follicles must remain clear for sebum to protect the scalp and hair shaft.



- () Select 1 day of the week as wash day.
- () Comb through your hair 3 days a week.
- () No de-tangling wet. Dry with Oil ONLY.
- () Use a scrub once a month to detox the scalp.
- () NO heavy oils or butters on the scalp.
- () Deep Condition twice each month.
- () Only wet your hair once a week.
- () Select one product line you love and stick to it.

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THANKS FOR READING!



LET'S GROW HAIR!