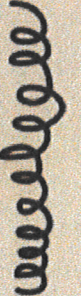
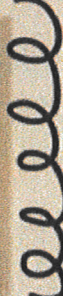


# The Hair Type Chart

Type 4  
Kinky Curly Coily



Type 3  
Curly



Type 2  
Wavy



Type 1  
Straight



*Black Hair*  
INFORMATION.COM

# Understanding Hair Hydration

Drinking water alone cannot hydrate your hair. Hair hydration implies providing enough water to the roots of your hair through proteins, humectants and natural humidity in the air. Retaining enough water content in your hair prevents it from becoming dry, frizzy and lifeless. This is not possible with just moisturization.

# Why Does Hair Need Hydration + Benefits

Whatever the type of hair you have - fine or thick, rough or smooth - it needs hydration. Dry hair can lead to other problems like breakage, split ends, hair fall and color loss. This happens because the strands of the hair are dead and need to be nourished externally.

In some cases, your scalp is dry when there is not enough natural oil being secreted to hydrate your hair. Age, heredity and other conditions lead to a slowing down of oil production, leading to dry hair. To combat this, hair needs to stay hydrated.

Sometimes, the hair structure is such that the moisture in the strand evaporates easily, leading to dry hair. Each strand of hair has the medulla at the centre -- the innermost layer. The middle layer, known as the cortex, surrounds it.

## • **Healthy Hair Essential Oil Blend:**

We're going to kick things off with our absolute favorite essential oil blend to increase hair growth. This blend, known as Healthy Hair, does exactly what you'd suspect it does – improve hair growth and health! It helps with brightening and balancing, while also improving hair growth and health. It even provides moisturization and nourishing properties to your scalp. What is in it, you ask? Well, just the most powerful pure essential oils for stimulating hair growth. This includes:

- Rosemary
- Atlas Cedar
- Lavender
- Thyme
- Peppermint
- Tea Tree Oil
- Lemongrass
- Geranium
- Avocado
- Golden Jojoba
- Vitamin E
- Castor
- Argan

# Our Top Picks

BEST OVERALL:

[Olaplex No. 4 Bond Maintenance Shampoo at Amazon \(\\$30\)](#)

↓ [Jump to Review](#)

BEST BUDGET:

[Aussie Miracle Curls Shampoo at Amazon \(\\$14\)](#)

↓ [Jump to Review](#)

BEST DRUGSTORE:

[Maui Moisture Heal + Hydrate Conditioner \(See Price\)](#)

↓ [Jump to Review](#)

BEST FOR COLOR-TREATED HAIR:

[SheaMoisture Purple Rice Water Strength & Color Care Shampoo at Amazon \(\\$35\)](#)

↓ [Jump to](#)

BEST FOR FINE HAIR:

TRESemmé Flawless Curls  
Shampoo at Walmart (\$6)

↓ Jump to  
Review

BEST FOR DRY HAIR:

Creme of Nature Strengthening  
Shampoo at Amazon (\$12)

↓ Jump to  
Review

BEST CLARIFYING:

CURLS Pure Curls Clarifying  
Shampoo at Amazon (\$20)

↓ Jump to  
Review

BEST SULFATE-FREE:

Mixed Chicks Sulfate-Free  
Shampoo at Mixedchicks.net (See  
Price)

↓ Jump to  
Review

BEST DEEP CLEANSING:

[Matrix A Curl Can Dream](#)

[Shampoo \(See Price\)](#)

↓ [Jump to Review](#)

BEST ANTI-BREAKAGE:

[Carol's Daughter Monoi Repairing](#)

[Shampoo \(See Price\)](#)

↓ [Jump to Review](#)