

Manbook



How to care for your dreadlocks

Love Locs Natural

welcome



Here is a complete guide to help you care for your locs and grow beautiful & healthy mature dreadlocks.

Love Locs Natural

HOW TO

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01

WHAT TO
EXPECT AFTER
GETTING NEW
DREAMS

01

What to expect after starting new dreads

The first few months after installation can be stressful. While the experience varies from one person to the other depending on hair type, you should at least expect some messiness and itchiness.

Itchiness

It's normal to experience itchiness in the first few days, and in no time, your scalp will get used to your new hairstyle, different shampoos, and fewer washes.

To remedy itchiness, we recommend you to wash your hair less often a few weeks **before starting your dreads**. Ideally, wash your hair once to twice a week to make the transition as smooth as possible. It'll take a while to find the best routine for your locks, products that work best for you as well as your head getting used to the new hairstyling.

Soreness

Your scalp will get sore regardless of the method chosen to start dreadlocks. It's normal to experience soreness alongside itchiness, but this will disappear over time.



Dreadlocks maturation process

Your dreads will take time before they reach maturation. Let's have a closer look at the whole maturation process.

Baby locs to mature dreadlocks

Baby locs created with a crochet hook will stick up/out a little bit and will also be harder than mature dreadlocks.

Shorter hair will stand straighter than long hair.

You can wear a sleep cap to train your baby locs to stay down.

After a few weeks, your dread will soften.

In the first few months after installation, your baby dreadlocks are going to be loose, messy, and will have plenty of pesky flyaways.

Your locks may look flat when you sleep on them. This shouldn't be a problem because you can easily palm roll them to their original round shape. Shampooing your locs will make them looser. They'll be fixed in your next maintenance schedule.

Additionally, your dreads will shrink and get thicker as they mature.

Young dreads and mature dreads have a different appearance. You'll be surprised to see the results after the maturation process.

As long as during the maturation process, your dreads don't fall apart, you shouldn't be worried about a thing. You should be patient at this point, especially in the first few months.



Mature dreadlocks

You should expect your dreads to mature in about 12-18 months.

The maturation time, however, depends on the texture of your hair. You shouldn't worry if you're over a year, and your locs aren't mature yet.

Looser hair textures will take longer to mature.

Characteristics of mature dreads:

- Smooth
- Matted appearance
- Feel dense and solid when squeezed
- Few loose hairs on the surface

At times, thinner dreads maturation can't be tested through the characteristics given above. This is because they may not have sufficient hair to feel fully mature when they've reached full tightness.

Our best advice is patience.

Don't use fancy products to speed the maturation process.

Make sure you wash them with the recommended product, perform regular maintenance checks, and they will turn into locs in the end.



02

DREADLOCK
CARE PRODUCTS

02

Dreadlock care products

The products you choose for your dreads can make a big difference.

Below are some of our recommended dreadlock products:

- [Love Locs - Wash My Dreads \(click to buy\)](#)
- [Love Locs - Wash My Dreads - Refreshing & Stimulating \(click to buy\)](#)
- [Love Locs - Wash My Dreads - Itch & Dandruff Control \(click to buy\)](#)

Dreadlock products to avoid

Conditioners, masks, and leave-in products

Conditioners, masks, and leave-in products can affect your dreads maturation and can prolong the process.

The reason is, these products prevent knots from forming, and we all know that knot formation is the main goal for dreadlocks.

Using conditioners will also leave a whitish residue on your dreadlocks,



which can be impossible to remove, or removing can interfere with dreadlocks formation.

Wax and butters

Wax is the last product you'd want on your dreadlocks. It'll result in build-ups on your hair.

Some waxes act as lubricants and will slow down the maturation process.

Other waxes hold shampoo residue and moisture inside the locs, which can lead to the formation of mold and mildew common known as "dread rot."

Baking soda and classic shampoos

Baking soda will react strongly with your hair and scalp. It scrapes everything, even natural oils on your scalp.

You should use it only to do a **deep cleanse**.

Most of the shampoos you'll find on the market today have ingredients that will affect your dreadlocks maturation process such as silicones, conditioning agents, butters, and oils.

For best results, stick to the shampoos recommended above.

What oils are good for dreadlocks?

What are vegetable oils?

Vegetable oils are extracted from a variety of plants, and the part of the plant that's extracted for oil depends on the type of plant.

For example, they are extracted from fatty fruits like avocado or grains like corn, nuts, and sesame.



They are quite different from essential oils, though often confused because they come from the same plants.

They are hydrophobic and waterproof, meaning that they don't mix with water and will create a thin film around your hair.

These two properties are what make vegetable oils great for softening your dreads and reducing moisture loss.

After cleaning dreadlocks, apply a small amount of vegetable oil on dry locs.

Does vegetable oil moisturize dreads?

Vegetable oils are only used to soften dreadlocks.

However, to moisturize your dreads, a mix of water and oil is required.

Recommended best vegetable oils to soften dry, brittle dreads:

- [Love Locs - Soften My Dreadlocks Oil \(click to buy\)](#)
- Olive oil
- Avocado oil
- Grapeseed oil
- Almond oil
- Jojoba oil
- Sunflower oil



How to choose the right vegetable oil for your dreads?

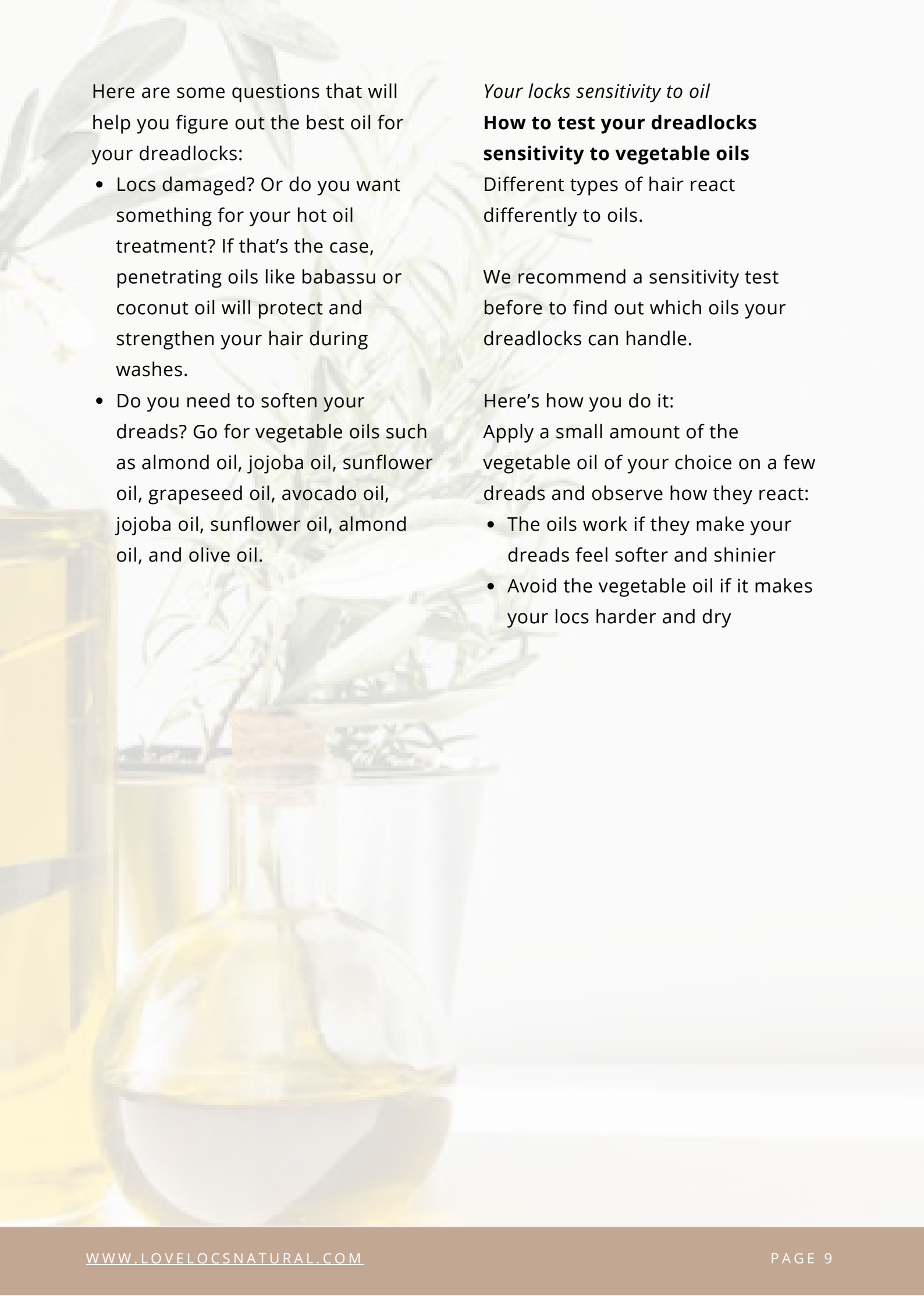
There are two important factors to consider when choosing the right vegetable oil for your dreadlocks.

They include:

- Your dreadlocks requirements
- Your locks sensitivity to oil

Your dreadlocks needs

The type of oil will highly depend on your dreads and oil application process.



Here are some questions that will help you figure out the best oil for your dreadlocks:

- Locs damaged? Or do you want something for your hot oil treatment? If that's the case, penetrating oils like babassu or coconut oil will protect and strengthen your hair during washes.
- Do you need to soften your dreads? Go for vegetable oils such as almond oil, jojoba oil, sunflower oil, grapeseed oil, avocado oil, jojoba oil, sunflower oil, almond oil, and olive oil.

Your locks sensitivity to oil

How to test your dreadlocks sensitivity to vegetable oils

Different types of hair react differently to oils.

We recommend a sensitivity test before to find out which oils your dreadlocks can handle.

Here's how you do it:

Apply a small amount of the vegetable oil of your choice on a few dreads and observe how they react:

- The oils work if they make your dreads feel softer and shinier
- Avoid the vegetable oil if it makes your locs harder and dry

What are essential oils?

Essential oils are extracted from plants through process of distillation or cold pressing.

They are also known as volatile oils and smell strongly depending on whatever plant the oil is extracted from.

Unlike oily vegetable oils, essential oils don't contain fat and hence are not oily. They are insoluble in water but soluble in alcohol and vegetable oils.

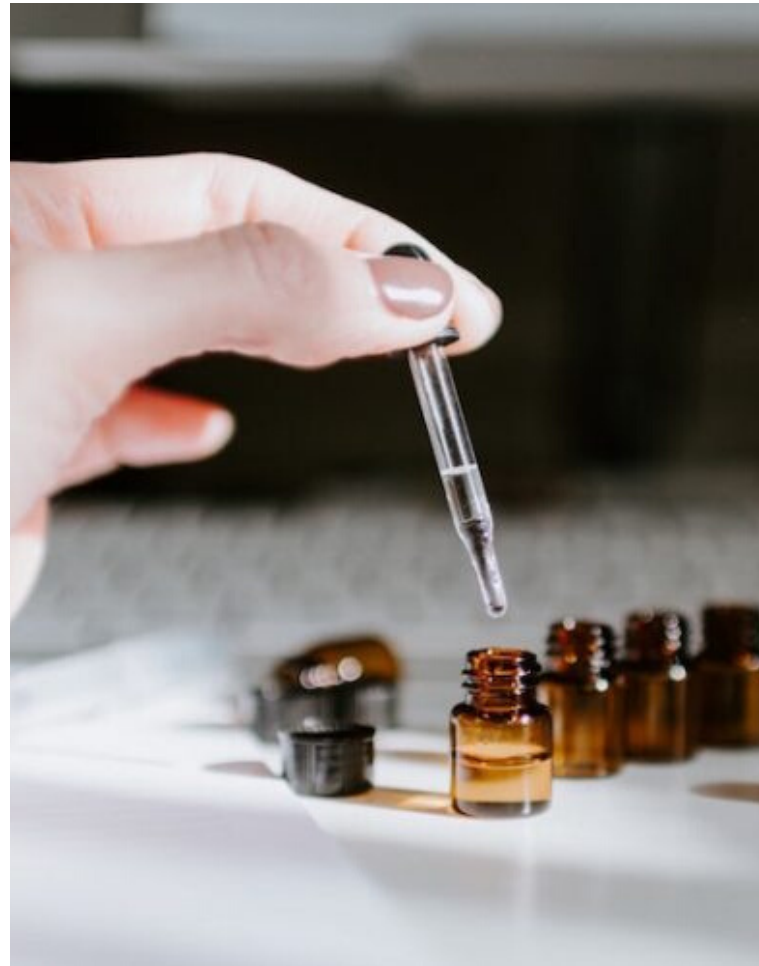
Because of their antiseptic property, essential oils can help with reducing dandruff and soothe scalp itching.

Often, they are too harsh for the skin in their pure form.

Mix them with vegetable oil.

Below are essential oils for a healthy scalp:

- Thyme
- Bay St. Thomas
- Palmarosa
- Juniper
- Tea tree
- Rosemary
- Himalayan cedar
- Atlas cedar
- Lemon



How to use vegetable and essential oils with dreadlocks

How you apply these oils depends on your requirements.

Here are three different ways:

1. *Relieve itchy scalp and dandruff*

- Add a few drops (ideally six drops) of tea tree and eucalyptus essential oils to a few mls (30ml) of almond oil
- Apply the solution directly to your scalp.
- Massage gently, wait for 30 minutes and then wash the locs with non-residue shampoo.

2. *Soften dry and brittle dreads*

- Mix grapeseed oil, jojoba oil, and almond oil.
- Apply the solution on dry dreads.
- Alternatively, you can apply pure grapeseed oil on your dreads.
- Press on the locs to allow penetration of the oil.

3. *Hot oil treatment*

- Mix your dread “compatible” vegetable oils into a bowl and warm the oils in a bain-marie.
- Apply directly to your dreads and then wrap the locs in a plastic bag.
- Lastly, let the oils penetrate overnight and wash the locs in the next day with a non-residue shampoo.



03

HOW TO WASH
YOUR DREADS

03

How to wash your dreads

Wash your hair a week after starting new dreads. However, if during that time your scalp is too itchy or oily and you don't feel comfortable anymore, you can go for a gentle wash on your baby locs.

1. Lathering

- Wet your dreadlocks and scalp very well.
- Pour a bit of shampoo into your hand and work it into your hair. If you need to, you can add more as you go.

Some types of dreadlock shampoos are made of natural ingredients, they might not produce much lather. But don't worry! They still work!

[Click here to buy a natural dreadlock shampoo.](#)

2. Scrub gently

When you've produced enough lather, start massaging your scalp all over using your fingertips. Be gentle but thorough.

3. Rinse and repeat

Use plenty of water to rinse. Let the shampoo run through the dreads so that it can clean them without you having to touch them that much.

Shampoo one more time. You can **allow the shampoo to rest on your scalp for a few minutes this time so that the ingredients can work their magic.** Rinse well. You will feel how clean your scalp is when you're done. If need be, you can shampoo once more.

4. Dry your hair

After shampooing, squeeze the dreads as carefully as possible. Use a microfibre towel which will absorb a lot of the moisture. When the towel gets wet replace it with a dry one and keep going until you can't get any more water out of them.

The best thing to do would be to allow your dreadlocks to dry in the outside air and sunshine. This will prevent any mold and mildew to form inside and it will refresh them. If you can't do that, set your dryer on moderate heat or even cold air and use that.

The cleaner and dryer your dreads are, the quicker they will tighten and mature.

Your scalp produces natural oils known as sebum. It's waxy and completely healthy, but too much of it can affect your scalp.

Daily hair washes will remove sebum from your scalp. As a result, the scalp is forced to produce more natural oils to compensate for regular removals.

To avoid getting stuck in this vicious cycle, it's recommended you gradually decrease how regularly you wash your hair to allow the scalp to readjust to natural sebum production.

The frequency of washes should gradually decrease throughout the maturation process.

Wash frequency according to your dreadlocks age

0-6 months - 1-2 times a week

Frequent washes in the first six months will keep your hair and scalp free of oil, speeding up tight knot formation.

Make sure that you give your dreads enough time to dry before the next wash.

You can wash every 3 or 4 days or once a week, but for best and faster results, it's best to wash 1-2 times per week.

6-12 months - Wash weekly

After the first six months, a single wash per week is good because knot formation will have already occurred, and your dreads will be a bit tight.

1 year plus - Weekly or bi-weekly

The maturation cycle is almost over, and at this point, you can wash them once every two weeks.

You shouldn't go for long without washing your dreadlocks because it may result in an accumulation of too much sebum and other oils on your scalp.

04

HOW TO
MOISTURIZE
DREADLOCKS

04

How to moisturize dreadlocks

Why your dreadlocks are dry

As your hair grows and becomes longer, you may find that the tips of your dreads are drier than the hair at the roots. It's normal, especially if you take into consideration that the hair furthest away from your scalp is older than the newly, outgrown hair.

The hair on the tips have most likely been rubbing against your clothes, the pillowcase, and has experienced more heat from the hair dryer than on your scalp.

Most likely, the cuticles are open and moisture escapes rapidly, which is why it's important to moisturize and apply oil on your dreadlocks if necessary.

Natural homemade moisturizing spray

Mix:

- 1/3 vegetable oils of your choice.
- 2/3 water/flower water such as patchouli, orange blossom or lavender water.

A few drops of essential oils such as lavender for fragrance.

Shake well and spray on your dreads, paying attention to the tips. Place in the fridge.



05

DEEP CLEANSE
& TREATMENT

05

Deep cleanse & treatment

Deep cleanse

Why do a deep cleanse?

- It will balance your dreadlock pH level - this means both your locs and your scalp. When your pH is at its optimum level (4.5 - 5.5), your scalp will balance the sebum production and your hair will be less oily.
- The vinegar can prevent mildew, mold, and even lice from growing inside your locs. Since it contains acetic acid, it will help killing the parasite and bacteria that lead to mold and mildew.
- The bicarbonate soda will deeply clean your dreads and remove product and sebum residue.
- The deep cleanse will tame frizzy hair and soften your locs.

How often should you do a deep cleanse?

It all depends on your personal lifestyle. For example if you work indoors or outside, if you go to the gym frequently or not or if you spend your time in an area prone to dirt. If so, then you might want to do a cleanse more often.

It also depends on what products you use for your locs. If you use butters or wax (even though you really shouldn't) they will cause build up.

We recommend you perform deep cleansing every **3-4 months**.

Here is our detailed step by step guide on how you can perform deep cleanse.

You will need:

- An inflatable basin
- All the thick towels you can get (trust us, you will need them)
- ¼ box baking soda
- ½ cup apple cider vinegar
- A water bottle you can squeeze easily (such as an old cleaned detergent bottle)

Steps:

- Find an area where you're comfortable like your couch or bed and pad it with towels.
- Place the inflatable basin on top and fill it with warm water.
- Pour the baking soda inside and mix it up.
- Lay on your back and allow your locs to soak in the baking soda and water for 15-20 minutes. Baking soda is a powerful chemical and you shouldn't let your hair be in contact with it for too long.

- Squeeze your dreads until they've stopped dripping. You should notice that the water is brown with all the dirt that has come out. In the shower, rinse with clean water to get all the baking soda out.
- Fill your bottle half with apple cider vinegar and half with water. Shake it well to mix them together.
- Squeeze the contents into your dreads and allow to sit for 3-5 minutes.
- Wash it all out!

What will you notice?

- The rinsing water colour should turn brown change to dark brown.
- The ACV rinse is cleaning your locs from the inside and breaking down any greasy build up you might have in there.

- You will also notice your locs getting softer in the process.

Can you use regular vinegar?

Yes, you can.

Should you add essential oils to your deep cleanse?

Yes we would advise you to add a few drops Tea Tree, Rosemary or Thyme essential oils for a healthy scalp.

You could also add a few drops of Lavender or Peppermint essential oil to add a fresh smell to your dreads.



Hot oil treatment

Why do a hot oil treatment on your dreadlocks?

- It will strengthen dreads that are damaged, weak and/or coloured
- It will add softness and shine to dreadlocks.

How often should you do a hot oil treatment on dreadlocks?

Do a hot oil treatment as often as fits your dreads' needs.

If your locs always feels dry by wash-day, you might use an oil pre-wash every time you wash. If that start feeling unpleasant, use it less often or change the amount of oil you used or length of time you left it on.

If you have a specific result you achieve from a hot oil treatment, do an oil pre-wash when your locs lose the benefits of the last hot oil treatment.

If your dreadlocks are seriously dehydrated from colouring or from a lot of swimming or time in the sun or dry wind - that's a great time for a hot oil treatment.

Once you know how to make hot oil treatments work for you, your hair's behavior, feel and appearance will tell



you when you need one.

If your locs end up too heavy after a hot oil treatment, it may have been too soon, or the wrong oil, or too much, or left on too long...

What oils to use for your hot oil treatment on dreads?

Coconut and babassu oils are great to strengthen damaged hair (coloured or bleached hair for example).

Sunflower oil, olive oil, avocado oil, palm kernel oil or a blend of these oils are great to add softness.

Should you apply your hot oil treatment on dry or wet locs?

For a hot oil treatment, apply oil directly to your dry dreadlocks.

The oils can penetrate without water getting "in the way."

It's okay if you have styling product in your hair.

Does a hot oil treatment moisturize your locs?

Technically no - oils are free of moisture (water) but oil pre-wash treatments can help your hair stay better moisturized (better hydrated).

Your dreadlocks get crunchy or stiff or brittle with coconut oil (or another oil)?

Some people get crunchy, brittle or rigid locs from coconut oil. In this case, blend coconut oil with other oils or to use a different oil like sunflower oil or babassu oil.

To heat or not to heat?

Oils become more fluid with heat and less fluid with cold. Some heat will help oils spread throughout your hair evenly.

How to provide gentle heat without drying your hair?

Wrap your hair with a plastic cap or plastic bag and put on a warm hat,

wrap your hair with a warmed wet towel.

You can also sit under a hooded dryer or use a hair dryer on a temperature that is comfortable to your skin.

How to do a hot oil treatment on dreads?

- In a bowl, add the oils of your choice.
- Add your oil mix in the palm of your hands. Press the treatment on your dreadlocks. Focus on your locs only. Your locs don't need to be soaked in oils.
- Wrap your hair with a plastic cap or plastic bag and put on a warm hat, wrap your hair with a warmed wet towel or sit under a hooded dryer on a temperature that is comfortable to your skin.
- If you want the oil to penetrate your hair (assuming you've used some amount of hair-penetrating oils), leave it on for anywhere from 30 minutes to 4 or 8 or 12 hours or an entire day. You can also apply it the night before (as long as you don't have any itchy or flaky scalp problems) and wash it in the morning.
- Wash your dreadlocks twice using a residue free shampoo. [Click here to buy a residue free shampoo.](#)

06

TREATING
DANDRUFF
& ITCHY SCALP

06

Treating dandruff & itchy scalp

Let's talk about dandruff! This is the inflammatory skin condition which affects almost half the population and which is the main reason for dandruff. So if you thought you are alone, think again!

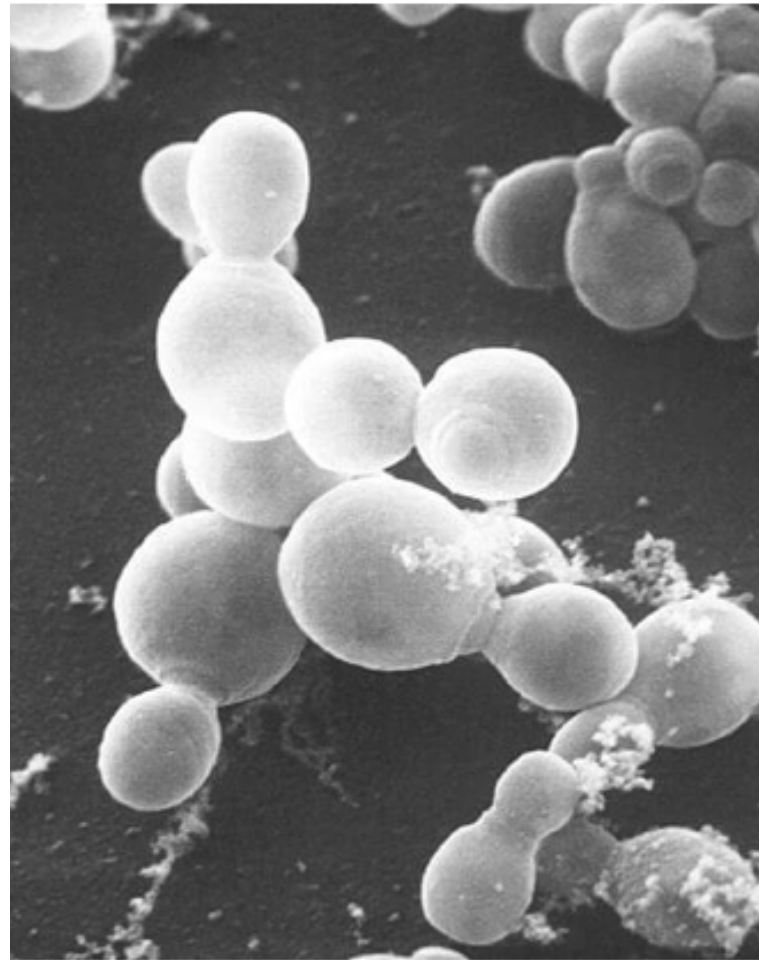
The cause of dandruff

Nobody is exactly clear on what might be causing the pesky dandruff.

However, one thing we know for sure is that dandruff appears as a result of skin cell loss and production in an accelerated way.

What does that mean for you? That your scalp is making and losing skin cells a lot faster than it should.

The culprit could be the **Malassezia yeast**, a fungus that lives on the scalp. It thrives in environments that produce a lot of sebum (oil secreted by the scalp to protect your skin and hair).



The Malassezia yeast feeds on the sebum and its lipids and then releases a series of substances which then irritate the scalp.

Even if we don't know the process in which the yeast develops dandruff, we do know that when it develops in an abnormal quantity it releases the irritants that cause dandruff.

When it comes to dandruff triggers, they differ from person to person, but they can overlap.

Internal triggers

- Hormonal spikes and lows
- Stress
- A weakened immune system in individuals who suffered from infections, AIDS or Parkinson
- A diet rich in acids (sugar, meat, coffee, milk, and alcohol)
- Some medications (neuroepileptic, etc.)

External triggers

- Harsh shampoos based on soap.
- Not washing enough will lead to an accumulation of sebum and a proliferation of the fungus.
- Failing to rinse well will leave you with residue that will increase the level of sebum and fungi.
- Wearing caps, motorcycle helmets, and hats will create the perfect humidity and temperature for fungi growth.
- An imbalanced environment – too hot, too cold or too humid – may lead to dandruff.
- Too many colouring.
- Not drying your locs properly. The humidity can lead to yeast development. You can teach yourself how to treat dandruff on locs by creating a hygiene routine.

Types of dandruff

- **Pityriasis capitis simplex** – dry dandruff – a fine white dust which you will notice on your shoulders. It can become stickier and thicker while your scalp can be inflamed, red, and itchy. Shampooing will relieve it.
- **Pityriasis steatoid** – oily dandruff – waxy crusts that get stuck between your scalp and your dreads.

How to treat dandruff

For moderate dandruff:

- Reduce your consumption of dairy, sugar, salt, and fat.
- Manage your stress better through meditation and yoga.
- Wash your dreads more often. Use a mild shampoo every two days.

Please note that dandruff is a condition that cannot be cured. However, you can use treatments to reduce it.

Pair an anti-dandruff shampoo with your classic residue free shampoo each time you wash your hair.

You should wash your dreads between once a week or once every two days for optimum results.

Let the shampoo sit for 5 minutes on your scalp.

Once you notice your condition improving, alternate between your normal shampoo and a treatment one.

Finish by phasing out the treatment shampoo.

Here are the most common active ingredients you can find in commercial anti-dandruff products for your dreadlocks:

- **Anti-fungal** ingredients (selenium sulfide)
- **Agents for anti-growth** (coal tar) that slows down the cell production of your skin. Coal tar has a bad odor, stains heavily, is forbidden for pregnant women and will increase the skin's sensitivity to the sun.

- **Keratolytic agents** (salicylic acid and sulfur) which 'dissolve' dandruff.
- **Zinc pyrithione** is anti-fungal active that will reduce the production of skin cells, and the production of sebum on your scalp.

What anti-dandruff ingredients does my shampoo have?

Read the ingredient list. Does it have one of the following?

- Salicylic Acid
- Zinc pyrithione
- Coal Tar
- Melaleuca Alternifolia (Tea Tree) Leaf Oil
- Selenium sulfide



2 anti-dandruff shampoos

- Neutrogena – T-Gel Sensitive scalp
- Neutrogena – T-Gel Dry hair

For severe dandruff

If you have severe dandruff, we advise you see a dermatologist who can prescribe you some stronger treatments. Their antifungal agents are much stronger than any you can find in commercial shampoos.

Examples include:

- Clobetasol
- Ketoconazole
- Climbazol
- Cyclopirox
- Clotrimazol

How to treat dandruff on locs with natural ingredients

Here are some essential oils you can use given their antiseptic properties.

- Tea tree (Melaleuca alternifolia),
- Thyme (Thymus vulgaris),
- Bay St Thomas (Pimenta racemosa)
- Rosemary (Rosmarinus officinalis),
- Juniper (Juniperus oxycedrus),
- Palmarosa (Cymbopogon Martinii),
- Atlas cedar (Cedrus atlantica),
- Lemon (Citrus limonum),
- Himalayan cedar (Cedrus deodora).

Here's an easy recipe:

- To your shampoo add 3 drops of Tea tree oil.
- Wash your hair.
- Allow it to soak it for 5 minutes.

Caution – do not get it into your eyes!

Please be aware when using essential oils

- Each essential oil has to be allergy tested before application. Use the inside of your elbow, 48h prior to using
- Don't use essential oils when pregnant or nursing
- Please test them on a small section of your scalp first
- Avoid any contact with the eyes. Should that happen, rinse with lots of water
- If you still have dandruff, please see a dermatologist
- None of these suggestions should replace a treatment that has been prescribed for you by your physician.

Why do you have an itchy scalp and how to treat it

Let's start by dissecting the reasons why you feel like your scalp is itchy all the time!

Finding out the root of your problem is much more important than you think.

You are having a reaction to a hair care product

Reactions to hair care products that are not suited for you are more common than you think. They can lead to inflammation or irritations that you might also be seeing on your face and neck.

Try to rinse out the shampoo better from your locks or simply replace the product altogether.

You have dandruff

Luckily, dandruff is very easy to notice. Therefore, if you know this is your problem, try using an [anti-dandruff shampoo](#).

If you're suffering from a mild case of dandruff or itchy scalp, an over-the-counter shampoo will be enough. They have zinc pyrithione and selenium sulfide as active ingredients which will fight against the yeast that produces dandruff in the first place.



If you have severe dandruff or an itchy scalp, please visit your physician. He or she will be able to prescribe you an antifungal shampoo, a medicated foam, a topical cortisone, an ointment or a solution that will help you.

May be a sign of lice

Unfortunately, lice are everywhere.

And, contrary to popular belief, lice are not attracted to dirty hair. In fact, lice couldn't care less if your hair is dirty or squeaky clean.

Lice are attracted to blood. The good news is that you can treat a case of lice with over-the-counter shampoos even if you have dreadlocks.

They have insecticides as active ingredients such as permethrin or pyrethrin.

Your shampoo might be too drying

Check the ingredients of your shampoo. Does it have any sodium laureth sulfate or any sodium lauryl sulfate?

Both of them have the SLS acronym on some bottles and both are classified as surfactant detergents.

They are sudsy and produce a very satisfying lather when you work the shampoo into your hair. But the truth is they will dry your scalp. Which might be one of the reasons for your itchy scalp.

Psoriasis could cause itchy scalp

Psoriasis is qualified as a chronic autoimmune disease that will manifest itself through scaly patches either on your skin or on your scalp.

Even though no one knows exactly what the causes of psoriasis itself are, it is not a transmittable disease.

You can use over-the-counter medication such as shampoos that have salicylic acid or coal tar in them so that you can control your psoriasis.

Should that not work on your itchy scalp, please see your physician who will recommend stronger, medicated solutions.

You have folliculitis

Simply put, folliculitis is a medical problem caused by inflamed hair follicles.

The causes can be both fungal and bacterial.

The bad news is that, apart from the itchy scalp you are experiencing, folliculitis can also lead to hair loss if left untreated.

However, you can treat your bacterial or fungal infection with a course of antibiotics.

But please do not self-medicate, especially with antibiotics!

Refer to your doctor who will prescribe you said medication if and when you need it!

07



MAINTENANCE



07

Dreadlock maintenance

New dreadlocks require more frequent maintenance compared to mature ones.

Separate the dreadlocks

- Always separate dreadlocks when they start to grow together
- Pull them apart after every wash and be sure to separate any hair part that connects two or more locs together
- If dreadlocks grow together for too long, they'll reach a point where you can't separate them- the only option will be cutting them.

Palm roll dreadlocks when they are damp

- This will speed up the drying process because water is squeezed out
- Palm rolling will also reduce the fogginess of your dreadlocks
- Will help reduce loops and bumps
- It'll tighten the dreadlocks knots and speed up maturation
- Excessive palm rolling can damage your dreads. 1-2 time a week after washing is enough



Maintenance

For healthy dreadlocks, we recommend **having your maintenance done professionally by your loctician.**

Over maintenance can damage your dreads.

- 1-2 palm rolling per week is enough
- Perform interlocking every two months
- Retwist maintenance once per month
- Crochet maintenance every 6 weeks to 2 months when starting new dreads.

Products

We strongly don't recommend using wax on dreadlocks.

A light gel for interlocking and retwist on afro hair such as Lock and Twist gel from Organic Root Stimulator is ok.

Crochet maintenance doesn't need any product.



08

DO'S & DON'TS
WITH
DREADLOCKS

08

Do's & don'ts with dreadlocks

What to avoid with dreadlocks

Getting to know what to avoid is as important as knowing what's best for your dreadlocks.

You can use all the recommended shampoos and proper maintenance, but a simple mistake can kick you back to step one.

Below are the things you should avoid with dreadlocks.

Avoid rubber bands

Rubber bands can be hard to remove, and when tied too tightly, can make dreadlock thinning, which may lead to breakage.

Additionally, a rubber band can embed into your dreadlocks if left for too long. Some standard bands decay, leaving a sticky substance in your locs.

Use baking soda properly

Use baking soda properly because it can destroy your hair when not used carefully.

Avoid regular use of baking soda even when it's diluted enough and only use when doing a deep cleanse.

It's recommended to mix baking soda with 50/50 apple cider vinegar and water in order to neutralize its harsh effects.

Avoid scissors or clippers

Every single strand of hair contributes to the overall strength of your dreadlocks. Cutting or clipping loose hair will weaken your locs, making them prone to damage.

Avoid bleaching your locs

Dyes and bleaches to lighten your hair will make it brittle and prone to damage.

If it's a must you bleach or dye your locs here's what you should do:

- Only dye or bleach the surface and avoid penetrating dreadlocks with bleach or dye
- Rinse the dye or bleach thoroughly

Don't cut loops or bumps

Cutting loops will only make your dreadlocks weaker and increase the possibility of breakages with time.

As earlier mentioned, every single hair strand within the loop contributes to the strength of your dreadlock.

Un-crocheted loops will result in bumps over time.

Tips for mature healthy dreadlocks

To keep your matured dreadlocks healthy, here's what you should do.

Swim in the ocean

Swimming in the ocean is one of the most effective ways to tighten your dreadlocks.

A trip to the beach during summer will help you cool down but will also be beneficial to your dreadlocks.

Alternatively, if you can't access a beach, you can soak your dreads in a solution of sea salt and water.

Use beads to deal with loops and bumps

Don't use rubber bands; instead, use beads to control loops and bumps effectively. Use a bead to tightly over a bump or a loop to contain it.

Leave the bead in position for as long as possible. You can wear a bead for about 2-4 weeks, but the timeframe depends on the age of your dreadlocks.



Use a satin pillowcase

Never sleep on anything but satin or silk. Sleeping on cotton sheets or other pillowcases can damage your locs.

Under a microscope, a cotton sheet resembles a cheese grate that can easily slice your dreadlocks. These sheets will also rob your dreads of moisture.

Protect your dreadlocks by sleeping on satin or silk pillowcase and sheets

Thank You

We hope that the information in this handbook will help you grow healthy dreadlocks!



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