

"Lock Rescue And Maintenance"

Official Sisterlocks Class Manual

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TABLE OF CONTENTS

S.O.S. - Locks in Distress? Page . 3

 Improper Installation4

 Maintenance5

 Products6

 Shampooing & Styling Aids7

 Proper / Improper Accessories8

Sisterlocks Products Page.. 9

 Fresh Hair Mists 12

 Improper Products..... 13

Lock Rescue And Maintenance



S.O.S. - Locks In Distress?

Locks in distress? Is there bunching or unraveling? Are there holes and spaces? There may be a variety of reasons that cause the issues and challenges you're facing. Be patient and realize that the issues that show up may have existed long before they revealed themselves as a problem. In other words, sometimes it can take a while for a real problem VN to show up.

Some of the possible causes of lock distress include but are not limited to: *improper installation, improper maintenance as locks are forming, improper use of products or accessories* and a host of other reasons. As these items are explored keep in mind that rescue and maintenance may be an ongoing process. Just as the problem didn't show up overnight, repair may be a lengthy process, as well.

Improper Installation

Locks installed incorrectly can result in bunching, slipping, matting and unraveling. These issues can be resolved, however **it is** best to install the locks properly by choosing the proper pattern, using the correct tension, educating client thoroughly on shampooing technique, etc.



C Wrong pattern chosen –

choosing the wrong locking pattern means the pattern is not appropriate for the structure of the hair. This may appear as bunching.

If the wrong pattern was chosen and the pattern is too loose, this may allow too much movement within the locks. The locks may appear lumpy or have hairs trying to work themselves out of the locking structure. The consultant should assess the locks from tip to root and decide a course of action.

If the wrong pattern was chosen and the pattern is too tight, it will restrict the movement within the lock and not allow the curl pattern to express itself. This will appear as a lock that has very little space and can also appear as bunching or the lock 'crawling up' instead of dropping with length.

Wrong tension results when there is random, uneven tension and loops made within the lock. Locks will have weak spots down the strand that can break off, if not corrected.

Wrong sized locks - Can cause bunching or slippage if the locks are made too large. Can lead to breakage if the locks are made too small. Locking sizes for Sisterlocks should be sized according to the hair growth pattern. They



should not be installed simply because of a preference for a certain size.

Maintenance

Following a regular maintenance schedule is very important for clients with Sisterlocks. Consultants should *schedule appointments in advance* to avoid intervals that are too long for particular hair types.

The first re-tightening should be scheduled 2-4 weeks after installing **ESTABLISHING?** the locks and subsequent re-tightenings should be schedule between 4-8 weeks. It is not advisable to go beyond 8 weeks, as this can lead to problems in most hair types.

Proper maintenance involves analyzing each lock to be sure there are no gaps down the strand, unraveling, lumps or bunching and correcting. (Re-tightening appointments, especially in the beginning, may take more time because this is when it is critical to make corrections, do repairs and adjust the locks so they settle in correctly, without bunching, weak spots, etc. This is also a good reason to not offer a flat rate re-tightening fee because you don't what you'll run into or how long it will take to repair.)

Improper maintenance can result from not scheduling maintenance at the proper intervals or missing appointments which can result in excessive slippage, thinning down the strand or short curl patterns may end up with matting at the root.

Medium and long curl patterns will have more slippage if maintenance appointments are not scheduled APPROPRIATELY .

Over-tightening locks can cause problems just as missed appointments. Over-tightening can result in putting too much stress on hair follicles and cause breakage at the root. Not re-tightening tightly enough can also cause problems.

Products

There is an overwhelming amount of information and advice on Sisterlocks and natural hair. There are blogs, videos, tutorials and on and on. Everybody thinks they are an expert on Sisterlocks. This can lead to serious problems because there is a particular regimen for maintaining the integrity of Sisterlocks. **Going outside the advice of Sisterlocks Home Office can lead to the demise of your locks because oftentimes the advice from other sources doesn't take into consideration the long term effects of improper products or maintenance on Sisterlocks.**



Many of us have more products in our bathrooms than we will

The locking process in African-textured hair takes place from tip to root. Proper product usage is very important from the very beginning of the locking process. Using heavy, oil-based products can cause build-up within the locks, but that build-up will not show up immediately. **Build-up is an accumulation of products that are not water-soluble and therefore can't be rinsed out of the locks.**

Q. How can you tell if a product will cause build-up?

If a product dries as a solid at room temperature it will most likely leave a residue in the locks. Sometimes build-up can be seen by the accumulation of lint and dirt trapped in the interior of the locks. That's because oil attracts dirt, dust, lint and other particles, and repeated use of these products will result in build-up. All of the oils and everything the oils have attracted remain in the locks over time. Another indication that there's a build-up problem is that the locks can feel "mushy" when damp, or impacted when dry. Extreme build-up can actually rise to the surface and discolor the locks. Build-up is best avoided by using only Sisterlocks products that are non-residue producing. Otherwise, this problem can be difficult to fully eradicate.

Q. So what if you've been using the wrong products and find out that you have build-up in your locks?

First, eliminate the plethora of products under your bathroom sink that have probably caused the build-up. Next, purchase and use Sisterlocks products, exclusively. Specifically, and until your build-up is under control, use the **Sisterlocks Starter Shampoo**. This formula works, to not only assist with the locking process but also, as a clarifying shampoo.

Tip: How to Clarify Your Locks Using the Sisterlocks Starter Shampoo:

Thoroughly wet hair and apply Starter Shampoo working down the length of the locks from root to tip. Allow the shampoo to sit in the locks for at least 10-15 minutes. Rinse thoroughly, and re-apply shampoo. Shampoo normally. It may take several months of doing this but eventually, you will see a tremendous difference. You must also eliminate the use of heavy, oil-based products so that there is no additional build-up being caused.

In addition to causing build-up, the wrong products can cause unraveling and slippage. Over-the-counter products, shampoos and conditioners, contain conditioning agents that can severely impact Sisterlocks by making the hair too smooth and this causes slippage. This slippage can result in lengthy maintenance and repair appointments. (Even if you don't have build-up, shampooing with the Starter Shampoo every 4-6 weeks (when due for a re-tightening) is an excellent practice to clarify the locks on a regular basis.)

For detailed product information go to page 7.

Shampooing and Styling Aids

Shampooing at proper intervals and using the proper technique can help to reduce or eliminate issues such as bunching, slipping and unraveling. Normally, shampooing every 7-14 days is adequate. Shampooing too often can lead to slippage in certain hair types. Not shampooing often enough can allow dirt and debris to settle into the locks over time.

Proper shampooing in new locks involves *bundling* to protect the tips in hair types that are prone to slippage. Bundling can also help reduce

problems in all hair types. Of course, new locks should be bundled, however, hair types that are prone to slippage will benefit from bundling before shampooing, for a long time. Also, whenever the hair has been trimmed, bundling can be beneficial to keep ends from unraveling.

It has been established that clean hair is the pre-requisite for styling. Clean hair is also important for lock maintenance.

Q. Why are products and styling aids so important in maintaining the integrity of the locks?

The right products can keep your Sisterlocks healthy and manageable, and the wrong products can damage them and/or make them unmanageable. Sisterlocks takes a “less is more” approach to products and recommends the exclusive use of specially formulated Sisterlocks products. This ensures the integrity of the locks.



Don't be concerned about using styling aids too soon, (ie. Rollers, rods, braid styling, etc.) especially if locks are not mature. For instance, if you're still using the Sisterlocks Starter Shampoo or if your hair is prone to slippage, be more conservative with using styling aids too much or too often.

Proper / Improper Hair Accessories

Choosing the right accessories to adorn Sisterlocks can be fun and allows self-expression. The wrong accessories, on the other hand, can cause a lot of damage. There are some specific dos and don'ts when choosing hair accessories:



Do:



tightly in the hair.

- Allow the hair to dry completely before binding into ponytails or buns to avoid mildew
- Use coated rubber bands and scrunchies, and don't wrap too tightly in the hair.
- Use pins, barrettes, combs and clamps with a smooth shapes.
- secure ties and headbands snugly, but not

Don't:

- Chose accessories that pierce into the locks. This can cause openings or spaces
- Wrap the hair too tightly with bands, ties or scrunchies. This can cause breakage or weak spots
- Pull too tight into ponytails or headbands. This can put extra stress on hair strands, especially at the root and cause breakage
- Use clips or clamps with hard edges. This can cut into the locks, breaking individual hair strands and causing weak spots.



Sisterlocks Products

WHENEVER POSSIBLE, USE ONLY SISTERLOCKS PRODUCTS ON YOUR SISTERLOCKS

Every Sisterlocks Consultant and Trainee should strive to make Sisterlocks products and product



information available to their clients. This way, clients will have access to the multiple benefits of our product line. This greatly helps with maintaining the integrity of the locks.

Q. Why Sisterlocks products?

Sisterlocks products are designed specifically for Sisterlocks by the originator, Dr. JoAnne Cornwell. Each product has been developed to meet the specific needs of the Sisterlocks locking method and African-textured hair types. (All of the Sisterlocks products can be used on any type of hair, even hair that is not locked.)

Developed with high quality botanical ingredients, Sisterlocks products rinse clean and will not create build-up in the locks. This is extremely important to maintaining the integrity of the locks.

When using the Sisterlocks products, follow the advice of your consultant and consult the information provided here and in our product brochures. Sisterlocks products are specifically formulated to address the needs of different hair types and curl patterns. Hair will respond best when using the proper PH and formula. Products are available at www.sisterlocks.com

Starter Shampoo is excellent for beginning locks and also as a clarifying shampoo for all locks. The Starter Shampoo formula is designed to encourage the locking process and counteract slippage. Also, because it is a clarifying shampoo, if someone has been using heavy, oil-based products and discover they have a problem with build-up, the Starter Shampoo may help in eliminating this problem. It's recommended on new locks and also a great deep cleanser every 4 to 6 weeks or whenever it's time for a re-tightening. (Even if you don't have build-up, shampooing with the Starter Shampoo every 4-6 weeks (when due for a re-tightening) is an excellent practice to clarify the locks on a regular basis.)

Sisterlocks Green Tea and Salon Aloe shampoos provide the best preparation for styling because they will not alter the natural texture of the hair and allows the natural characteristics of each hair type to express itself:

Green Tea Shampoo - Short curl patterns respond best to the Green Tea formula. It cleans and softens without artificial ingredients and additives. Short curl patterns generally lock faster, may tend to be fragile and benefit from the conditioners in the Green Tea formula.

Salon Aloe Shampoo is recommended for medium to long curl patterns. These curl patterns tend to take a bit longer to lock and the Salon Formula can help to control slippage by not altering the natural curl pattern OR CHARACTERISTICS OF THE HAIR – THIS WAS IN THE STYLING/MAINTENANCE BOOK TOO???

Moisture Treatment is a leave-in conditioner that is a smooth, creamy consistency designed to draw moisture into the hair. Great for hair and scalp and best used on clean damp or freshly shampooed hair. As a styling aid, mix 2-3 teaspoons of Moisture Treatment with 8 ounces of distilled water in a spray bottle for an excellent nourishing, styling "lotion." Over moisturizing may interfere with longevity of style.

Reconstructor - This is an amazing, deep conditioning treatment. The Sisterlocks Reconstructor strengthens the hair. While it's not meant to be used as a styling aid, the Reconstructor, just like clean hair, is a foundation to preparing hair for styling, especially hair that tends to be fragile, is color treated or in need of strengthening for whatever reason.

After shampooing your hair apply Reconstructor sparingly and put a plastic cap over your head. You may sit under a hood dryer for 10 minutes or just leave on without cap. Rinse out after 10 minutes. This conditioner can also be used as a leave-in. Reconstructor will not interfere with styling or longevity of the set.

Herbal Spray Moisturizer – is an excellent "pick-me-up" for your locks between shampooing. Use sparingly.

Setting Lotions and sprays – Sisterlocks setting lotions and sprays have moisturizing properties in them. Use sparingly if using Sisterlocks styling aids.

Product tips :

*Store Sisterlocks conditioners in a cool, dry place and refrigerate after opening.

*When removing conditioners from containers use a spatula to avoid contaminating contents by putting your hands in the container.

Fresh Hair Mists

These mists are specially formulated for Sisterlocks and natural hair. Designed and formulated with the Sisterlocks "less is more" approach to product, these mists offer a lightly scented mist to freshen the scent of the hair and soothe an itchy scalp, these essential oil mists will not produce any build-up in the hair. Since excessive shampooing can dry the hair and scalp, Fresh Hair Mists provide the confidence of a fresh scalp and fresh hair between shampooing.



While the various Fresh Hair formulas will help with mild itching and scalp irritation, these formulas are not prescriptions or cures for any health issue including dandruff. Please consult a physician prior to using any essential oils on children, if you are pregnant or have been diagnosed with a specific physical condition.

Dry Scalp & Dandruff

Contains a blend of oils that increases stimulation to the scalp and promote hair growth while relieving an itchy scalp.

Earth

For those who like an "earthy-musk" scent provided by oils that have antiseptic properties to soothe the scalp.

Lavender Mist

Provides a light fragrance that is clean and pure. Lavender has healing effects and also promotes balance.

Peppermint Mist

The cooling properties of Peppermint relieve minor skin irritation and mild itching.

Spring Mist

Has a light, fresh, uplifting citrusy scent that soothes itching

Improper Products

Improper products may include anything products that may have been used prior to having Sisterlocks. Traditional lock wearers are finding that the products used in the past are not only unnecessary but have caused build-up and therefore traditional lock wearers are adapting a "less is more" approach to product usage, as well.

Anything used on locks may have the potential to cause a problem and remember, these issues don't always show up right away.

Apple Cider Vinegar – Many people recommend this as a treatment for dandruff and other ailments. However, because of the fine particles that can get trapped in the locks, it's not recommended on Sisterlocks. The pH factor (2.9) of apple cider vinegar is very acid, and this is not the best pH environment for many African-textured hair types. The smell should also be a deterrent. Best to avoid.

Alternative: Sisterlocks Dandruff Formula Shampoo

(available in 2011). **Sisterlocks Moisture Treatment** can be applied directly to the scalp and may minimize mild itching and flaking. **Fresh Hair Mists** are developed with formulas that will help to minimize mild itching and flaking and freshen the hair and scalp. On new locks apply Moisture Treatment or Fresh Hair to a Q-tip or fingertip and dab onto scalp

Hot Oil Treatments – This method of conditioning the hair has been around for years. The process of heating a heavy oil, olive oil, mineral oil or some equivalent, and rubbing it on the scalp and hair. These heavy oils will create a build-up. Best to avoid.

Alternative: Sisterlocks Reconstructor - Apply after freshly shampooing the hair, put on a plastic cap and sit under a warm hood dryer for 20 minutes, rinse thoroughly.

Over-the counter Shampoos and Conditioners – There are too many to mention and these products are not formulated with the hair locking process in mind. These products contain conditioners and can overly-soften and smooth the hair causing the locks to unravel, and in some cases completely come completely. Best to avoid.

Alternative: Sisterlocks shampoos and conditioners.

Shea Butter and Bees Wax – These products are wonderful for the skin. However, they have been used in the past to force hair into locks. Typically popular with traditional lock wearers, these products have proven to be leading causes of build-up. Both shea butter and bees wax dry as solids and



cannot be rinsed out of the locks. Best to avoid. Since Sisterlocks are installed using specific locking patterns, chosen based on the client's specific curl pattern, there is no need to use products to force the hair into locks.

Alternative: Regularly scheduled maintenance keeps the locks uniform and neat.

Setting Lotions and Gels – Usually contain alcohol, which can cause breakage, and ingredients that lead to build-up. Best to avoid.

Alternative: Sisterlocks Moisture Treatment. Mix (2 teaspoons) in a spray bottle with 8 oz of distilled water (for a consistency that resembles non-fat milk), spray onto hair as a setting aid for styling or a between shampoo "pick me up." (**Also, Sisterlocks Setting Lotion – Available 2011**)