

SLEEPING WITH WET/DRY HAIR & MORNING REFRESH ROUTINE



A step by step guide for
sleeping on your curls &
refreshing for the next day.

**AMBUSHED SALON
EDUCATION**

First cleanse, condition & prepare curls with your products.

Day 1 is the foundation to creating curls that last for the following days! So, take the extra time to prep your curls properly for success.



important tip

Maintaining scalp health is important. I recommend shampooing once a week at minimum.

Scalps that have issues such as flaking, sensitivities or itchiness will not get better by going longer than a week without being addressed.

In fact, waiting longer will just increase the issues. And prevent you from having successful refresh days.

I recommend 1-2 times a week for cleansing and conditioning. If you are waiting a week or more to shampoo your curls, add in a detox.

Your curls and scalp will be much happier!

Sleeping on Wet Hair

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There is a way to sleep on your hair wet.
Especially for those with longer hair or who
desire to shampoo and condition at night.

Sleeping On Your Hair Wet

Sleeping on wet hair can create inconsistent results. Not to mention, it can rough up the hair and cause more frizz.

In this ebook you will see some step by steps on how to safely and comfortably sleep on your curls.

Plus, set yourself up for an easier time styling in the mornings!



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**After shampooing and conditioning your curls,
you will create a Top Knot.**

Apply your product before
just as you would normally
for any day.

Choose your products that are
appropriate for your curls, texture
and health needs.

This could include creams, foams,
gels, etc.



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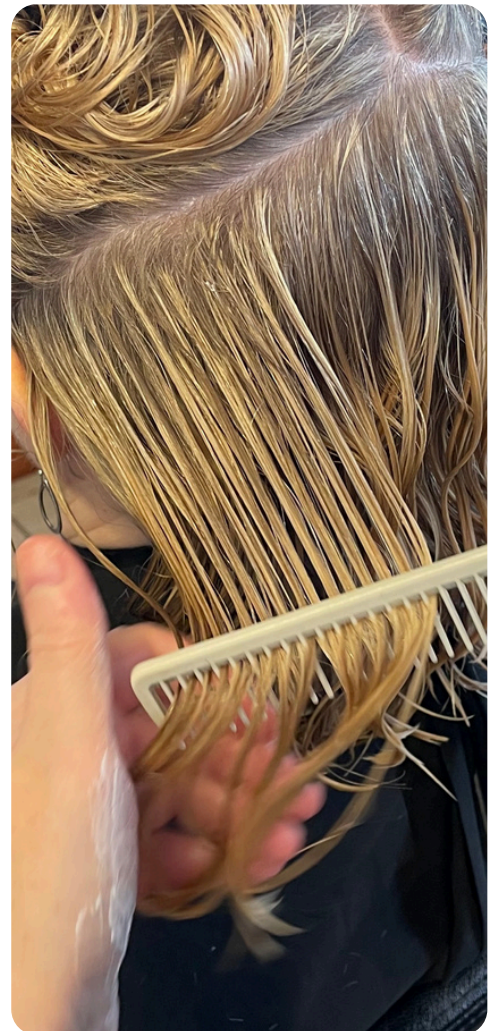
Prep hair well for success!

Apply your product before twisting the top knot.

Apply your products in sections, ensuring the hair is covered from roots to ends. Usually, it works best to smooth product through with a Denman brush or comb.

This will mean that the hair only needs to be slightly rewetted the next morning.

You will not need to add as much product the next morning and the curls will stay smoother.



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**The Top Knot will keep moisture in
and curls protected.**

Prepping your wet hair for the Top Knot

After you have properly prepped your curls, it is time for the Top Knot.

Just a few steps...

1. Pull all hair to be on top of your head, as if you were to make a pony tail.
2. Twist the hair until it looks like a rope.
3. Then twist around until you have a knot.



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Take care as to not create very tight tension with your hair ties for securing the Top Knot. This way you will avoid breakage.

This is your secured wet Top Knot.

Here you can see the knot on top of my head.

You can secure it with any non snagging hair tie. These will include scrunchies, thicker ties, etc. Your choice!

The idea is that you will not be causing breakage with too much tension, since the hair is wet and in a more fragile state.





In the morning, you'll likely need to dampen the hair again and add a little bit more product before diffusing or air drying.

This will be a very similar process to refreshing depending on how much your hair dried overnight.

Sleeping on Dry Hair

Preparing for sleeping and refresh next day, starting with dry hair.

Since we don't usually shampoo every day, we often are seeking ways to preserve our curls from day to day.

Sleeping with a "Pineapple" is often the best option for longer hair.

This style prevents frizz and disruption of the curls - and all of our hard work!



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A “Pineapple” is what a soft bun on top of head is called, for sleeping on your curls to protect them.



This is a “pineapple” preparation for nighttime, to protect curls while in a dry state for sleeping.

It is very easy to create a “Pineapple!”

All you are doing is gently pulling the hair up higher on top of your head, then flipping it over or around to create a soft bun.

Follow up by securing with a tie that will not pull out hair, such as a cloth scrunchy or other tie created for curls. You may also choose to wrap the hair with a silk/satin scarf or cover with a bonnet for extra protection.

Some prefer to sleep on a silk or satin pillow case. Your choice!



When you wake up in the morning, drop your curls out from the top knot or pineapple bun

You can see that the curls are much softer and less defined. However, the curls are still formed.

This is natural! Your most defined day will be day 1. Every day after will be slightly less defined. This is why you will need to reform the curls in the morning with liquid and some product.

Time to Refresh!



When you are ready to refresh your curls (often in the morning), start by adding a liquid spray to dampen the hair.

There are 3 liquid options to choose from...

1. Leave-in-Conditioner- great for extra moisture. Usually recommended for thicker, coarser textures or applied to ends of finer textures.
2. Water- great for all textures.
3. Curl Prep Spray- great for body and bounce.



Best application for refreshing with liquid:

You will still need to apply your chosen spray in sections. If you just spray on top, then only the top section will get reformed.

The sections can be thicker sections though. And you will know you have enough liquid when you can see the curls reform.

As you are spraying, you will need to rake your fingers through and then squeeze the curls.

Next, add moisture back into the hair & layer with your styling products.

How much liquid you will need will depend on how unformed or dry your curls are when you start

So the drier and more unformed the curls, the more you will need to wet the hair down.

The better the curls are formed when you start, the less liquid is needed to reform.



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Generally, I recommend a cream to refresh. If you require more hold or volume, choose a light weight foam. You may even decide on a dry shampoo or a wave spray to lift the roots.

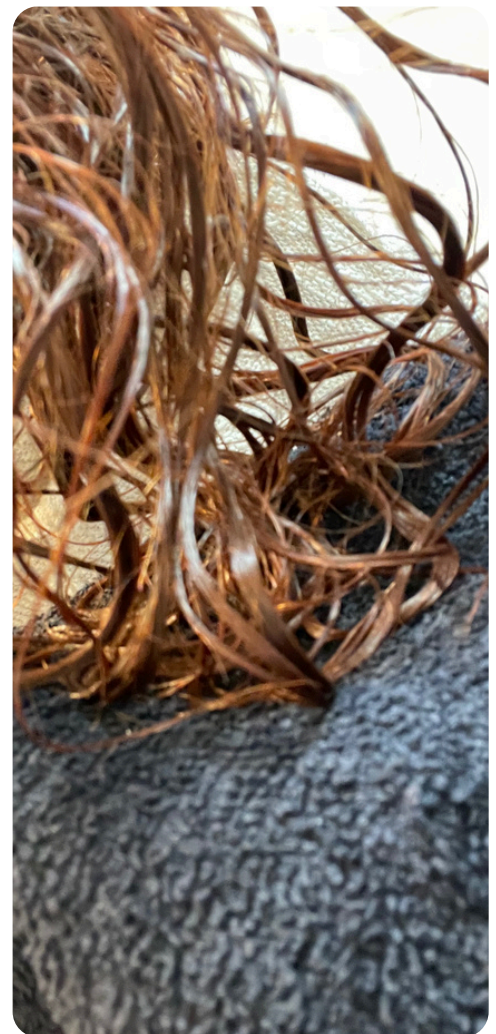
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Refreshing the curls makes for a much easier process than starting from scratch each day. And remember, it is not necessary to wet the roots or for the hair to be dripping with water.

Option: Squeeze the excess water from the curls with a towel.

If you tend to desire more spring in your curl or you just happened to apply too much water, you can squeeze the curls with a towel.

This will release the weight of too much water in the hair.





Ideal results you are looking for...

Your goal is to form curls so they look like the curls on the left. If they look like the ones on the right, you will still have frizz.



Finish with drying your curls with a diffuser or air dry!

You may also choose to set your curls with a spray setting spray or hairspray before finishing your styling.

Depending on your preferences for styling your curls, you may choose to air dry for more defined curls or diffuse for more volume.

You will need to see what will work day by day for you!



Ready for the day!!

Every day will be a different look for your curls. So many factors will come into play. Humidity, temperature, how well you prepared your curls on day one, the list goes on.

The important thing to remember is to not be afraid of experimenting in order to find what works.

And don't give up! I know you can do this!

Conclusion & Next Steps

If you are still struggling with finding the right morning routine, ask your Curl Specialist for extra suggestions and demonstration.

Your stylist will want you looking and feeling your best every day!

May you be be blessed with happy curl days!



For more education, check out our website and podcast: Behind The Curl.



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*So much Curl
Love! -Amy Bush*