Wash Day *Blueprint*

Wash day isn't a chore to survive. It's your weekly check-in with your scalp. Follow the five steps in order, fill in what **you** use, and let your rhythm, not a trend, decide the rest.

1

Prep & detangle

Section into 4–8 parts. Detangle gently with fingers or a wide-tooth comb, working from ends to roots. Look at your scalp while you section: any flakes, redness or tender spots?

MY TOOLS

2

Cleanse the scalp first

Focus shampoo on the scalp with your fingertip pads, not nails. Let the rinse run down the lengths. Two rounds if you've worn oils or styling products all week.

MY CLEANSER

3

Condition with intention

Conditioner goes on the lengths and ends. Detangle again while it's in. Deep condition with gentle heat every 1–2 washes if your hair feels dry or stiff.

MY CONDITIONER

4

Moisturize, then seal

Water is the moisturizer. Apply a leave-in to damp hair, then a light oil or butter to seal. Oil on a clean scalp only, and a little goes a long way.

MY LEAVE-IN + SEALER

5

Style low-tension, protect at night

Choose a style that doesn't pull at your edges or hairline. Satin bonnet, scarf or pillowcase every night to keep your moisture in and friction out.

MY STYLE THIS WEEK

CHOOSE YOUR CLEANSING RHYTHM

- ◯ **Every 5–7 days** — Flakes, itch, oily scalp, active workouts
- ◯ **Every 7–10 days** — Balanced scalp, most natural hair
- ◯ **Every 10–14 days** — Dry scalp, low-manipulation styles
- ◯ **Protective style** — Cleanse the scalp in the style every 1–2 weeks

PLAN IT · DO IT · NOTICE IT

Your next two *wash days*

Wash day one

DATE _____

TIME I'LL START _____

STYLE AFTER _____

- [ ] Detangled before washing
- [ ] Cleansed my scalp first
- [ ] Conditioned the lengths
- [ ] Leave-in on damp hair, then sealed
- [ ] Low-tension style
- [ ] Satin at night

Wash day two

DATE _____

TIME I'LL START _____

STYLE AFTER _____

- [ ] Detangled before washing
- [ ] Cleansed my scalp first
- [ ] Conditioned the lengths
- [ ] Leave-in on damp hair, then sealed
- [ ] Low-tension style
- [ ] Satin at night

Scalp after

How does your scalp feel the next day?

1 2 3 4 5

Shed count

Hairs in the comb or drain (50–100 a day is normal).

<50 ~75 ~100 +

Time it took

Write it down. Next time, aim for calmer, not faster.

_____

WHAT I NOTICED THIS WEEK

Log it in your portal: check off "Wash day" in your habit tracker and add a note to your Week 3 reflection. Iisha sees your notes before your next session.

Education only; not medical advice. If your scalp is painful, oozing or you notice sudden hair loss, see a board-certified dermatologist. © I.C. Beauty LLC · icbeautyinyou.com