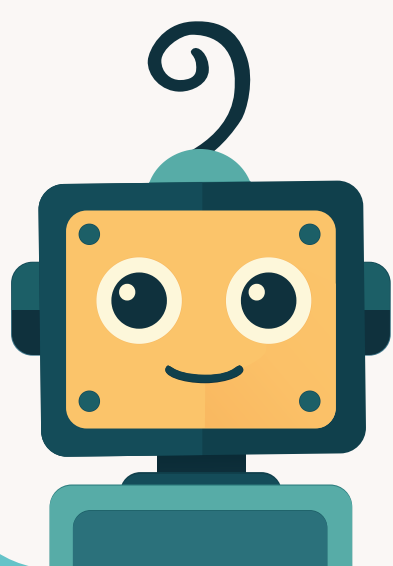




# The CurlsBot Mini-Guide to **Light** Products



2 Cheatsheets, 10+ example products, 2 sample routines, and dozens of useful tips!



*"My hair always  
looks weighed down"*

*Anything remotely oily just weighs  
me down and turns me into a  
stringy mess*

*My hair feels weighed down but  
undernourished*

**Does this sound familiar?**

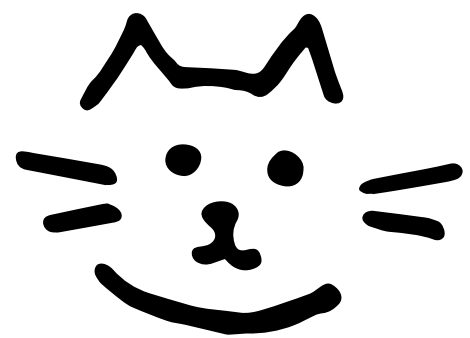
**You might need**

 **Light  
Products**



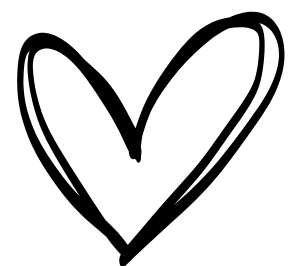
**Light** = Heavy cleansing, low conditioning

vs. **Heavy** = Gentle cleansing, high conditioning

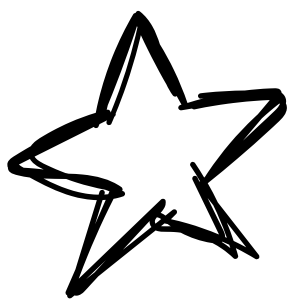


People who do better with **light** products include

- Wavy and loose curls
- Fine hair
- Low porosity hair



any type of hair that's  
easily weighed down



*Unsure? Take our porosity and hair type quizzes at [CurlsBot.com](https://curlsbot.com)*





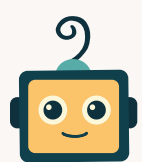
Unfortunately most  
**curl** products are  
the opposite of  
**light**, they're **heavy**



Luckily you don't  
actually need special  
curly\_products!

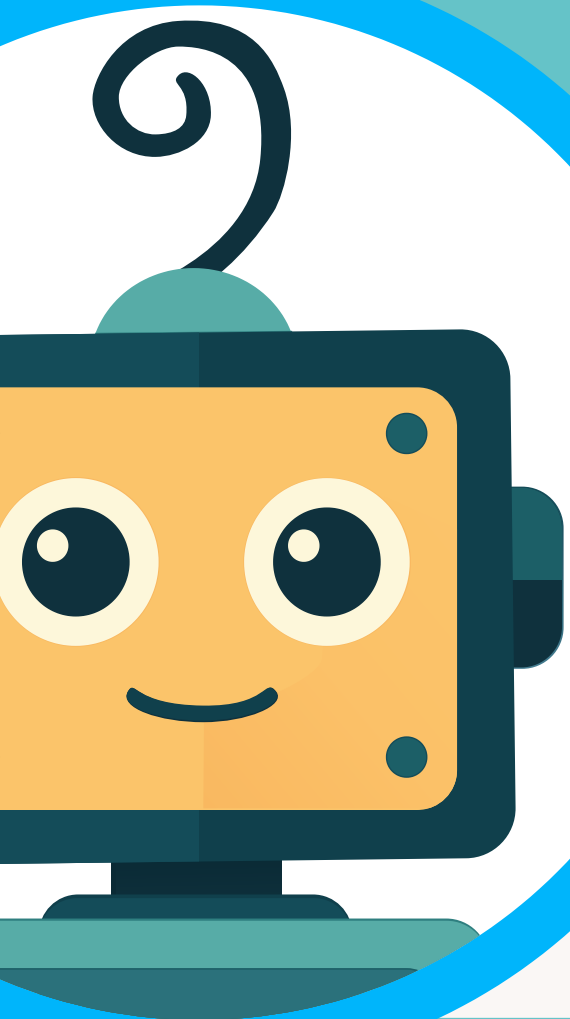


You might actually do better  
with regular products!






# Finding light products



You can find light products by taking our hair type and porosity quiz on **CurlsBot.com!**

Your results will show some of our fav recommendations from both curly and non-curly brands



*At the store? That's what the cheatsheets are for!*





# Using The Cheatsheets



With the cheatsheet you look at the **front** of the label for certain words like “**volumizing**” or phrases like “**for fine hair**”

# Light Products Cheat Sheet

Look for products with the at least one of these words/phrases on the label

	<b>Light</b> <i>Low conditioning, Heavy Cleansing</i>
Most Common words on the label	Volume, Volumizing, Body, Fullness
Other words	Purifying, energizing, thickening, light, lightweight, refreshing, clarifying, weightless
The label says it's "For" these hair types	Fine hair, flat hair, oily scalp/roots, low porosity
<b>AVOID</b> labels with these	Hydrating, moisturizing, nourishing, shea butter, coconut oil, cream, For dry/damaged/processed/colored hair



"Shea butter"

For "processed" hair



"volume"

# For damaged (high porosity) and delicate hair

This is for hair that needs light products but is also **damaged** (high porosity) or **delicate** (prone to breakage). Look for products with words from the light cheatsheet **AND** words from this sheet

	<b>For Easily Weighed Down Delicate Hair</b> <i>Medium conditioning, Moderate cleansing</i>
Most Common words on the label	Color care, color safe
Other words	Damage care, fortifying, damage therapy, bonding, rescue, repair
The label says it's "For" these hair types	Oily roots/scalp and dry ends, colored hair, damaged hair
<b>AVOID</b> labels with these	Hydrating, moisturizing, nourishing, shea butter, coconut oil, cream





# On Oils

When many hair care influencers talk about oils they don't mean oils from your kitchen, they mean serums which are often called oils. Confusing right?

Serums are easier to apply than plain oils (less risk of greasiness) and often contain cationic conditioners.



“weightless”

OGX Coconut Oil Mist

Cationic conditioners are superior to plain oil for treating damaged hair because damaged hair is oil-phobic and oils tend to rinse right off it. Cationic conditioners are modified to be positively charged so they can bind with the negatively charged, damaged outer layer.

If you're looking for a light oil look for ones with words on our cheat sheet like “weightless” or “lightweight”.



# Clear Jelly Products

## These are usually light!

Thicker ones work best for curlier hair, if you have wavy hair use a tiny amount and apply on soaking wet hair



TreLuxe  
Reflex

Thin



Curl Keeper  
Liquid Styler



Curl Talk  
Sculpting Gel



BTZ  
Bada Bing Gel

Kinky Curly  
Curling Custard



Kinky Curly  
Curling Custard



Thick





# My Basic Routine

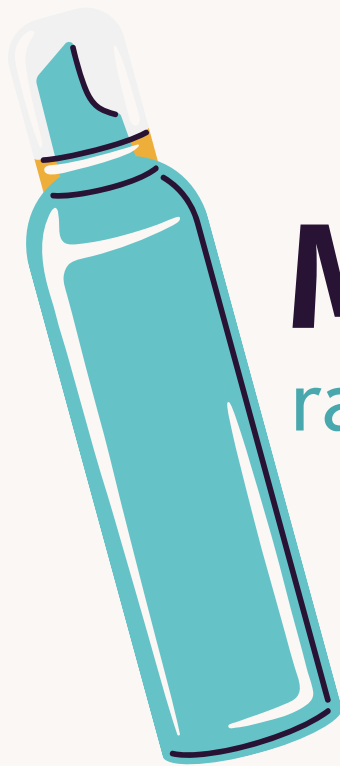
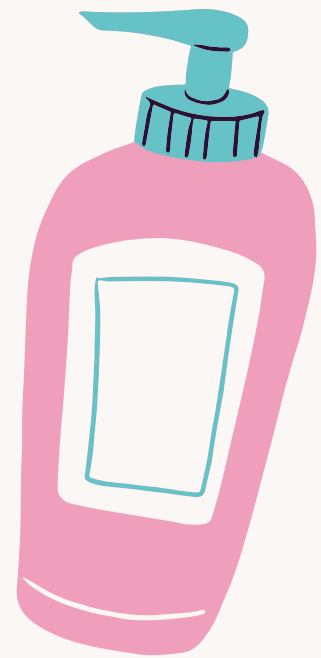


## Shampoo

Real shampoo, not co-wash

## Conditioner

“squish to condish”



## Mousse

rake and scrunch in



## Spray Leave In

Multi-purpose (w. heat protect) ideal section hair and lightly mist



## Diffuse

Hover diffuse 5-10 minutes, then mix of pixie diffusing + air dry

I picked mousse over gel because it's easier to use, but you can swap a gel. You just might need to watch some videos to learn how to use it



# Example Drugstore Routines

## Normal



Pantene Volume Shampoo



Maui Moisture  
Lightweight Hydration  
Conditioner



Aussie  
Instant Volume  
Mousse



Garnier  
Grow Strong 10-in-1

## Delicate/damaged



EverPure Volume Shampoo



Dove Volume &  
Fullness  
Conditioner



Herbal Essences  
Mousse  
*For this type of hair you  
can use any mousse but  
one for curls or that says  
“leave in” will be softer*



Pantene Miracle Rescue  
10-in-1  
Multitasking Spray

# Why Spray Leave In?

Eva 10-in-1  
for fine hair  
(I find the regular one is  
light enough though)



RedKen One United



Look for a spray leave-in, as these tend to be lighter. It's also much easier to focus it on areas that need it!

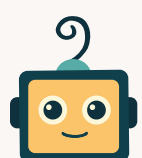
Ideally get a multi-purpose one that provides UV and heat protection.

These can also be used as detanglers, to refresh, and spray a little in your hand to scrunch out the crunch!

NYM 10-in-1  
All Eyes on Me



Pureology Color Fanatic





# Caveats

- The cheatsheet method isn't perfect, some labels basically lie (like a heavy product saying it's "lightweight"), but MOST products I've found with this method have been light
- There are also many products that are light but look heavy, finding these can be harder (but (CurlsBot.com can help)
- The cheatsheet method won't tell you if a product is CGM- you stil need CurlsBot.com for that
- Obviously this works only for English, but many other languages use similar words on light products!

## Example Exceptions



Suave Tropical Coconut says it's "Nourishing" and "Moisturizing", but like many ultra-cheap conditioners, it's light since oils and conditioning ingredients are expensive

Luckily this product is discontinued. I tried it and it certainly is not light despite the fact it says "weightless" and for "fine hair" – "avoid" words like "creme" and "shea" should clue you in though





# Extra Tips

## Coarse Hair?



Dove Intensive Repair  
10-in-1 Serum Mask

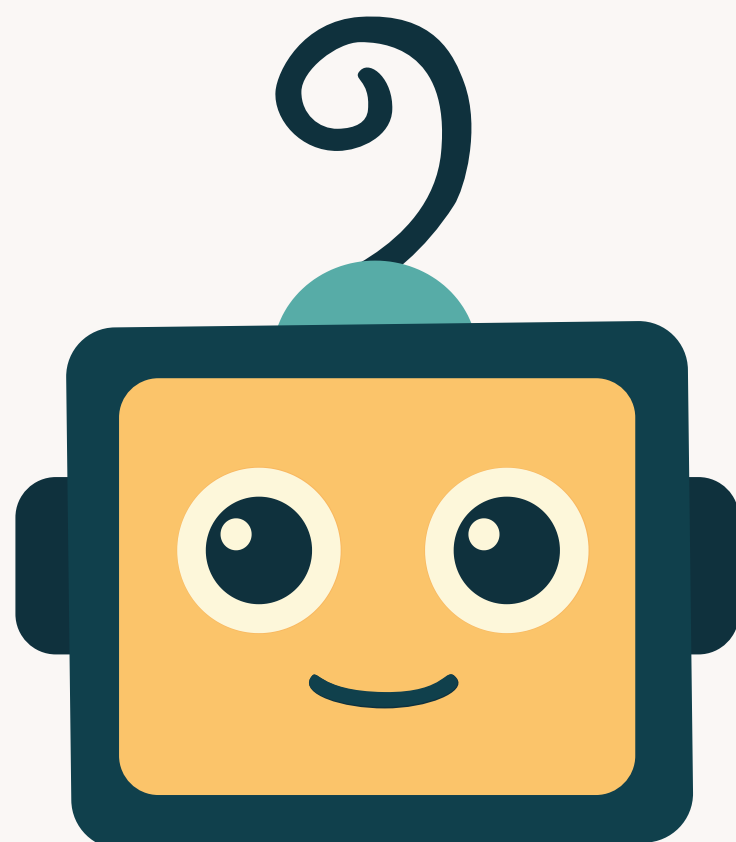
Try doing a mask before you shampoo. If your hair is also low porosity, you'll get the best results if you use heat. A hot cap is best to help with penetration, but just a normal shower cap can be enough.



Garnier  
Hair Food mask

Pantene Miracle Rescue  
Repair Mask





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Did you read this guide as images? It's WAY easier to read as a PDF. Download it at <http://curlsbot.com/light-products-mini-guide>

