

Welcome to the life of a dread head!

Your new dreadlocks require **patience, love and proper care!**

Your scalp will be sore for the first few days. The most relatable way to explain that pain is a bunch of tiny little pony tails all over your head. The hair is being pulled tight in little bunches and it's not used to it yet. They will need some time to settle. If you are concerned with looking like a "porcupine" try wrapping your dreadlocks until they flatten out. **Please wait 1 week before washing your dreadlocks (with your new dreadlock shampoo).** After your first wash, they will start to settle and lay more flat.

It is recommended that you wash your dreadlocks at least once a week (washing promotes locking!), but if your hair is not very oily you can usually go a bit longer. You'll feel out how often you'll need to wash your dreadlocks as they get older and the oils adjust to less frequent washing.

You will notice that after your first wash, there will be **A TON** of loose hairs! Don't freak out! Your dreadlocks are not going to unravel, or "wash out". It is all part of the journey! It's normal to have 1-3 inches of loose hair around your dreads during the initial locking process (1-18 months).

You will be ITCHY ITCHY ITCHY for a few weeks. It may get very dry while adjusting. If it becomes unbearable, you can try a Peppermint Cooling Spray. But your scalp really just wants to be stimulated. Give your head a nice massage all over! Stimulation of the scalp induces hair growth!

Peppermint Cooling Spray:

- 1 tbsp. loose peppermint herb (or tea bag)
 - 1 cup of water
 - (opt. but recommended) 10-20 drops peppermint essential oil
 - (opt. but recommended) 10-20 drops lavender essential oil
 - (opt.) 1 tbsp. aloe gel and/or 10 drops tea tree oil
1. Make hot herbal infusion (tea) either with the tea bag or loose herbs. (Put herbs/bag into 1 cup of boiling water and steep for at least 5 minutes.) Strain liquid to remove loose herbs.
 2. Add peppermint and lavender essential oils and any other optional ingredients.
 3. Put mixture into a squirt bottle (like a hair color applicator) or spray bottle and apply to affected scalp.
 4. Refrigerate any solution unused after first application.

My recommendation for new dreadlocks is that after 6-8 weeks you come back to get a "full routine maintenance" because it allows the new dreadlocks to get a second "fresh start" and continue the locking process. This can take anywhere from 2-5 hours (full head) depending on

the number of dreadlocks you have, the length of your dreadlocks, and the current condition. Often times there is so much loose hair around the dreadlock, you may feel like a fuzzy mess but its 100% normal and you aren't the first to go through it! After that, you can come back whenever you feel you need some tidying up!

In the meantime of getting your professional maintenance, there are plenty of things you can do for yourself! Palm rolling is a biggie! Lumps, bumps, and loops will form as your dreads start to lock up, so if you see a dreadlock getting a little funky, place it between your palms firmly, and roll it. It works best when your hair is wet and malleable. If you venture to YouTube, please ask before trying out "different methods" of personal maintenance, as some are very damaging and can actually ruin your dreadlocks down the road.

You should think of your dreadlocks as little babies, they need to be taught how to behave, and that takes patience and care.

When washing your dreadlocks...

- 1) Apply a nickel size amount of your dreadlock shampoo to your hand, lather it together.
You can dilute your shampoo 30% and use a spray/foam bottle for easier coverage
- 2) Focus on massaging it into your scalp/roots for a few minutes until its saturated.
- 3) After you've covered your scalp, RINSE! RINSE! RINSE! You do not want any small bit of shampoo left at all!
- 4) Flip your dreads around, make sure you fully rinsed the underside (that's the main area residue builds up).
- 5) Once you are done showering, squeeze out as much water as you can, and then do it AGAIN!
- 6) After you've gotten most of the water out, go through all your dreadlocks and separate each root from the other. Any tiny hairs connecting each other must be taken care of or your roots will become connected and "kongo" over time and it is very painful to fix!
DON'T BE LAZY! SEPARATE DAILY!
- 7) Towel dry your dreadlocks. If you can go out in the sun, even better! A hair dryer is not something you should use to fully dry your dreadlocks, but on the "NO HEAT" setting, it can speed up the drying process. Never apply any heat to your dreadlocks; including curling irons and straighteners.

5 Recommended Dreadlock Shampoos:

Vikki's Dreadlock Shampoo (www.dreadlockshampoo.com)

Dollylocks (www.dollylocks.com)

Vital Goods Dreadlock Shampoo (www.etsy.com/shop/vitalgoods)

My Tangled Knots (www.mytangledknots.com)

Trader Joe's Tea Tree Tingle Shampoo (Trader Joe's/Amazon)

Please try to purchase one of these listed shampoos, as most “residue free” shampoos are not safe for dreadlocks, even if they say they are. Residue and build up can hide inside the core center of a dreadlock and be **VERY HARD** to get out.

This can result to mold and mildew inside the dread. Please remember to wash your dreadlocks minimum 2 times a month. Dreadlocks should never be left wet for longer than a few hours, and you should never go to bed with them wet. Residue will appear white/yellow white color, so every so often try and pull apart the middle of a dread to take a peek inside!

If you find that you have residue in your dreadlocks, or you would rather be safe than sorry, you should do a wax/oil removal cleanse (once every 6-12 months).

Deep Cleanse Rinse:

- ½ – ¾ cup baking soda
 - 2 tablespoons of apple cider vinegar
 - 30 – 40 drops lemon eucalyptus OR orange essential oil
 - 30 – 40 drops lavender essential oil
 - 1 – 1 ½ cup of witch hazel
1. Place baking soda, 15 – 20 drops of lemon eucalyptus/orange essential oil, 15 – 20 drops of lavender essential oil, and ¾ cup of witch hazel into a sink, or bucket so that the dreadlocks can be completely submerged in the solution.
 2. Fill with water until it’s about 2/3-3/4 full, using your hand to break up any clumps in the baking soda in the bottom of the sink/bucket.
 3. Once solution is smooth and clump-less, fill the pitcher/sink/bucket the rest of the way with water until full.
 4. Submerge dreadlocks into the bucket/sink and let soak 10-30 minutes.
 5. Rinse well. Drain sink/empty bucket.
 6. Pour apple cider vinegar, 15 – 20 drops of lemon eucalyptus/orange essential oil, 15 – 20 drops of lavender essential oil, and ¾ cup of witch hazel into sink/bucket so the dreadlocks can be submerged in the solution again.
 7. Submerge dreadlocks in bucket/sink and let soak 3-5 minutes.
 8. Rinse well. Drain sink/empty bucket.

Things to stay away from...

- 1) NO WAX – I cannot stress this enough! I don’t care what you’ve read or seen, if you use wax, I will no longer work on your dreadlocks until you have completely gotten in out with the above treatment.
- 2) NO HEAT – no hair straighteners, no curling irons, nothing but the sun!
- 3) NO CONDITIONER – if you’re concerned with dry scalp/hair please use essential oils.
- 4) NO “REGULAR” SHAMPOO – unless you want mold in your hair.
- 5) NO BED WITH WET DREADS – unless you want mildew in your hair as well.

- 6) NO ROOT FLIPPING – unless you want your dreadlocks to get weak and potentially fall out.
- 7) Too much water...ideally you want your dreadlocks to be dry almost ALL the time – that's why as dreadlocks get more mature, people wash them less and less. If you go swimming, wash your dreadlocks ASAP and then allow to fully dry.

Things to not be afraid of...

- 1) The ocean will be your best friend when you have dreadlocks. Salt water is a great way to speed up the locking process! You can purchase a sea salt spray if you don't like to go to the beach, or make your own!
- 2) Essential oils – they can make your dreadlocks smell very nice! (Lavender is my favorite) Dab a little (less than a dime size) in your hands, and rub it along your scalp.
- 3) Coloring your dreadlocks – I do not recommend it, but with professional help (ask your stylist if they have experience with coloring dreadlocks first – there is a different technique used from loose hair), you can change the color of your dreadlocks, but please do not try it yourself, there are many products that leave residue afterwards...bleaching dreadlocks can result in dreadlocks weaken and breaking off since dreadlocks are mainly made of dead hair and it cannot be rejuvenated.
- 4) Dreadlocks are NOT permanent unless you want them to be. You CAN successfully BRUSH OUT dreadlocks. It takes a very long time, and requires a metal toothed comb, but it can be done! I do offer that service as well if you ever decide you want to end your journey.

Things to expect...

1. As I mentioned before, loose hairs will make sure their presence is known, and that's okay! Let them do their thing! **Don't forget to SERPARTE DAILY!!**
2. Over the next 6-12 months your dreadlocks 99% of the time won't be "picture perfect".
3. Decorations are a fun way to personalize your dreadlocks!
 - a. Beads MUST be removed when washing, and can be put back in when your dreadlocks are 100% DRY.
 - b. Beads MUST be moved up and down the dreadlock, as to not get caught on lumps...or else you'll have a bead stuck on your dread forever and residue and mold can form under it. GROSS!

Time to enjoy!

Feel free to contact me with any questions regarding your dreadlocks.

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