

# Spice Natural Hair Salon

Natural Hair Solutions for Kinky, Curly, Transition and Wavy Hair Types.

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Thursday, July 22, 2010

## Curly Set on Natural Hair

Here is how I would accomplish this style:

- (1) Shampoo and Conditioner
- (2) Leave-In Conditioner
- (3) Jane Carter Nourish and Shine
- (4) Blow Dryer
- (5) Sponge rollers with satin
- (6) comb for parting sections, if needed
- (7) satin bonnet

First shampoo and condition your hair (and you know what I recommend...Jane Carter Solution Shampoo and Conditioner).

Once you have finished shampooing and conditioning, use a leave-in conditioner before blow drying your hair (hint: Jane Carter Solution Leave-In).

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Do a blow out using your blowdryer to stretch your natural hair.

After blowdrying, begin sectioning your hair to make medium-size two strand twists over your entire head. Use a dab of Jane Carter Nourish and Shine to each section and twist until your entire head has been twisted.

Next, use sponge rollers, preferably the ones with satin on them (to prevent breakage) to set your twists on rollers.

Now you can wear these rollers over night or for a couple of hours. If you are going to do the overnigher, remember to wear a satin bonnet to bed.

After a couple of hours or the next morning, remove the rollers and you can either wear the twisted curls or separate them for more volume. The choice is yours.

This style is also great for transitioning hair.

Naturally Yours,

Ms. J

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[Afrobella](#)

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