

Hair Porosity: Into the Follicle

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ICE BREAKER!

- Touch your hair.
- What do you feel or see?
- Is it dry, or brittle?
- Is it soft and smooth?
- Do you see split ends?
- Is it curly, straight or kinky?

What is it?

- Porosity is how well your hair is able to absorb and hold moisture.
- The flexible outer hair layer called the cuticle determines how easily moisture and oils pass in and out of your hair.
- Porosity is genetic, but it can also be affected by external factors.



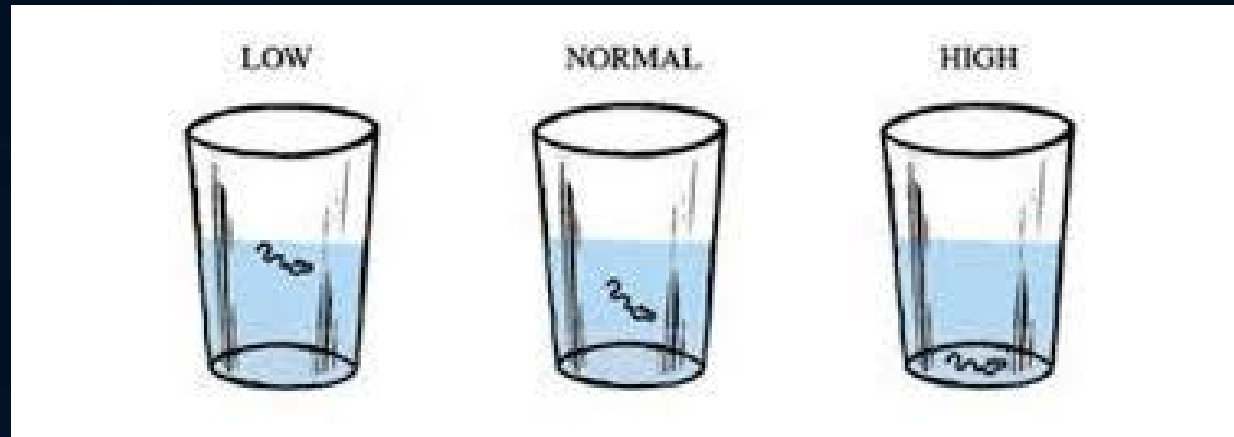
Why is this important?

- People who wear their natural hair struggle with maintaining it.
- Know what products your hair needs based on your hair porosity.



The Porosity Test

- To check your hair porosity, drop a strand of hair into a cup of water.
- If the strand floats, you have low porosity.
- If the strand sinks to the middle, you have normal porosity.
- if the strand sinks immediately, your have high porosity.



Low Porosity

- People with low porous hair cannot absorb products easily.
- You should use products containing more alkaline ingredients that help lift your cuticles.



Normal Porosity

- When your hair has normal porosity, it holds moisture and shine for an extended period of time.
- Most natural women would dream to have this hair type
- However, normal porosity does not stay forever...



High Porosity

- If your hair absorbs products quickly but loses the moisture just as fast, you may have high porous hair.
- High porosity is very common in black people because our hair is very fragile when stretched or blow dried.
- Using cremes, butters and oils help lock-in moisture in your strands.
- Weekly deep conditioning and mild protein treatments apply more strength to your hair.



Repair Your Hair

- The best way to repair damaged hair is to cut (big chop) or trim it.
- Minimize your heat usage and only use chemicals applied in a salon setting.
- Most importantly, try to keep your hands out of your hair
- The more you pull, tug, or touch, the more you irritate.



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