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, you 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.
Work Cited

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