

# The Broke Rich Auntie Method

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*The Overview*

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# Step 1: Scalp Prep

*\*optional*

PRODUCT RECOMMENDATIONS:

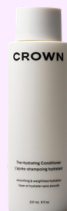


Apply a water-based or medicated scalp treatment to dry scalp only and let it sit 10–20 minutes to loosen flakes and calm inflammation before washing.

# Step 2: Conditioner Prepoo

*\*optional*

## PRODUCT RECOMMENDATIONS:



Apply a lightweight, slip-rich conditioner to mid-lengths and ends (optional crown) on dry hair to reduce detangling stress; skip if hair feels fine. Do not rinse — go straight into shampoo.

# Step 3: Medicated Shampoo

*\*optional*

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## PRODUCT RECOMMENDATIONS:



Use a medicated or gentle shampoo on the scalp only, massaging lightly with fingertips and allowing it to sit briefly before rinsing.

# Step 4: Clarifying Shampoo

*\*every 2-3 weeks*

## PRODUCT RECOMMENDATIONS:



Use a gentle clarifying shampoo on scalp and roots to remove buildup so moisture can penetrate low-porosity hair.

# Step 5: Moisturizing Shampoo

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## PRODUCT RECOMMENDATIONS:



Smooth a moisturizing shampoo through mid-lengths and ends to cleanse without stripping, keeping hair moving downward to avoid tangling.

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# Step 6: Bond Repair Treatment

*\*every 4-6 weeks*

## PRODUCT RECOMMENDATIONS:



Apply mid-lengths to ends only, avoid the scalp. Rinse or leave per product instructions, then follow with your usual conditioning mask for moisture.

# Step 7: Deep Condition + Heat

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## PRODUCT RECOMMENDATIONS:



Apply a moisture-focused deep conditioner, detangle in sections, then cover with a cap and add heat or steam for 10–20 minutes to open the cuticle. Immediately follow with a heat protectant before styling or heat use.

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# Step 8: Leave-In Conditioner & Heat Protection

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PRODUCT RECOMMENDATIONS:



Apply a watery or milky leave-in on dripping wet hair, smoothing from roots (especially the crown) down to the ends.

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# Step 9: Root Definition Styler

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PRODUCT RECOMMENDATIONS:



Apply a light gel or foam only at the roots using upward praying-hands motions, then gently scrunch for lift and definition.

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# Step 10a: Curly Styling — Curl Cream

*\*optional*

## PRODUCT RECOMMENDATIONS:



Apply a small amount of curl cream to mid-lengths and ends only for softness and flexibility, avoiding the scalp.

# Step 10b: Straight Styling — Smoothing Serum *\*optional*

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## PRODUCT RECOMMENDATIONS:



Apply a tiny amount of lightweight smoothing serum to mid-lengths and ends. Warm the product between your palms, start with a pea-sized amount, and add more only if needed

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# Step 11: Style Sealers — Serums & Oils

*\*optional*

## PRODUCT RECOMMENDATIONS:



Apply a very small amount of lightweight serum to mid-lengths  
and ends only after styling (curly or silk press)

# Step 12a: Between-Wash Care — Curly Style

*\*optional*

## PRODUCT RECOMMENDATIONS:



Refresh curls with water and a small amount of leave-in, avoid heavy re-layering, and spot-treat the scalp only if needed.

# Step 12b: Between-Wash Care — Straight Style *\*optional*

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## PRODUCT RECOMMENDATIONS:



Use a lightweight, sprayable heat protectant — something water-free or minimal water content.

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# Step by Step Overview

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## PRE-SHOWER

*\*optional*

1. Scalp Prep Medicated Scalp Treatment\* (1x week)
2. Conditioner Only Pre-Poo\* (1x a week)

## IN-SHOWER

1. Shampoo (as often as needed)
  - a. Medicated Shampoo\*
  - b. Moisturizing Shampoo
  - c. Clarify\* (Every 2–3 Weeks)
2. Bond Repair Treatment\* (as needed)
3. Deep Condition + Heat

## POST-SHOWER

1. Leave-In + Heat Protectant (every wash)
2. Optional Bond Treatment (if breakage)\*
3. Root Definition Styler (for curls)
4. Styling
  - a. Curly Styling - Curl Cream\*
  - b. Silk Press Styling - Pre-Heat Products\*
5. Finishing Serum

## BETWEEN-WASH CARE

1. Curly Hair – Refresh with light water-based leave-in
2. Silk Press – Protect hair at night wrapped with satin/silk bonnet or pillowcase