

# 6 Week Challenge

## Healthy Hair



# Ultimate Guide

to help you build a hair regimen  
that works for your natural hair

### Contains:

- Three most important steps for length retention & why they're important
- Weekly tracker to document your products and recipes to ensure a repeatable regimen
- More.

For the next six weeks, I, \_\_\_\_\_,  
will use this guide to build my best hair regimen ever.

Dates of Challenge

\_\_\_\_\_ to \_\_\_\_\_.

*Honesty*

*Consistency*

*Faith*



# 6 Week Challenge

## Healthy Hair

**Welcome to the Onekia Saba 6 Week Healthy Hair Challenge.** The goal is to develop a healthy hair regimen that works specifically for you.

I chose six weeks because studies show that when starting a new regimen, whether fitness, diet, hair, etc., you'll know if it's working within six weeks.

I've been on my natural hair journey since 2010 and I've learned a lot through research, trial and error. However, no matter how many times I've erred, I've discovered the three mainstays that always bring my hair back to its healthiest state. I will share them with you in this guide.

Lastly, know that whether my mainstays work for you or not, the inner tools needed to discover your best hair and your best self, are honesty, consistency, and faith. This guide was created with those tenets in mind.

Enjoy the journal! Enjoy the journey!

*Onekia Saba*

*Honesty*

*Consistency*

*Faith*



# 6 Week Challenge

## Healthy Hair

# #1 Deep Conditioning

## Why do it?

Deep conditioning is an element that many naturals overlook or misunderstand. The purpose of the deep conditioner is to penetrate deeper into the hair layers than a normal or rinse out conditioner.

Rinse out conditioners coat the hair, but deep conditioners penetrate the top layer of the hair shaft, known as the cuticle, and deliver nutrients to the cortex while temporarily mending holes and cracks in the cuticle layer.



## With what?

Make sure the products you use for deep conditioning state “deep conditioner” or “hair mask” on the label. There are other key terms, but those are the typical ones used in marketing. Also make sure you alternate moisture rich deep conditioners with protein rich deep conditioners to make sure your hair strikes a good balance.

**Tip:** For fine, thin, damaged, or color treated hair, protein rich conditioners are your friend. You may be able to use protein rich conditioners more frequently. Use this journal to keep good track of what you use and how your hair responds.

## How and how often?

Deep conditioning can be done on dry or damp hair, before or after your wash. Many naturals will swear by either method. The most important thing to remember is to apply to your hair in sections, concentrating the conditioner on the roots to ensure moist and manageable new growth and on the ends to add strength to the oldest part of your hair. Deep conditioning should be done once a week.

**Tip:** Many naturals apply their deep conditioners in the same way relaxers are applied.

*Honesty*

*Consistency*

*Faith*



# 6 Week Challenge

## Healthy Hair

## #2 Mega-Moisturizing



### Why do it?

Mega-Moisturizing (aka co-washing) is key to keeping natural curly, coily and kinky hair soft and pliable. Mega-moisturizing should not be confused with cleansing the scalp, as the point is to add and lock in moisture to the scalp and strands not rid it of build-up or dirt.

Cleansing the scalp should be done with shampoo, shampoo bars, clays or other natural cleansing agents. After following the regimens of many type 4 naturals with waist length or longer hair, I've noticed a common theme is mega-moisturizing.

### With what?

Mega-moisturizing should be done with cheapie moisturizing conditioners. A clarifying cleansing conditioner or co-washes designed to cleanse are not to be used for the mega-moisturizing session.

The conditioner can contain a light protein like silk but you will typically want to avoid using conditioners with protein for mega-moisturizing. You may also opt to use natural moisturizing and conditioning teas to mega-moisturize your hair.

### How and how often?

Mega-moisturizing should be done by fully saturating your hair with water and the cheapie conditioner or moisturizing tea. If using conditioner, make sure you coat your entire strand and massage the product into your scalp/new growth and the ends.

If using a moisturizing tea, spray the product into the scalp and the length of the your hair. Any left over tea, may be stored for later usage. Mega-moisturizing should be done once a week as a mid-week treat after your deep conditioning session.

**Tip:** Don't worry about build-up of conditioner on the scalp. You will wash and deep condition your hair weekly to keep your scalp clean and healthy.

*Honesty*

*Consistency*

*Faith*

# 6 Week Challenge

## Healthy Hair

### #3 Reflect and Correct

#### Why do it?

Reflection on the systems we use to manage our lives is equivalent to a "lessons learned" session in the corporate world. We must review the practices and tools we use to determine which ones should be changed, enhanced, or eliminated in order for us to reach our goals.

Correction is the act of changing, enhancing or eliminating those habits or tools. It's much easier to reflect and see what needs improvement than it is to actually improve. The reflect and correct part of your regimen is the most critical part and will be the difference in whether you achieve a regimen that gives you the hair that want or not.

#### With what?

You will need a standard or requirements to strive toward to meet your goals. I will be using values derived from my spirituality and walk with God. At the core, are honesty, consistency and faith.

I encourage you to use the same core values or ones that have guided you or others you know whom you admire.

#### How and how often?

Reflect and Correct should be done alone. It is a hard task to tune out everyday noise, dig deep inside, and honestly think about past routines and how we can change to improve our outcomes. Reflecting on our bad habits and figuring out how to change them requires a certain kind of silence. This part of the regimen should be done weekly.

*Honesty*

*Consistency*

*Faith*



Week 1

From

to

## Deep Conditioning

Hint: Add a tbs. herbal oil to your deep conditioner for added moisture retention.

List the deep conditioner you use this week. Include all proteins, hydrolyzed, and amino acids listed in the ingredients.

**START  
OF THE  
WEEK**

Moisture Rich  
Protein Rich

Dry Hair  
Damp Hair

Plastic Cap  
Plastic Cap w/Heat

## Mega-Moisturizing

Hint: Spray fenugreek tea in your hair 30 minutes before your mega-moisturizing session for increased manageability.

List the mega-moisturizing product you use this week.

**MIDDLE  
OF THE  
WEEK**

## Reflect and Correct

*And we know that all things work together for good to them that love God...*

Use this section to document the state of your hair, including softness, length, ability to hold moisture and styles. List one habit or tool you need to change to reach your hair goals.

**END  
OF THE  
WEEK**

*Honesty*

*Consistency*

*Faith*





Week 2

From

to

## Deep Conditioning

Hint: Add a tbs. herbal oil to your deep conditioner for added moisture retention.

List the deep conditioner you use this week. Include all proteins, hydrolyzed, and amino acids listed in the ingredients.

**START  
OF THE  
WEEK**

Moisture Rich  
Protein Rich

Dry Hair  
Damp Hair

Plastic Cap  
Plastic Cap w/Heat

## Mega-Moisturizing

Hint: Spray fenugreek tea in your hair 30 minutes before your mega-moisturizing session for increased manageability.

List the mega-moisturizing product you use this week.

**MIDDLE  
OF THE  
WEEK**

## Reflect and Correct

*And we know that all things work together for good to them that love God...*

Use this section to document the state of your hair, including softness, length, ability to hold moisture and styles. List one habit or tool you need to change to reach your hair goals.

**END  
OF THE  
WEEK**

*Honesty*

*Consistency*

*Faith*



Week 3

From

to

## Deep Conditioning

Hint: Add a tbs. herbal oil to your deep conditioner for added moisture retention.

List the deep conditioner you use this week. Include all proteins, hydrolyzed, and amino acids listed in the ingredients.

**START  
OF THE  
WEEK**

Moisture Rich  
Protein Rich

Dry Hair  
Damp Hair

Plastic Cap  
Plastic Cap w/Heat

## Mega-Moisturizing

Hint: Spray fenugreek tea in your hair 30 minutes before your mega-moisturizing session for increased manageability.

List the mega-moisturizing product you use this week.

**MIDDLE  
OF THE  
WEEK**

## Reflect and Correct

*And we know that all things work together for good to them that love God...*

Use this section to document the state of your hair, including softness, length, ability to hold moisture and styles. List one habit or tool you need to change to reach your hair goals.

**END  
OF THE  
WEEK**

*Honesty*

*Consistency*

*Faith*





Week 4

From

to

## Deep Conditioning

Hint: Add a tbs. herbal oil to your deep conditioner for added moisture retention.

List the deep conditioner you use this week. Include all proteins, hydrolyzed, and amino acids listed in the ingredients.

**START  
OF THE  
WEEK**

Moisture Rich  
Protein Rich

Dry Hair  
Damp Hair

Plastic Cap  
Plastic Cap w/Heat

## Mega-Moisturizing

Hint: Spray fenugreek tea in your hair 30 minutes before your mega-moisturizing session for increased manageability.

List the mega-moisturizing product you use this week.

**MIDDLE  
OF THE  
WEEK**

## Reflect and Correct

*And we know that all things work together for good to them that love God...*

Use this section to document the state of your hair, including softness, length, ability to hold moisture and styles. List one habit or tool you need to change to reach your hair goals.

**END  
OF THE  
WEEK**

*Honesty*

*Consistency*

*Faith*



Week 5

From

to

## Deep Conditioning

Hint: Add a tbs. herbal oil to your deep conditioner for added moisture retention.

List the deep conditioner you use this week. Include all proteins, hydrolyzed, and amino acids listed in the ingredients.

**START  
OF THE  
WEEK**

Moisture Rich  
Protein Rich

Dry Hair  
Damp Hair

Plastic Cap  
Plastic Cap w/Heat

## Mega-Moisturizing

Hint: Spray fenugreek tea in your hair 30 minutes before your mega-moisturizing session for increased manageability.

List the mega-moisturizing product you use this week.

**MIDDLE  
OF THE  
WEEK**

## Reflect and Correct

*And we know that all things work together for good to them that love God...*

Use this section to document the state of your hair, including softness, length, ability to hold moisture and styles. List one habit or tool you need to change to reach your hair goals.

**END  
OF THE  
WEEK**

*Honesty*

*Consistency*

*Faith*





Week 6

From

to

## Deep Conditioning

Hint: Add a tbs. herbal oil to your deep conditioner for added moisture retention.

List the deep conditioner you use this week. Include all proteins, hydrolyzed, and amino acids listed in the ingredients.

**START  
OF THE  
WEEK**

Moisture Rich  
Protein Rich

Dry Hair  
Damp Hair

Plastic Cap  
Plastic Cap w/Heat

## Mega-Moisturizing

Hint: Spray fenugreek tea in your hair 30 minutes before your mega-moisturizing session for increased manageability.

List the mega-moisturizing product you use this week.

**MIDDLE  
OF THE  
WEEK**

## Reflect and Correct

*And we know that all things work together for good to them that love God...*

Use this section to document the state of your hair, including softness, length, ability to hold moisture and styles. List one habit or tool you need to change to reach your hair goals.

**END  
OF THE  
WEEK**

*Honesty*

*Consistency*

*Faith*