



Washing dreadlocks is more important than you think...

IMPORTANT INFORMATION: PLEASE READ..

In the first **three weeks** your dreadlocks be will **very delicate** and you'll want to wash them about **every 5 days**. After they have had a chance to establish themselves a bit, usually after the 1st month, you should begin washing them every 2-3 days. **Always** use residue free shampoo when you wash your dreads. Not only will it **help** them mature faster, it will ensure that **new growth** continues to lock up. Soap residues **slow down** and in some cases prevent the hair from locking. Residues can also build up inside dreads increasing the time it takes for them to dry. This often leads to mildew growing inside the dreads. **Growing mildew is unhealthy** and it smells like you're wearing a sour gym bag on your head. Fortunately you don't have to go through all that!

Your choice Nylon Stocking or Shower Cap!

You can keep a nylon stocking on your head or just wear a shower cap while you shower for the first month or so. Yeah, I know you'll look a little ridiculous but it keeps the dreads from loosening up while they're wet. Pour some soap on your head, and lather it up through the stocking, then rinse it out really good. If you have rubber bands at the roots and tips wearing the nylon on your head is less necessary. More on using rubber bands later on...

A little bit of TLC never hurt anybody!..

After you wash your dreads, squeeze and shake the extra water out, then put them in a dry towel (one that doesn't shed) for about 10min. If your **dreads are pretty thick** you may need to put them in a second towel to suck more of the water out. Squeezing them with the **towel works well to**. Then **let them air dry** or dry them with a hair dryer. Do not stick your damp dreads in a tam and leave them there.

Dry , dry and yep!.. you guessed it DRY!

Getting them dry is very important. You'll probably notice that the inside of the dreads, especially thicker mature dreads, takes quite a while to dry. As long as you get the outside as dry as possible the inside will air dry without a problem unless it's packed full of slimy soap residue... They also have these nifty hair dryers that have a plastic bag which fills with hot air and dries your dreads



faster. These will leave your dreads tight and fluffy. You can purchase them at Darker Shades of Beauty.

Listen carefully.....tips on maintenance and the A B routine...

Only wax your dreads when they're dry. Warm them with a blow dryer while you wax them if possible. This will help the wax settle into the dreads. More wax does not make dreads lock up faster. You want to put enough that you can feel it on the dread, no more. You're not making candles, you know.

During the first three weeks

You'll want to keep some wax on the dreads all the time, you won't have to add wax every day, every 2-3 days should be plenty. Add more only when you can't feel it in the hair. A little goes a long way, when you are adding wax add small amounts at a time and work it in completely before moving on the next dread. As your dreadlocks mature a bit and feel tighter they will need less and less wax. Any time your dreads start to feel dry work some wax in to moisturize them. This will ensure you don't lose dreads due to breakage.

For best results wax your dreads a day

or so after you wash them. Use this wax free period to create new knots by clockwise rubbing. One routine that works really well is to alternate your maintenance weekly:

Follow these Weekly steps and you can't go wrong

WEEK ONE

Use wax and concentrate on palm rolling. This period will give your knots time to settle into dreads. Use the accelerator sparingly if at all. Don't worry about twisting, rubbing and creating new knots. If you have loose hair that needs to be dread balled do so right after you shower and dry the hair.. Wax after you finish.

WEEK TWO

Use accelerator and lock pepper to create lots of knots. Don't add any wax. This is the best time to use clockwise rubbing, finger rubbing and dread balling. Your dreads may look a lil' frizzy during this week but that's normal. As they mature their appearance will grow steadily better.

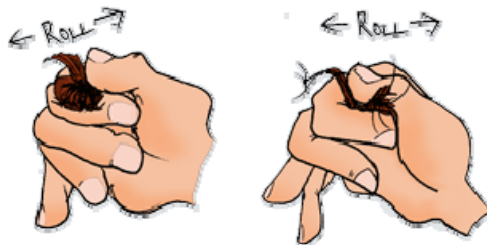


Dread Balling is a great way to take care of loose hairs



Here's the problem... loose hairs. It happens to even the most mature dreadlocks. The good news is they are easy to fix.

First you want to gather the hairs and figure out which dread they are closest to, which one they belong in. This can be a tough call. If you have a couple mirrors handy they can be useful if not I don't know, ask Jeeves. After you get a group of them that you know go together, roll them between your fingers as shown.



Try to fold the wad of hair as you are rolling. This will help them knot faster. In the second rolling picture you can kind of see the ends folded over looped back under the thumb (use your imagination!).



Continue to roll this hair until it knots into a small ball. This may take some time at first but once you get it down you'll be able to do it in less than a minute with your blast shield down. Strong with you the force is...

If you are having troubles make sure the hair is oil free. Wax does not help this process either. You will use wax soon but not yet. Right now clean dry hair is what you want. Clean dry hair sprayed with locking accelerator given a chance to dry will make knotting easier and if you have Lock Peppa this is the time to break it out. Peppa will make quick work of loose hair.



So after you get your ball, find a place in the base of the dread and stick the ball in. Twist and wrap it around the other hair as much as you can so it doesn't pop back out. Use a lil' wax to glue that bugger in there. You can also fire on a rubber band for a few days to hold the ball in the dread. As the dread grows the dread ball will dread in with the rest of the hair. Yippie no more loose hairs!

Finally the key to tight roots!! This seems to be the MOST effective way to lock up roots. Even mature dreads have some unknotted hair at the roots but clockwise rubbing makes an "instant" difference. In like 10 minutes of rubbing you will notice results. **Just grab a dread at the root about 1/4" from the scalp.** Squeeze it lightly between your scalp and the tips of your fingers **rub it in clockwise circles**, switch hands if you need to but remember to stay with the same clockwise direction. **Why clockwise?** It's because nearly everyone's hair grows in a clockwise whirl pattern on their scalp. Rubbing the hair around in this direction works with it's natural "grain" rather than against it.

After a couple minutes the dread should have a little "poof" or wad of knotty hair at the root. This is what you want. After all the roots are like this you can palm roll a tiny bit of wax into each one. **These poof's will quickly tighten** over the next week or so. Help them along by finger rubbing them and or palm rolling them. Products can either help or hinder this process depending on when and how you use them so it is important to get this part right.

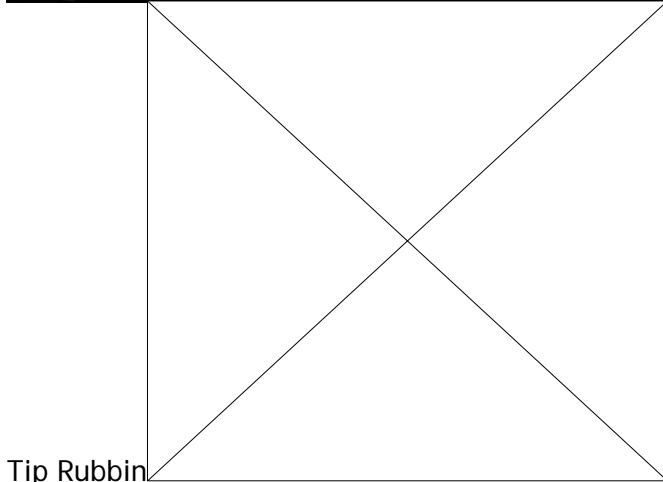


Here are some tips to get the most out of clock wise rubbing and the products:

- Clockwise Rubbing is a way of making knots. When you are trying to make knots you want clean hair with as much friction as possible. Lock Pepper is literally made for this so if ya got it, use it. You will be shocked and amazed!
- If you don't have Lock Peppa break out the Locking Accelerator it does a fine job improving friction, especially in clean hair.
- If you don't have Accelerator or Peppa, freshly washed and dried hair is much better than dirty hair.
- You always want to create knots when you have the least amount of wax in the hair. If you try this right after waxing it's not gunna work. The wax can be used after the knots are created to help them lock. Only a small amount is needed.
- Clockwise rubbing can be done in the shower as well. For best results wash and rinse your dreads like normal. Then soap them up all over again, you'll get mad suds. Now with the soap all over the hair clockwise rub the dreads...When you're done rinse them well. They will feel tight and fluffy when they dry...sweet!

Rubberbands and Clockwise Rubbing

Rubber bands actually make the clockwise rubbing easier. The hair you are rubbing is usually unlocked growth right at the scalp, and since the rubber bands are about 1/4" from the scalp they mark the perfect place to hold it . This will give the hair enough room at the root to form knots easily. You should always have any rubber bands at the roots snug but not tight. They should be tight enough that they will stay where you put them but if you attempt to roll them up or down the dread it should be possible to move the without much effort. The reason for this is that the hair needs a little room to form knots and adjust itself as it's dreading. If it's locked down too tight it can actually work against you. More on the subtleties of proper rubber band usage in the rubber bands section.



Tip Rubbin

Grab the dread about 1/2 and inch from the tip (the tip is end that is opposite the root) and squeeze it between your thumb and forefinger. Now press the tip that extends past your **thumb and fingers** firmly into the palm of your other hand. While pressing, rub the tip against your palm in a **circular direction** about **50 times** or until you get tired. You should notice the hair at the tip start to tangle and tighten and maybe flare out a bit. After you've rolled it and gotten it as tight as you tight and as tangled as you can, roll it in a **circular motion** between your fingers, much like finger rubbing. This will help tighten the knots a bit. If it doesn't feel very knotted you can go back to rubbing it in your palm and repeat.

After you get it nice and knotty it's time to finish it off. Roll it back an forth a few times with a little wax, it will flatten just a little and you'll end up with a nice looking tip. Now you can leave it as is if it feels like it will stay or you can use a rubberband to hold it. The **rubberband should be tight enough** that it's not going anywhere. If you have **Lock Peppa** you're going to love how easy and quick it makes this whole process. Work it into the hair before you begin and put a bit in your palm before you begin to rub it. It will take about a tenth of the time and you'll get much better knots.

FINGER RUBBING

Finger rubbing is great for making knots in the roots, tips and even the body of a dread. It can be used as an alternative to palm rolling in thinner dreads and it's the best way to make dread balls out of loose hairs that need to be stuck back into their dread. Again you're rubbing the hair in a circular motion, clockwise if possible, to create knots. How you hold the hair and the size of the circles will vary and that's fine. You'll figure out what works best for you with some practice. You'll probably do the majority of the **rubbing between your thumb and forefinger** (pointer finger) and you'll no doubt switch off hands as your fingers get tired. Of course the same ideas



apply hair as far as products go. Clean is great, clean and accelerator is better, clean with accelerator and a dash of lock pepper is Kick ASS!

PALM ROLLING

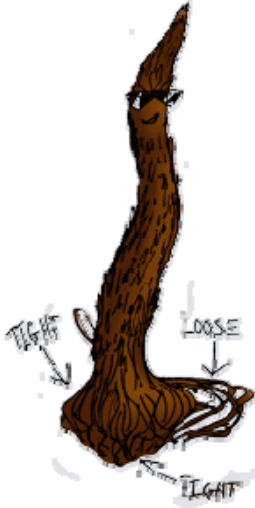
Palm rolling is used to help dreads tighten and get loose fuzzies matted into the dread. It works much better than "twisting" with the fingers. To palm roll you simply grab the dread between the base of your palms and rub it back and forth vigorously. It's a bit like rolling Play-Doh between your palms to make it long and skinny. **Rub the dread where it is loose**, usually at the roots. Palm rolling works well anytime but the best time to palm roll is right after washing your dreads and **spraying them** in locking accelerator and letting them dry with **Accelerator on them**. The hair will feel dry and fuzzy and it will tangle really easily. After a good palm rolling session, you can work a little dread wax into them to smooth them out.

Crocheting Dreadlocks

This is a method for **tightening up the loops on mature dreads**. Please note that crocheting should not be used for tightening roots. The problem with using it to tighten roots is that the hair at the base of the dread **that you have crocheted** will be twisted instead of dreaded. Loose hair at the roots can **eventually get knotty** and dread up but twisted hair will continue to lay twisted since it will be held at both ends. The **roots will look much better** right after you crochet them but the hair in the twist will never have a chance to get knotted and it will never dread. The **long term effect** of this will be dreads that look much thinner and bend more easily in some areas than others which makes them appear broken or weak in areas. And it kinda looks like a braid in the middle of your dread. So don't do it! :)

Used correctly however, crocheting is **still great for tightening up** the slack in dread loops that appear in the body of the dread. Remember that **ALL dreads** are supposed to have a little loose hair at the root, about an inch or so. This is where the dread will eventually start to dread itself. **Crocheting this hair** will make the dreadlock look tight but it will prevent it from dreading itself as it grows. The **dread needs** that area of loose hair to form tangles and knots which will eventually tighten to become new dread.

So how do you avoid these problems and get the most out of this technique? First only crochet mature dreads that are really loose in one area but tight in the others. One sign of this is a loop of hair sticking out of the dread. Use the crocheting to tighten the loop by sticking the dread through the loop and pulling it tight.



A dread that needs crocheting.



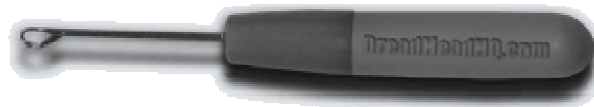
A dread crocheting itself. Dreads almost never do this in captivity.



You should only need to pull the dread though once to take up the slack in the loop. Over crocheting a dread will also cause it to twist or turn up instead of laying down with the rest and it can thin the dread as mentioned before. I would recommend giving the dread plenty of time to suck in the loop by itself. Only when you are sure that the loop is permanent should you crochet it.

Loose Hair in Dreadlocks

Ever seen a Loose Hair Tool?



Now you have!



This dread, named Ned, he said, Oh No! Loose Hairs! But it's OK! The dental floss threader is on the way to save the day! Ok Ned, I think you have been reading to much Dr Suess. (Most dreads really love Dr. Suess, and they like being read



to because they are just like kids. They need lotsa love and attention and sometimes



they can be a real pain in the arse). ☒

Besides just pulling straight hair through, which can sometimes slip right back out on you, you can also try dread balling the hair and then using the Loose Hair Tool to pull the knotted balls into the dread right where you want them. And another thing you can do is put a rubberband around the area, make sure the rubberband is snug, and not too tight. Too tight means the hair cannot move and find its place in the dread.



Now you have a nice healthy looking dreadlock without any loose hairs! You look FANTASTIC!!