

# Hair Rules Hair Health Quiz

How much do you know about protecting your hairline from damage?

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1. Brushing your hairline will help the hair grow.
  - a. True
  - b. False
2. You should avoid gluing baby hairs onto your weave.
  - a. True
  - b. False
3. Which method can damage the hairline?
  - a. Micro braids
  - b. Fusion weaves
  - c. Box braids
  - d. Any styling method that's done improperly
4. Which of the following conditions can cause a receding hairline?
  - a. Tight braids
  - b. Ponytails
  - c. Buns
  - d. All of the above
5. What type of wig cap is the least likely to cause hair damage?
  - a. Cotton caps
  - b. Nylon caps
  - c. Gel wig liners
6. You should remove bonding glue by...
  - a. Saturating the area with braid spray
  - b. Following the manufacturer's instructions
  - c. Having a professional remove it

## Answers:

- 1) b. False. To protect the delicate hairs along the hairline, you should avoid excessive brushing; instead, smooth edges with your fingertips and apply a nutrient-rich hair product.
- 2) a. True. These hairs can easily be ripped out when you remove the weaves.
- 3) d.
- 4) d.
- 5) c. Gel liners such as Comfy Grip Wig Liners have a therapeutic headband filled with medical-grade gel.

6) b & c. Removed improperly, bonding glue can rip hair out from the roots. Though you should remove bonding glue according to manufacturer's directions, you should have weaves professionally taken out.

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