A Five-Step Plan to Beautiful Naturally Curly Hair

August 1, 2014 By Mona Ramsey

The following tips done once each week can help you achieve the stunning locks you've always dreamed of--for real!

1. Prep. So here we go. Set aside 30 minutes before you plan on washing your hair. Apply a liberal amount of Eufora's Pure Polish drops to your mid shaft and ends. Cover with a shampoo cap or similar alternative. Often referred to by natural girls as "pre-poo," this step helps to protect delicate curly hair from the stresses of handling through the cleansing and detangling process.

2. Wash. Throughly cleanse hair using Eufora's Curl'n Enhancing Shampoo. This sulfate-free, light-weight formula provides a gentle cleansing experience which is essential for us textured girls. (Bonus tip: Eufora offers an excellent non-lathering co-wash option to maintain hydration between shampoos as needed with Eufora's Cleansing Cream.)

3. Condition. After gently squeezing excess water from your hair, follow up systematically with Eufora's Enhancing Conditioner. Start in the nape area and apply conditioner to the left and right side of the head--focus on the hair from the ears back. Repeat the same process with the remaing hair toward the front of your ears and top of the crown. After 3 minutes, detangle using your fingers or a wide-tooth comb. Rinse with cool water.

4. Define. Gently remove excess water using an old cotton T-shirt or a microfiber towel. This is a very important step to ensure frizz control. Next, divide the hair into six somewhat equal sections and apply Eufora's Forming Cream--make sure each strand is proper saturated. I love using this product because it gives bouncy definition to soft curls. Its anti-humectant properties provide the best frizz protection I've ever experienced when using a curl-forming product.

5. Seal. The ends of your hair often need a little extra TLC to combat dryness caused by age and wear and tear. Lightly spray the ends of each six sections of hair with a water bottle. Immediately apply a liberal amount of Eufora's Beautifying Serum to the ends of your tresses. This will provide extra protection and moisturize your ends while sealing the hair cuticle. Allow to air dry and enjoy. (Bonus tip: Maintain your stunning locks by wearing a protective style after applying Eufora's Forming Cream on your strands. Be sure to sleep on a satin pillowcase or cover your hair with a satin bonnet at night to protect it from being roughed up while you sleep.)

© 2026 Smart + Strong All Rights Reserved.