

— THE WIG WALL METHOD • WORKSHEET

Wash-Day Checklist

Follow it in order, every 7–14 days. The last step is the one most people rush — don't.

1 · Prep

- ☐ Pre-poo: coat hair in oil/conditioner to protect it through the wash.
- ☐ Detangle on slip (wet or with conditioner), fingers then wide-tooth, ends to roots.
- ☐ Section into 4–6 parts.

2 · Cleanse

- ☐ Shampoo the SCALP (not the lengths); massage with fingertips.
- ☐ Gentle/sulfate-free weekly · clarify about once a month.
- ☐ Second cleanse if the first barely lathered (that's buildup).

3 · Condition

- ☐ Deep condition 20–30 min (add a cap/steam for extra slip).
- ☐ Protein treatment ~monthly for strength; rinse cool to seal.

4 · Dry & Seal — the golden rule

- ☐ Seal damp hair: Liquid → Oil → Cream (L-O-C).
- ☐ DRY COMPLETELY to the roots before any unit goes back on (hooded dryer or full air-dry).