

— THE WIG WALL METHOD • WORKSHEET

Daily Hair-Care Routine

Five minutes a day keeps the hair under your wig moisturized, protected and growing. Tick it off — consistency is what grows your crown.

Every Morning

- ☐ Spritz a light leave-in or water-based moisturizer on your braids/scalp.
 - ☐ Seal with a few drops of oil (jojoba, argan or coconut) — focus on the ends.
 - ☐ Check your edges: nothing pulling, nothing tight. Loosen if it stings.
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Every Night

- ☐ Take the wig off so your scalp can breathe.
 - ☐ Wrap your hair in a silk or satin bonnet/scarf.
 - ☐ Quick scalp check — any soreness, itch or odor? Note it.
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2–3 Times a Week

- ☐ Massage a little oil into the scalp to feed it and boost circulation.
 - ☐ Re-moisturize and re-seal (the L-O-C method) to keep braids soft.
 - ☐ Make sure your wig cap is clean — rotate to a fresh one.
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