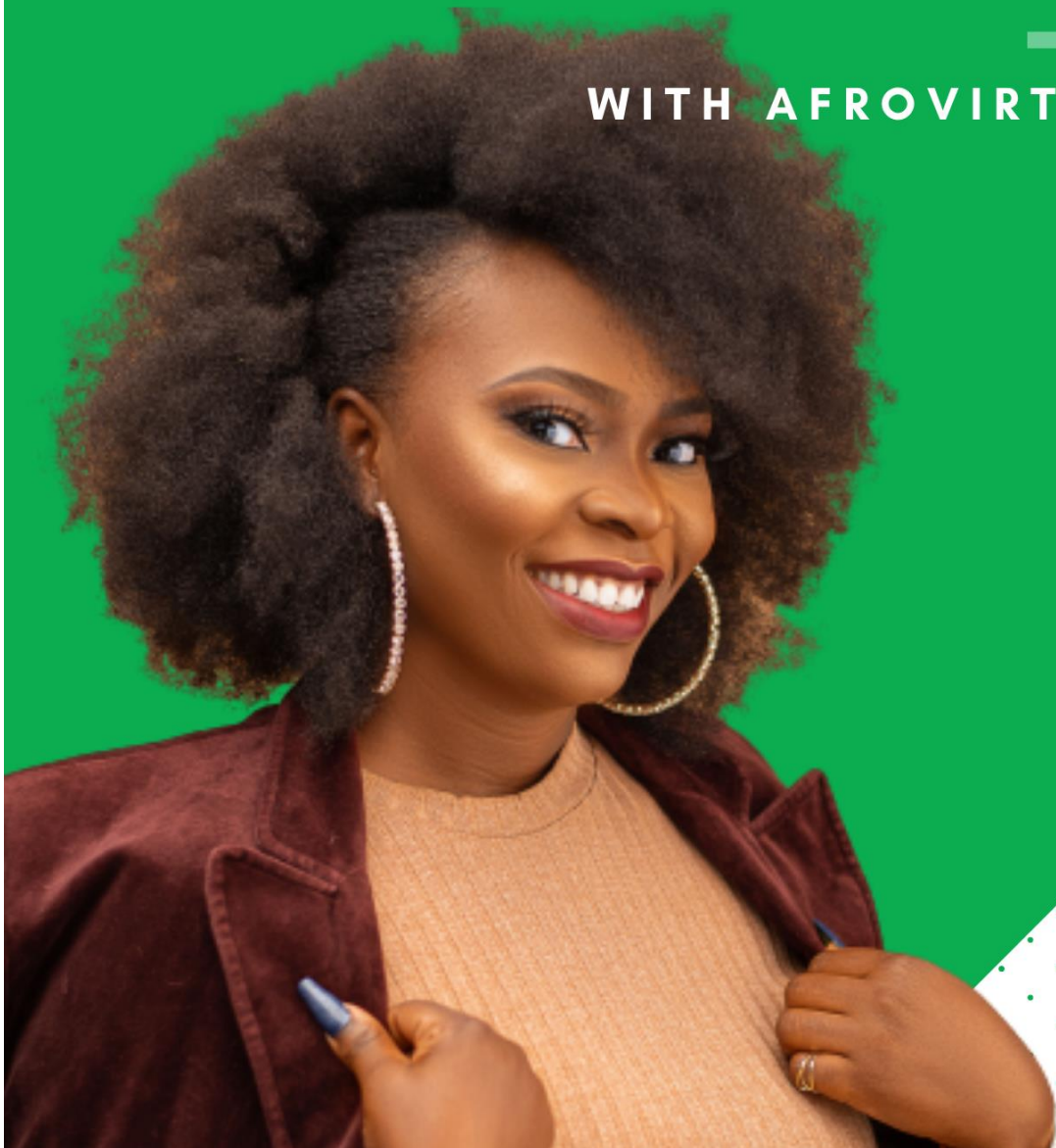




How To

GROW YOUR HAIR IN 7 DAYS

WITH AFROVIRTUES



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INTRODUCTION

The Afrovirtues Natural Hair movement started with a Vision to make available hair products made with 100% natural ingredients, to help cure all scalp & hair ailments.

Having listened & attended to several cases of damaged hair and scalp conditions over years of careful research, our professional team of Research & Development Chemists carefully formulated unique & special recipes infused with natural ingredients from Mother Nature. The quest started with a "Natural hair & scalp repair fund" though painstaking, deep and resource consuming, has provided a lasting solution, and has culminated in pleasant life changing results for thousands of people who used and testify to the efficacy of Afrovirtues products.

Afrovirtues products are made up of 100% natural ingredients gotten from nature and what herbs do is to first tackle the problem from the root. Remember, "Nature is like a mother. It does not rush. It knows what is best for us and it gives us what we need".

Our stash which is made up of 19 products have been formulated to effectively grow, maintain & nurture Big, Bold ,Beautiful & Healthy Natural hair.

DEDICATION

This book is dedicated to all everyone who has patronized us over the years, you are amazing and we appreciate your loyalty over the years.

We also want to use this opportunity to appreciate all our loyal customers who have consistently patronized us from inception till date. We solemnly promise to keep providing you with premium products that helps you at every step of your hair journey.

Afrovirtues provides premium hair packages for adults, kids, people with tough hair, bald spots, dandruff and so on. In this book, I will be giving out the most effective hair routine you can follow to achieve the results you desire after purchasing these premium packages.

Note: These routines are guaranteed to work when paired with Afrovirtues products. To purchase the products visit www.afrovirtues.com/products/

HAIR CARE ROUTINE FOR KIDS

This is a detailed wash-day routine for your baby for maximum results, with Afrovirtues products. The first thing to do is the hot oil treatment. This is done by pouring a small quantity of the Hair Growth Oil into a bowl and putting that bowl into hot/warm water to heat up the oil. Then use the heated oil to massage her scalp.

Note: The oil isn't meant to be too hot, gently test the hotness of the oil by placing a finger in it.

Next, cover her hair with a Satin Bonnet so the hair and scalp can absorb it properly, this should be done for about 30minutes. You can then wash her hair with shampoo and warm water. We advise you use warm water so the pores in her scalp can open up and the treatments can go in.

Then you apply the deep conditioner to her hair for 20-30 minutes depending on how full and tough her hair is. This process is to moisturize and soften her hair.

After deep conditioning, wash off with cold/ordinary water to close up the already opened up pores.

The next thing to do is to apply her Hair Growth Oil to her scalp and massage thoroughly.

Then you apply the Leave In Conditioner and Hair Growth Butter to her hair to seal in moisture and keep her hair moisturized.

NOTE:

Wash days should be done once in two weeks i.e twice a month

Daily Maintenance

For her daily hair maintenance, apply hair growth oil and hair growth butter once or twice a day, depending on how dry her hair is. Her hair always has to be kept moisturized to prevent breakage. If you apply the products to her hair at night, kindly ensure she goes to bed with a satin bonnet or sleeps with a satin pillowcase. Cotton materials have the tendency to drain out products from her hair, which will cause the hair to eventually break, while satin helps with moisture retention. We need the products to stay on her hair to work effectively.

[**FULL KIDS RANGE**](#)

HAIR CARE ROUTINE FOR ADULT

Firstly, it is advised to divide your hair into chunks and detangle properly. This process should be done with your hands first and then with your detangling brush. Also, detangle from the tip and work your way up to the root of your hair. Spray the detangler or apply the leave-in conditioner to aid this process.

After you detangle, twist your hair that has already been divided into chunks. This will help prevent your hair from shrinking which can lead to hair breakage.

Then you do the hot oil treatment. This process is done by putting a little quantity of your hair growth oil or dandruff oil into a bowl and then placing the bowl into another bowl of warm water to heat up the oil. You then use the heated oil to massage your scalp. This process will help to open up blocked pores due to dead skin cells or product build-up which will in-turn allow easy penetration of the products into your scalp (which is where most of the products need to go into). Use your scalp massager to aid this process.

The next step is to wash your hair with your shampoo and warm water. It is advisable to wash in twist so your hair does not shrink (if you're a naturalista) which could in turn lead to breakage. Washing in twists will also help you gain access to your scalp. Use scalp massagers to wash your hair. This will also help the shampoo sink easily into your scalp and aid even distribution of the products. Using warm water will also help open up your hair cuticles.

Then apply deep conditioner to your hair in sections starting from the tip of your hair. This is because the tip of your hair is the oldest part and should be cared for the most.

After deep conditioning, leave for 30 minutes. This will help soften your hair.

Then you wash off with cold water to close up the already opened up pores in your scalp.

Clean off the water in your hair with your microfiber towel. This towel helps dry off only the water and does not tamper with the products already on your hair. Its smooth and soft texture also prevents hair shedding and breakage.

After this, apply guava hair tonic, leave in conditioner, hair growth oil and dandruff oil. Ensure you rub it in all the way down to your scalp.

Then, apply the hair growth butter to your hair to seal in the moisture and apply your edge repair cream to your edges with your third finger and in a circular motion.

DAILY MAINTENANCE

Every day, apply guava hair tonic, daily hair moisturizer, hair growth oil and hair growth butter to your hair. Your edge repair cream should be used every day for maximum results. Preferably morning and evening.

[FULL ADULT RANGE](#)

HAIR CARE ROUTINE FOR STARTERS OR TRANSITIONING HAIR

This is a detailed wash day routine for people who are trying to transition from relaxed hair to Natural Hair; I recommend you follow this routine for maximum results and easy transition.

Firstly, it is advised to divide your hair into chunks and detangle properly. This process should be done with your hands first and then with your detangling brush. Also, detangle from the tip and work your way up to the root of your hair. Spray the leave-in conditioner to aid this process.

After you detangle, twist your hair that has already been divided into chunks. This will help prevent your hair from shrinking which can lead to hair breakage.

Then you do the hot oil treatment. This is done by pouring a small quantity of the Hair Growth Oil into a bowl and putting that bowl into hot/warm water to heat up the oil. Then use the heated oil to massage her scalp.

Note: The oil isn't meant to be too hot, gently test the hotness of the oil by placing a finger in it.

This process will help to open up blocked pores due to dead skin cells or product build-up which will in-turn allow easy penetration of the products into your scalp (which is where most of the products need to go into). Use your scalp massager to aid this process.

The next step is to wash your hair with your shampoo and warm water. It is advisable to wash in twist so your hair does not shrink which could in turn lead to breakage. Washing in twists will also help you gain access to your scalp. Use scalp massagers to wash your hair. This will also help the shampoo sink easily into your scalp and aid even distribution of the products. Using warm water will also help open up your hair cuticles.

Then apply Deep Conditioner to your hair in sections starting from the tip of your hair. This is because the tip of your hair is the oldest part and should be cared for the most.

After deep conditioning, leave for 30 minutes. This will help soften your hair. Then you wash off with cold water to close up the already opened up pores in your scalp.

Clean off the water in your hair with your Microfiber Towel. This towel helps dry off only the water and does not tamper with the products already on your hair. Its smooth and soft texture also prevents hair shedding and breakage.

After this, apply Daily Hair Moisturizer, Leave In Conditioner and Hair Growth Oil. Ensure you rub it in all the way down to your scalp. Then, apply the hair growth butter to your hair to seal in the moisture.

DAILY MAINTENANCE

Every day apply daily hair moisturizer; leave-in conditioner, hair growth oil and hair growth butter to your hair.

NOTE: Your edge repair cream should be used every day for maximum results.

[STARTER KIT](#)

HAIR CARE ROUTINE FOR RECEDING HAIRLINE/ EDGE REPAIR

As promised, below is a detailed wash day routine for you for maximum results with our products.

Firstly, it is advised to divide your hair into chunks and detangle properly. This process should be done with your hands first and then with your detangling brush. Also, detangle from the tip and work your way up to the root of your hair. Sprinkle some water to the hair to aid this process.

After you detangle, twist your hair that has already been divided into chunks. This will help prevent your hair from shrinking which can lead to hair breakage.

Then you do the hot oil treatment. This process is done by putting a little quantity of your hair growth oil into a bowl and then placing the bowl into another bowl of warm water to heat up the oil. You then use the heated oil to massage your scalp. This process will help to open up blocked pores due to dead skin cells or product build-up which will in-turn allow easy penetration of the products into your scalp (which is where most of the products need to go into). Use your scalp massager to aid this process.

The next step is to wash your hair with your shampoo and warm water. It is advisable to wash in twist so your hair does not shrink which could in turn lead to breakage. Washing in twists will also help you gain access to your scalp. Use scalp massagers to wash your hair. This will also help the shampoo sink easily into your scalp and aid even distribution of the products. Using warm water will also help open up your hair cuticles.

Then apply deep conditioner to your hair in sections starting from the tip of your hair. This is because the tip of your hair is the oldest part and should be cared for the most.

After deep conditioning, leave for 30 minutes. This will help soften your hair. Then you wash off with cold water to close up the already opened up pores in your scalp. Clean off the water in your hair with your microfiber towel. This towel helps dry off only the water and does not tamper with the products already on your hair. Its smooth and soft texture also prevents hair shedding and breakage.

After this, apply guava hair tonic and hair growth oil. Ensure you rub it in all the way down to your scalp.

Then, apply your edge repair cream to your edges with your third finger and in a circular motion.

DAILY MAINTENANCE

Every day, apply guava hair tonic and hair growth oil to your hair. Your edge repair cream should be used every day for maximum results.

[EDGE REPAIR/HAIR GROWTH PACKAGE](#)

[RECEDING HAIRLINE PACKAGE](#)

HAIR CARE ROUTINE FOR DANDRUFF

Firstly, it is advised to divide your hair into chunks and detangle properly. This process should be done with your hands first and then with your detangling brush. Also, detangle from the tip and work your way up to the root of your hair. Spray the detangler or leave-in conditioner to aid this process.

After you detangle, twist your hair that has already been divided into chunks. This will help prevent your hair from shrinking which can lead to hair breakage.

Then you do the hot oil treatment. This process is done by putting a little quantity of your dandruff oil into a bowl and then placing the bowl into another bowl of warm water to heat up the oil. You then use the heated oil to massage your scalp. This process will help to open up blocked pores due to dead skin cells or product build-up which will in-turn allow easy penetration of the products into your scalp (which is where most of the products need to go into). Use your scalp massager to aid this process.

The next step is to wash your hair with your shampoo and warm water. It is advisable to wash in twist so your hair does not shrink which could in turn lead to breakage. Washing in twists will also help you gain access to your scalp. Use scalp massagers to wash your hair. This will also help the shampoo sink easily into your scalp and aid even distribution of the products. Using warm water will also help open up your hair cuticles.

Then apply deep conditioner to your hair in sections starting from the tip of your hair. This is because the tip of your hair is the oldest part and should be cared for the most.

After deep conditioning, leave for 30 minutes. This will help soften your hair. Then you wash off with cold water to close up the already opened up pores in your scalp.

Clean off the water in your hair with your microfiber towel. This towel helps dry off only the water and does not tamper with the products already on your hair. Its smooth and soft texture also prevents hair shedding and breakage.

After this, apply daily hair moisturizer and dandruff oil. Ensure you rub it in all the way down to your scalp.

Then, apply the hair growth butter to your hair to seal in the moisture.

DAILY MAINTENANCE

Every day, apply daily hair moisturizer, dandruff oil and hair growth butter to your hair.

[DANDRUFF AND ANTI-ITCH PACKAGE](#)

HAIR CARE ROUTINE FOR HAIR GROWTH

Firstly, it is advised to divide your hair into chunks and detangle properly. This process should be done with your hands first and then with your detangling brush. Also, detangle from the tip and work your way up to the root of your hair. Apply your leave-in conditioner to aid this process.

After you detangle, twist your hair that has already been divided into chunks. This will help prevent your hair from shrinking which can lead to hair breakage.

Then you do the hot oil treatment. This process is done by putting a little quantity of your hair growth oil into a bowl and then placing the bowl into another bowl of warm water to heat up the oil. You then use the heated oil to massage your scalp. This process will help to open up blocked pores due to dead skin cells or product build-up which will in-turn allow easy penetration of the products into your scalp (which is where most of the products need to go into). Use your scalp massager to aid this process.

The next step is to wash your hair with your shampoo and warm water. It is advisable to wash in twist so your hair does not shrink which could in turn lead to breakage. Washing in twists will also help you gain access to your scalp. Use scalp massagers to wash your hair. This will also help the shampoo sink easily into your scalp and aid even distribution of the products. Using warm water will also help open up your hair cuticles.

Then apply deep conditioner to your hair in sections starting from the tip of your hair. This is because the tip of your hair is the oldest part and should be cared for the most.

After deep conditioning, leave for 30 minutes. This will help soften your hair.

Then you wash off with cold water to close up the already opened up pores in your scalp.

Clean off the water in your hair with your microfiber towel. This towel helps dry off only the water and does not tamper with the products already on your hair. Its smooth and soft texture also prevents hair shedding and breakage.

After this, apply guava hair tonic, leave in conditioner and hair growth oil. Ensure you rub it in all the way down to your scalp. Then, apply the hair growth butter to your hair to seal in the moisture and apply your edge repair cream to your edges with your third finger and in a circular motion.

DAILY MAINTENANCE

Every day, apply guava hair tonic, hair growth oil and hair growth butter to your hair. Your edge repair cream should be used every day for maximum results.

[BIG FRO KIT](#)

WASH DAY ROUTINE BALD PATCHES AND SPOTS

Firstly, it is advised to divide your hair into chunks and detangle properly. This process should be done with your hands first and then with your detangling brush. Also, detangle from the tip and work your way up to the root of your hair. Sprinkle little water to your hair to aid this process.

After you detangle, twist your hair that has already been divided into chunks. This will help prevent your hair from shrinking which can lead to hair breakage. Then you do the hot oil treatment. This process is done by putting a little quantity of your hair growth oil into a bowl and then placing the bowl into another bowl of warm water to heat up the oil. You then use the heated oil to massage your scalp. This process will help to open up blocked pores due to dead skin cells or product build-up which will in-turn allow easy penetration of the products into your scalp (which is where most of the products need to go into). Use your scalp massager to aid this process.

The next step is to wash your hair with your shampoo and warm water. It is advisable to wash in twist so your hair does not shrink which could in turn lead to breakage. Washing in twists will also help you gain access to your scalp. Use scalp massagers to wash your hair. This will also help the shampoo sink easily into your scalp and aid even distribution of the products. Using warm water will also help open up your hair cuticles.

Then apply deep conditioner to your hair in sections starting from the tip of your hair. This is because the tip of your hair is the oldest part and should be cared for the most. After deep conditioning, leave for 30 minutes. This will help soften your hair.

Then you wash off with cold water to close up the already opened up pores in your scalp.

Clean off the water in your hair with your microfiber towel. This towel helps dry off only the water and does not tamper with the products already on your hair. Its smooth and soft texture also prevents hair shedding and breakage. After this, apply guava hair tonic and hair growth oil. Ensure you rub it in all the way down to your scalp.

Then, apply the hair growth butter to your hair to seal in the moisture and apply your edge repair cream to your edges with your third finger and in a circular motion.

DAILY MAINTENANCE

Every day, apply guava hair tonic, daily hair moisturizer, hair growth oil and hair growth butter to your hair. REMEMBER: your edge repair cream should be used every day for maximum results.

[BALD PATCHES AND SPOTS](#)

HAIR STYLING ROUTINE

Firstly, it is advised to divide your hair into chunks and detangle properly. This process should be done with your hands first and then with your detangling brush. Also, detangle from the tip and work your way up to the root of your hair. Spray the detangler and leave-in conditioner to aid this process.

After this, apply daily hair moisturizer and detangler once again. Ensure you rub it in all the way down to your scalp. Then, apply the hair growth butter to your hair to seal in the moisture.

Then put your hair in large or small chunks depending on your method of styling and apply the curl defining cream.

STYLING KIT

WASH DAY ROUTINE FOR TOUGH HAIR

Firstly, it is advised to divide your hair into chunks and detangle properly. This process should be done with your hands first and then with your detangling brush. Also, detangle from the tip and work your way up to the root of your hair. Spray the detangler or leave-in conditioner to aid this process.

After you detangle, twist your hair that has already been divided into chunks. This will help prevent your hair from shrinking which can lead heightened toughness and eventual hair breakage.

Then you do the hot oil treatment. This process is done by putting a little quantity of your hair growth oil into a bowl and then placing the bowl into another bowl of warm water to heat up the oil. You then use the heated oil to massage your scalp. This process will help to open up blocked pores due to dead skin cells or product build-up which will in-turn allow easy penetration of the products into your scalp (which is where most of the products need to go into). Use your scalp massager to aid this process.

The next step is to wash your hair with your shampoo and warm water. It is advisable to wash in twist so your hair does not shrink which could in turn lead to breakage. Washing in twists will also help you gain access to your scalp. Use scalp massagers to wash your hair. This will also help the shampoo sink easily into your scalp and aid even distribution of the products. Using warm water will also help open up your hair cuticles.

Then apply deep conditioner to your hair in sections starting from the tip of your hair. This is because the tip of your hair is the oldest part and should be cared for the most.

After deep conditioning, leave for 30 minutes. This will help soften your hair.

Then you wash off with cold water to close up the already opened up pores in your scalp.

Clean off the water in your hair with your microfiber towel. This towel helps dry off only the water and does not tamper with the products already on your hair. Its smooth and soft texture also prevents hair shedding and breakage.

After this, apply leave in conditioner, hair growth oil, daily hair moisturizer and detangler. Ensure you rub it in all the way down to your scalp.

Then, apply the hair growth butter to your hair to seal in the moisture and apply your edge repair cream to your edges with your third finger and in a circular motion.

DAILY MAINTENANCE

Every day, apply daily hair moisturizer, hair growth oil and detangler to your hair. REMEMBER: ALWAYS spray the detangler before taking out protective styling or combing your hair and comb from the tip and work your way down to the roots.

[TOUGH HAIR PACKAGE](#)

LINKS TO ALL PRODUCTS

CLICK ANY LINK BELOW TO BUY



- [African Herbal Repair Shampoo](#)
- [Afro Comb – Black Fist Metal design](#)
- [Angled Nozzle Applicator Bottle](#)
- [Bald Patches and Spot Package](#)
- [Bald Patches and Spot Package- Economy](#)
- [Big Fro Kit – ECONOMY PACK](#)
- [Big Fro Kit- REGULAR](#)
- [Colorful Detangler Jumbo Wide Tooth Comb](#)
- [Comb Applicator Bottle](#)
- [Curl Defining Cream- REGULAR](#)

- Cute Elastic Shower Cap
- Daily Hair Moisturizer- REGULAR
- DAILY HAIR MOISTURIZER(125ML) ECONOMY SIZE
- DANDRUFF & ANTI ITCH OIL (50ML) ECONOMY SIZE
- Dandruff & Anti Itch Package- Economy
- Dandruff & Anti Itch-oil- REGULAR
- Dandruff Package- REGULAR
- Edge Repair Cream
- Edge Repair/Hair Growth Package
- Edge Repair/Hair Growth Package
- Electric Hair Steaming Cap
- FLAXSEED & ALOEVERTA DETANGLER (125ML) ECONOMY SIZE
- Flaxseed & Aloeverta Detangler- REGULAR
- FLAXSEED CURL DEFINING CREAM (150G) ECONOMY SIZE
- FRIZZ HERO LEAVE IN CONDITIONER (125ML) ECONOMY SIZE
- Frizz Hero Leave in Conditioner- REGULAR
- Full Adult Range – ECONOMY PACK
- Full Adult Range- REGULAR
- Full Kids Range
- Green Tea & Moringa Deep Conditioner
- GREEN TEA & MORINGA DEEP CONDITIONER (250G) ECONOMY PACK
- GUAVA HAIR TONIC SPRAY (250ML) ECONOMY SIZE
- Guava Hair Tonic: REGULAR
- Hair Clip (12pcs) Fashion Plastic Butterfly Clamps
- HERBAL HAIR GROWTH BUTTER- ECONOMY SIZE (150G)
- Herbal Hair Growth Butter- REGULAR
- HERBAL HAIR GROWTH OIL (50ML) ECONOMY SIZE
- Herbal Hair Growth Oil- REGULAR
- HERBAL REPAIR SHAMPOO(ECONOMY PACK)
- Kids Multi-Frootie Hair Growth Butter
- Kids Multi-Frootie Hair Growth Oil
- Kids No Frizz Hair Milk/Leave-in conditioner
- Kids Strawberry Burst Deep Conditioner
- Kids Strawberry Herbal Shampoo
- Kids Sweet Pine Body Butter
- Microfiber Towel Hair Wrap
- Professional Spray bottle (Big – 500ml)
- Professional Transparent Spray Bottle-250ml
- Receding Hairline Package
- Receding Hairline Package – ECONOMY PACK
- Scalp Massager (Silicone)
- Silky Satin Bonnet – Adult
- Silky Satin Bonnet – Kids
- Silky Satin Pillowcase
- Soft Baby Adjustable Shower Cap
- Starter Kit/ Must Haves – ECONOMY PACK
- Starter/Must Have Kit -Regular Pack
- Styling Kit – Regular
- Styling Kit- ECONOMY
- Tough Hair Package – ECONOMY PACK