

THE CROWN DECODED

4C HAIR ROUTINE GUIDE

A simple, practical guide to building a routine that works *with* your hair — not against it.

YOUR ROUTINE DOESN'T HAVE TO BE COMPLICATED.

*Start with the basics. Learn what your hair needs. Adjust as
you go.*

Crown Decoded

1. Your 4C Hair Routine at a Glance

Think of your routine as a few repeatable habits rather than a long list of products.

STEP	THE GOAL
1. Cleanse	Keep the scalp and hair clean without making your routine unnecessarily harsh.
2. Condition	Add slip and softness so the hair is easier to handle.
3. Detangle	Reduce unnecessary pulling, tugging and breakage during handling.
4. Moisturize	Support manageability and comfort based on what your hair actually needs.
5. Protect	Choose styles and habits that minimize unnecessary tension and manipulation.

The Crown Decoded rule

If a step makes your hair harder to manage, causes repeated discomfort, or adds unnecessary manipulation, pause and rethink the method—not just the product.

A routine should be sustainable. The best routine is one you can understand, repeat and adjust.

2. Wash Day Checklist

Your wash day does not need to be a marathon. Keep the process organized and handle your hair gently from start to finish.

Before you start

- Gather your cleanser, conditioner/deep conditioner, detangling product and styling products.
- Separate your hair into manageable sections if that makes handling easier.
- Have a towel or T-shirt ready so you are not rushing at the end.

Cleanse + condition

- Focus cleansing on the scalp and rinse thoroughly.
- Apply conditioner and give it enough time to provide slip.
- Use your fingers or a suitable tool to work through tangles gently.
- Rinse according to what leaves your hair feeling comfortable and manageable.

Finish

- Apply leave-in or moisturizer if your routine calls for it.
- Choose a low-manipulation style if you are not wearing your hair loose.
- Avoid immediately piling on multiple products just because they are available.

3. Detangling + Breakage Prevention

Detangling is one of the moments when technique matters most. Your goal is not to force every knot out quickly; it is to make the process as controlled and gentle as possible.

Detangling checklist

- Work in sections rather than trying to handle your whole head at once.
- Use enough conditioner or a detangling product to create slip.
- Start at the ends and gradually work upward.
- Use your fingers first when that helps you locate stubborn tangles.
- Avoid repeatedly dragging a comb through a knot.
- If a section becomes difficult, add more slip and slow down.

To reduce unnecessary breakage

- Reduce rough handling during washing, drying and styling.
- Avoid styles that consistently cause pain or excessive tension.
- Give your hair breaks from prolonged or highly manipulative styling.
- Pay attention to where breakage happens and look for patterns.
- Keep your routine simple enough that you can follow it consistently.

Remember: some shedding is normal. A sudden or significant change in hair loss, scalp symptoms or hair condition is a reason to speak with a qualified healthcare professional.

4. Moisture Between Wash Days

There is no universal amount of moisture every head of 4C hair needs. Instead of refreshing on autopilot, use how your hair feels and behaves as a guide.

Quick moisture check

- Does my hair feel unusually dry or difficult to manipulate?
- Does it feel comfortable and manageable after my normal routine?
- Am I adding product because my hair needs it—or simply because it is wash day?
- Am I layering products without knowing what each one is doing?
- Would a lighter refresh work better than adding another heavy layer?

Between-wash habits

- Refresh only when your hair needs it.
- Use a manageable amount of product rather than saturating the hair.
- Minimize unnecessary combing and restyling.
- Protect your hair at night with a satin/silk-friendly method if it works for you.
- Pay attention to scalp comfort as well as how the hair feels.

Product reminder

More products do not automatically mean more moisture. Build around a few products that each have a clear job, then adjust based on your results.

5. Is Your Routine Working?

Use this check-in every few weeks—or whenever something changes.

- My scalp feels comfortable between wash days.
- My hair is reasonably manageable for my chosen style.
- I can detangle without excessive pulling or frustration.
- My routine does not require an unrealistic number of steps.
- I understand what each of my main products is for.
- My styling choices are not repeatedly causing pain or excessive tension.
- I am noticing patterns in dryness, tangling, breakage or buildup.
- I am willing to change a step when it clearly isn't working for me.

If you checked mostly YES

Keep going. You don't need to reinvent your routine every time a new product or trend appears.

If you checked several NOs

Change one or two things at a time. A routine is easier to troubleshoot when you know which change made the difference.

THE CROWN DECODED REMINDER

Healthy-looking hair care is less about having the biggest product collection and more about consistent, gentle habits that suit your hair and lifestyle.

6. Your Crown Decoded Routine Card

Fill this in after a few wash days. The goal is to create a routine you can actually maintain.

MY ROUTINE	WHAT I USE / DO
Cleanse	_____
Condition	_____
Detangle	_____
Moisturize	_____
Style / protect	_____
Night routine	_____

What I want to improve

A note from Crown Decoded

Your hair doesn't need to behave like anyone else's. Use this guide as a framework, pay attention to your own results, and make changes gradually.

For more practical 4C hair care guides, visit crowndecoded.com.

Educational resource only. This guide is not medical advice and does not replace individualized advice from a qualified healthcare professional.