



The Good Hair Guide

5 Tips for Hair Growth & Length Retention

Your Krown is Fixed, Queen 👑

www.kiynkykoilz.com

All contents copyright © 2021 by Kiyanky Koilz. All rights reserved. No part of this document or accompanying files may be reproduced or transmitted in any form, electronic or otherwise, by any means without the prior written permission of the publisher.

This ebook is presented to you for informational purposes only and is not a substitution for any professional advice. The contents herein are based on the views and opinions of the author and all associated contributors.

While every effort has been made by the author and all associated contributors to present accurate and up-to-date information within this document, it is apparent technologies rapidly change. Therefore, the author and all associated contributors reserve the right to update the contents and information provided herein as these changes progress. The author and/or all associated contributors take no responsibility for any errors or omissions if such discrepancies exist within this document.

The author and all other contributors accept no responsibility for any consequential actions taken, whether monetary, legal, or otherwise, by any and all readers of the materials provided.

Readers' results will vary based on their individual perception of the contents herein, and thus no guarantees can be made accurately. Therefore, no guarantees are made.



Table of Contents

- Welcome to the Tribe
- Our Products
- All About Textures
- Five Tips for Hair
Growth & Length
Retention



Welcome to the Kiynky Tribe!

Make Sure to Stay Connected With Us!



1. www.kiynkykoilz.com



The Good Hair Guide

Hey Queen Welcome to the Kiyinky Tribe!

We are happy that you are here. Kiyinky Koilz believes in Queens fixing other Queen's Crowns!

Our products were created to help you nurture and grow healthy hair from the inside out. We currently offer our handcrafted Ayurvedic Drops of Joi Growth & Repair Elixir that are infused with CBD Oil and our Kiyinky Hair, Skin, and Nails Supplements contain DHT Blocker. Our products can be used individually, but they are better when they are used together.

Created during the beginning of the Pandemic out of necessity, using one of the world's oldest healing systems Kiyinky Koilz was born. Our products were formulated to help you grow inches all while promoting healthy hair. Healthy Hair is Good Hair!

We believe in Good Hair so much that we created this guide to help you nurture your Crown and give you our top 5 Tips to Help You with Hair Growth and Length Retention!



Our Products

Drops of Joi Growth & Repair Elixir

&

Kiyinky Hair, Skin, & Nail Supplement
w/DHT Blocker



The Good Hair Guide

About Our Drops of Joi Growth & Repair Elixir



These handcrafted drops are infused with CBD Oil and are crafted with Ayurvedic oils.

CBD Oil can help stimulate your hair follicles which are the root of your hair growth. Our Ayurvedic Oil combination is perfectly crafted to nourish and further promote hair growth stimulation. Massaging our Drops of Joi onto your scalp will help promote blood circulation and lead to increased hair growth.



The Good Hair Guide

About Our Kiyinky Hair, Skin, & Nail Supplement with DHT Blocker



Our supplements are formulated to help promote hair and nail growth as well as clear skin. Unlike other Hair, Skin, and Nail vitamins our supplements are formulated with DHT Blockers. DHT Blockers promote healthy hair by preventing DHT from impairing hair follicles. DHT binding to hair follicles is a hormonal cause that leads to female pattern baldness (androgenetic alopecia).



The Good Hair Guide

1 year growth results using Kiyinky Koilz



before



after



Hair Textures

There are three types of hair textures:

Fine, Medium, and Coarse.

Natural Hair Types

Wavy, Curly, and Koilz



Hair Textures

Fine:

- Most Fragile
- Individual hair strands are thin
- Two layers: Cortex & Cuticle
- Too much product easily weighs hair down
- Doesn't hold styles well

Medium:

- Most common texture
- Hair strands have 3 layers: Cortex, Cuticle, & Medulla
- More resistant to breakage

Thick/Coarse:

- Gives the impression of fuller hair
- Three layers: Cortex, Cuticle, & Medulla
- Most tolerant to hair styling
- Tends to take longer to dry and is more prone to frizz in humidity



Natural Hair Types

Wavy:

- S waves
- Easily prone to frizz

Curly:

- S curls
- Prone to frizz
- Can lack curl definition
- Prone to dryness & shrinkage

Koilz (Coily):

- The tightest curls can be a combination of S and Z curls
- Most fragile hair type
- Prone to dryness & shrinkage



5 Tips for Hair Growth & Length Retention



Get Haircuts on the Regular

Get your ends trimmed regularly. Now we know what you are thinking, "Girl, how does cutting your hair make it grow?"

Keeping your ends clipped on a regular basis will help you grow your hair by preventing the spread of split ends and helps to get rid of fairy knots (you want to prevent them from getting larger).

Your ends are the oldest part of the hair strand and as your hair grows out the ends of your hair may become raggedy and dry. This is a natural part of the hair growth cycle and it's ok, but you want to make sure to keep them clipped. Cut a little ($\frac{1}{4}$ - $\frac{1}{2}$ inch) now to avoid a big chop in the future.



2

Protect Your Hair

Protect your hair at night. Wear your bonnet sis. When our hair rubs against certain elements like cotton, it dries our hair out, makes it brittle, and that's when our hair may begin to break. If you don't like wearing a bonnet then sleep on a satin pillowcase.

Protect your hair when wearing hoodies and hats as much as possible. Invest in satin-lined hats and baseball caps.



Protective Styling

Protective styling is a great way to limit the manipulation of your hair. Depending on your hair texture and type it may be more prone to breakage. Limiting how often you style your hair and wear it out, is a great way to preserve the integrity of your hair.

Protective Styling Ideas:

- Two Strand Twist/Three Strand Twist
- Individual Braids (natural hair only)
- Box Braids and Knotless Braids
- Sew-Ins
- Quick Weaves
- Wigs
- Headwraps



Hair Care Routine

What you do to your hair matters. So girl, make sure that you love on your hair as much as possible.

- **PrePoo:** Moisten your hair with water or a combination of water and aloe vera and apply Drops of Joi to your hair. We suggest sectioning your hair in large sections and once you apply the Elixir finger detangle as much as possible. This will help with manageability during and after shampooing.
- **Daily Massage:** Apply 5 to 20 drops of our Drops of Joi to your scalp. Using the balls of your fingers massage the elixir in a circular motion to your scalp.
- **Hot Oil Treatment:** Heat a few drops of your Drops of Joi in the microwave for about 10-15 seconds. You want the oil to be warm and not hot. Applying our Elixir from root to tip. Massage the Elixir into your scalp. You want to use the ball tips of your fingers in a circular motion. This will help stimulate blood circulation in your scalp.



Hair Care Routine Continued

- **Deep Conditioning:** Add 15-20 Drops of Joi to your favorite conditioner. Using a plastic cap (or plastic shopping bag we are not judging you sis) and sit under your hooded dryer for 15 minutes or you can use a hair steamer.
- **Styling:** LOC (Liquid, Oil, Cream) or LCO (Liquid, Cream, Oil). "L" stands for liquid which is water or water-based. Water is the only way to moisturize your hair. This can be just straight-up water or even maybe a water-based leave-in conditioner. "O" stands for Oil. This is where our Drops of Joi Growth & Repair Elixir come into your hair routine. Oil is a great sealant for your hair. Either you will apply the oil after your liquid or you will apply it after your cream. The goal is to "trap" the moisture into your hair follicle and seal it all in. "C" stands for cream. You want to make sure that you use a cream that's the first ingredient is water or aloe vera.



Massage Your Scalp

Massaging your scalp will help to get your blood to circulate. Good blood circulation helps to stimulate healthy hair growth by causing the skin around your hair follicles to stretch. This in turn will aid in the growth of thicker hair.

By massaging our CBD-infused Drops of Joi Growth and Repair Elixir (CBD Oil has been known to assist with blood circulation) you are providing your scalp with a non-toxic way to begin producing more sebum (natural oil) leading to a healthier scalp that will produce more healthy hair follicles.

Using the ball of your fingertips, in circular motions massage your scalp. We suggest doing this on a regular basis.

