



Braids

What Products Do I Use If I'm Getting Braids? Prep, Maintain, And Protect Your Hair From Install To Takedown.



What Do I Use To Maintain My Braids?

Prep right, moisturize on schedule, and keep your hair healthy underneath.

Read This First

Your products will only work as well as your hair will allow. If you're dealing with a moisture, protein, or bond issue, you'll struggle somewhere in your style. If that's you, I highly suggest you [join a challenge](#) so we can help you restore your hair's health, your styling will hit a thousand times better.

I Before Your Install

Prep Your Hair The Right Way

1. Shampoo with moisture, [Joico Moisture Recovery](#)
2. Condition with protein, [Instacure Conditioner](#)
3. Do a moisture mask, [Honey Crème Masque](#)
4. Spray in [Mizani Miracle Milk](#) + [Flourish Cream-Oil](#)
5. Blow dry, then get your braids installed

II

Maintenance, Every 5 Days



Keep Moisture In Between Washes

1. Spray [Mizani Miracle Milk](#) into your hand
2. Add a pump of [Flourish Cream-Oil](#)
3. Squeeze it into where your braids are

III

Week 4, Wash Your Braids



Refresh On A 30-Day Cycle

1. Wash the braids
2. Spray in [Mizani Miracle Milk](#)
3. Apply [Flourish Cream-Oil](#)
4. Pump in [Flourish Hydrating Foam](#)
5. Tie the hair down and rinse

Repeat this same wash every 30 days while your braids are in.

How Long To Keep Them In

We recommend leaving braids in for a maximum of 7 to 8 weeks. Beyond that, you risk matting, breakage, and stress on your hair and scalp.

The Braids Rule

Prep with moisture + protein, moisturize every 5 days, wash every 30, and take them down by week 7 or 8.

Happy Growing!

Join the Next Challenge

Step-by-step guidance, routines, and support for your healthiest hair yet.

Join our Email List

A summer full of tips, discount codes, and first dibs as a Flourish Insider.

Book an Appointment

Ready to flourish? Book your appointment with one of our curl specialists.