

What Do I Use For A Twist Out or Braid Out?

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.

Braid outs and twist outs are exactly the same, just braided or twisted. The big choice is whether you do it on wet hair (more springy, more shine) or blow-dried hair (more fluffy and elongated). Pick your result, then follow that path.

THE LONGEVITY TRUTH

The longer you leave your twists in, the longer your twist out holds. Twist in for 2 days, expect a 2-day twist out. Leave them a week, get about a week. This assumes healthy hair, a good trim, and no dehydration, ends that haven't been trimmed in 6+ months or hair fighting dryness won't perform the same.

I

On Wet Hair (Springy, Shiny)



Fine or Low-Density Hair (Two Strands or Flat Twists)

1. [Mizani Miracle Milk](#)
2. A little [Flourish Cream-Oil](#)
3. [Flourish Hydrating Foam](#)

Want more hold? Add [Flourish Moisturizing Gel](#) or [Flourish Moisture Butter](#) after the foam, either is fine. Then dry under a dryer.

Normal to High-Density Hair (Two Strands or Flat Twists)

1. [Mizani Miracle Milk](#)
2. A little [Flourish Cream-Oil](#)
3. [Flourish Hydrating Foam](#)
4. Add [Flourish Moisturizing Gel](#) or [Flourish Moisture Butter](#)

Both perform beautifully, it's just preference. [Butter](#) is creamier and thicker; [Gel](#) is waterier and thinner. Dry under a dryer.

II

On Blow-Dried Hair (Fluffy, Elongated)



Flat Twist Or Twist Out On Blow-Dried Hair

1. [Mizani Miracle Milk](#)
2. [Flourish Cream-Oil](#)
3. Blow dry it in
4. On dry hair, apply [Flourish Moisture Butter](#), emulsify in your hands, glide down the section, then twist or braid

Use the [Butter](#) only on blow-dried hair. The [foam](#) or [gel](#) will wet the hair and revert it, undoing your blow-out and the elongated look.

III

Taking It Down & Making It Last

The Takedown

Put [Flourish Cream-Oil](#) on your hands, then take the twists down with the cream-oil on your hands for a smooth, soft separation.

There Is No "Refreshing" a Twist Out

If you put product on it during the week, it'll revert. If a section gets bent out of shape and you must retwist it once: add water, retwist, and keep it moving, you should feel the product reactivate. If anything, add a little [Flourish Hydrating Foam](#), nothing heavy.

Please Don't Do This

Do not twist your hair every single night to maintain a twist out. You will destroy your hair that way. Let it live, the longer the original twists were in, the longer it lasts.

The Twist Out Rule

Wet for spring, blow-dried for fluff. The longer it's twisted, the longer it lasts, and don't retwist nightly.

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.