

Find Your True Porosity

A step-by-step guide to finding your porosity and building a regimen that fits your hair.





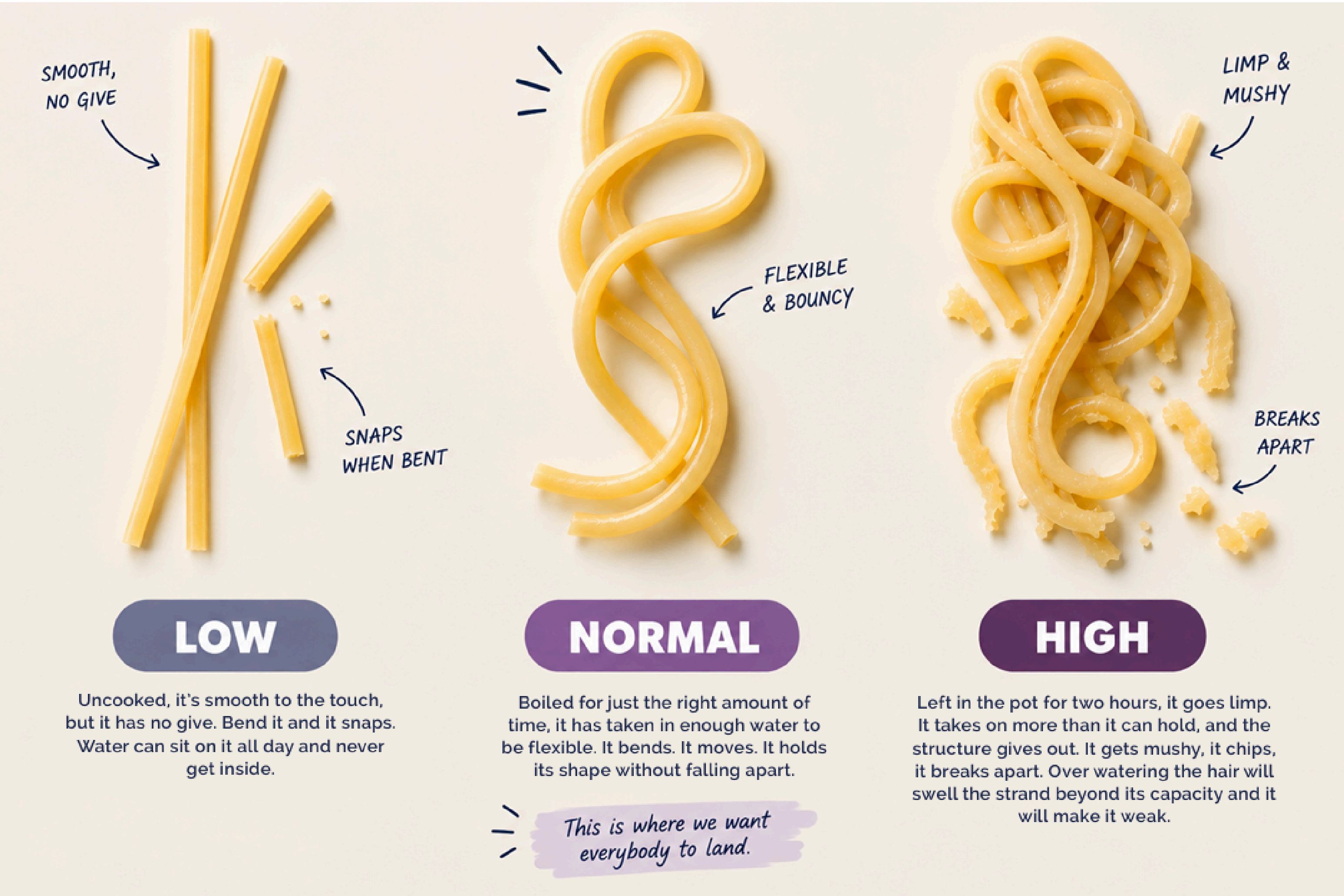
Follow this step-by-step method to determine your true porosity.

At Flourish Curls Salon, we believe understanding your porosity is the key to unlocking your hair's full potential. Porosity is not about curl type, length, or thickness. It is about how your hair absorbs and retains moisture. And here is the part most people never get told: porosity is not a personality type. It is a position on a scale, and you can move along it.

Think about a spaghetti noodle. Uncooked, it is smooth to the touch, but it has no give. Bend it and it snaps. Water can sit on it all day and never get inside. That is low porosity.

Boiled for just the right amount of time, it has taken in enough water to be flexible. It bends. It moves. It holds its shape without falling apart. That is normal porosity and where we want everybody to land.

Leave that same noodle in the pot for two hours and it goes limp. It takes on more than it can hold, and the structure gives out. It gets mushy, it chips, it breaks apart. That is high porosity.



Every noodle in that pot is the same noodle. The only difference is water and time. Your hair works the same way, color, heat, weather, styling, and time all move you along that scale.

And let's be clear... you cannot find your porosity by putting a strand in a glass of water. That "test" is more of a party trick than a science experiment. It tells you nothing about your real, living hair, especially if you have products, oils, or buildup sitting on your strands.

We are going to walk you through The Flourish Way, a step-by-step method we use in the salon to read your hair's true porosity.

I

Start With A Clean Slate

Buildup, grease, butters, silicones, and even hard water minerals can fake out your porosity signs. We have to see your hair in its natural state, naked and honest.

The Flourish Prep Process

1. First, wash your hair with a moisturizing shampoo like [Food For Soft Shampoo](#), or the [Design Essentials Honey Creme Shampoo](#).

We want to detangle your hair prior to using a clarifying shampoo. So make sure your hair is completely detangled prior to moving onto the next step. If you would prefer, you can also pre-detangle with a conditioner. Either way, we want to make sure your hair is completely detangled before moving on to the next step.

2. Apply the Malibu Hard Water Wellness Packet* and work it through your hair for a deep mineral cleanse. This removes hard water deposits chlorine, and any lingering residue. *optional, not mandatory

3. Wash with [**Malibu Un-Do-Goo Clarifying Shampoo**](#). When you shampoo with the Un-Do-Goo, do two washes until it rinses clear and thoroughly. (If you did the Malibu hard water wellness packet in step 2, you only need to do one wash instead of the two.)

4. Afterwards, apply a [**hydrating conditioner**](#). Allow to sit for a minute, make sure all your strands get the conditioner. Rinse thoroughly and do not towel dry and do not apply any products whatsoever. You can squeeze water out of your hair so its not dripping, but don't do anything to absorb the water, and don't shake the water out. We need your hair in its raw form for this test.

5. Use your hands to smooth through the section to smooth all the strands as if you were smoothing the hair into a ponytail. Use your hands to smooth all the hair so it starts in a neutral space.

Check out our [**Wash Day Bundle Videos**](#) at [**flourishcurls.com**](https://flourishcurls.com)



II

Observe & Analyze

Observe your hair in the mirror in 5 minute increments up to 20 minutes just to see what you notice. Do you notice any curls clumping? Definition? Frizz? Shine? Dullness? Do you notice any water on the hair? Shrinkage? Or anything?

Pay close attention to two things above everything else: **frizz** and **curl** clumping. Those two are going to tell you more than anything else on this list, not just about your porosity. We will come back to them.

Now it's time to put it all together. Please see chart on next page.

Hair Porosity Signs

	Low	Normal	High	Combo
80% Dry In Under 20 Minutes			X	X
Frizzes			X	
No Visible Pattern			X	
Curl Definition	X	X		
Visible Pattern	X	X		
Curls Clump	X	X		
Shine	X	X		
Dull		X	X	X
No Curl Definition			X	X
Still 80% Wet After 45 Minutes	X			X
Water Sits On Hair	X	X		
Water Disappears			X	
Hair Doesn't Appear Wet			X	X
Smooth Strands	X			X
Rigid Feel			X	X

Signs Of High Porosity

- Hair soaks up water instantly and doesn't look wet
- Cuticle feels rough and a little ridged when you run your fingers down the strand
- Curls separate easily and need product to clump

- Frizz appears right away with no product
- Low to no visible pattern

Signs of Medium (Normal) Porosity

- Hair absorbs water easily but not instantly
- Naturally clumps together without product
- Maintains definition for a while before frizz appears
- Feels smooth but with a little texture

Signs of Low Porosity

- Water beads or rolls off at first
- Takes extra time to get fully saturated
- Holds curl definition without product
- Feels very smooth and almost waxy to the touch
- Has shine without product

III

What Did I See?

Now it's your turn! Put an **X** next to what you observe with your hair, then count the Xs in each column. The column with the most Xs reveals your hair porosity.

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80% Dry In Under 20 Minutes				
Frizzes				
No Visible Pattern				
Curl Definition				
Visible Pattern				
Curls Clump				
Shine				
Dull				
No Curl Definition				
Still 80% Wet After 45 Minutes				
Water Sits On Hair				
Water Disappears				
Hair Doesn't Appear Wet				
Smooth Strands				
Rigid Feel				

What Your Clumping Is Telling You

Your porosity is only half of what you just learned. The other half is how much work your products are going to have to do.

A curl clump is just a group of strands in one section that found a common pattern. Strands that do not share a pattern swell away from each other, and that is what frizz is. This is also why tighter textures tend to show smaller clumps. It is not a flaw. It simply means fewer strands are agreeing with each other at any given point along the strand.

Why It Matters

Water is the weakest clumping agent there is. It has no hold. No film. No polymer. It is nothing but wet strands pulling toward each other.

So if a clump forms with water alone, those strands genuinely share a pattern. They want to be together. Your product only has one job, to **hold** what is already there.

If nothing clumps with water alone, your hair is telling you those strands do not agree with each other. Now your product has two jobs, **pull the strands together into a clump**, and then **hold them there**. That is more product. Harder hold. And it will not last as long, because it is maintaining a shape your hair did not make on its own

Important Note

If you saw a visible curl pattern on clean, product-free hair, a wash and go will be easier for you to achieve. If you did not, it is not impossible. It is just going to take more product and more hold. Not because your hair is difficult. Because you are asking product to do two jobs instead of one.

This is not just a wash and go rule. If you are doing two strand twists, braid-outs, or anything else, the same principle applies. What your hair does with water alone tells you how much your products have to make up for



Combo Porosity Is Totally Normal

It is very common to have different porosities in one head of hair. For example, the top part of your hair could definitely be more porous than the rest, because that is the part that is exposed to all of the elements: scorching hot showers, friction from laying down, sitting on the couch, etc.

Whereas the hair underneath, is protected by the hair on top so it tends to be softer, smoother to the feel, and sometimes even looser depending on genetics.

We also see this happen for those who have worn sew-ins or wigs that have required a leave-out. The leave-out has a different texture and pattern than the rest of the hair, because it has been manipulated more than the hair that was braided up the rest of the entire time. So think about it this way, any hair that is over exposed, over manipulated, and over touched will most likely be more porous than hair that is left alone

Why It Happens

- The top layer sees more sun, wind, and heat tools
- There is friction from hats, scarves, and pillowcases
- Natural genetic variation plays a role

For example, the top layer of hair might feel more rigid and need extra moisture and layering, while the underneath or perimeter feels smoother, clumps easier, and holds curl with less effort

Gray Hair

You are in a world of your own, sister. This is where it gets tricky.

Gray hair has a thickened cuticle due to the loss of pigment or melanin inside the hair strand, so it can behave like low porosity hair by being resistant to water and products, however, it can be frizzy and may need a double product to lay the strands down like high porosity hair. This does not mean gray hair is high porosity, it just resembles the characteristics of being frizzy and needing a double product.

And this actually happens as the hair loses melanin. The structure inside the cortex, where the bonds are, starts to weaken, and that's how we get texture loss. It becomes wiry, which leads to frizz, and why one product won't hold it down. And this is what makes it similar to high porosity hair.

Gray hair struggles with bond issues, so it needs to be approached with bond treatments and moisture for its manageability

Where are you Trying to Go

Once you know where you are on the scale, the goal is the same for everybody: **move toward the middle.**

Normal porosity is where hair simply behaves. It clumps without a fight. It takes product and keeps it. There may be some frizz, and that is completely normal. We are not chasing perfect, we are

chasing the middle, because the middle is where everything else gets easier.

Here is the part that surprises people: both ends of the scale look like dryness.

They are dry for opposite reasons.

Low porosity is dry because nothing gets in. The cuticle is sealed tight. What you apply sits on top and coats the strand instead of going into it. Your hair can feel smooth, almost waxy, and still be dehydrated underneath, which is exactly why so many people misjudge it. Smooth felt like healthy.

High porosity is dry because nothing stays in. The cuticle is raised or compromised, so moisture and product go in and leave just as fast.

Same symptom. Opposite mechanism. Opposite fix

If You Are Low Porosity

You are not damaged. You have a maintenance requirement.

The work is **softening**. Lighter products, lighter creams, and less of them. You do not want to suffocate a strand that is already resistant. Shampoo and condition more often, and do not go too long between wash days, because keeping that cuticle soft and receptive is the whole job.

Why this matters more in textured hair: a straight strand is essentially a straight line, it has very little to survive. Textured hair has loops and bends, and every one of those bends is a point where the strand has to flex. When a low porosity textured strand does not get enough water inside it, that inflexibility does not just sit there. It becomes breakage at the curves.

Important Note

Porosity determines how hard hydration is. Texture determines what it costs you if you skip it.

If You Are High Porosity

You are not ruined either. Plenty of people live in beautiful high porosity hair. It simply requires more.

The work is **filling and layering**. A porosity filler to fill in the gaps in the cuticle. Then products stacked rather than used alone so that as one evaporates, the next one is there as backup. Often that means double gel, or a leave-in under your cream, or both.

And this applies whether or not you are doing a wash and go. Two strand twists on high porosity hair still need layered product to hold moisture in, because the cuticle cannot set and hold on its own.

Sequence Matters

If you tested high porosity and you are seeing heavy frizz with no visible pattern at all, do not go straight into wash and go territory. Restoration comes first. You are asking product to manufacture curl clumps on a cuticle that cannot hold anything yet.

Important Note

This is why that product did not work for you. It is not that it was the wrong product. It is that one product was not enough for where your hair is right now. Your hair needed something to fill in first, or something underneath, or a second layer to back it up. You gave it one job's worth of product for a two-job situation





IV

Build A Regimen

Now you know two things: where you are on the porosity scale, and how much work your products need to do. That is everything you need to build a regimen that actually fits your hair.

Now that you have an accurate understanding of your porosity, it's time to build your regimen. Based on your test results, the following step-by-step porosity regimen eBooks are available for purchase:

- [High Porosity Regimen](#)
- [Normal Porosity Regimen](#)
- [Low Porosity Regimen](#)

Final Thoughts

Porosity is not about good hair or bad hair. It is about knowing your hair. Once you understand your hair's absorption levels, you can choose products and regimens that align with your lifestyle and desired style.

And remember, porosity can change over time. Color, heat, weather, and even life changes can shift how your hair behaves.

Which also means wherever you landed today is not permanent. It is a starting point. Same noodle, same pot, it just depends on where you are in the process.

When in doubt, come visit us at Flourish Curls Salon and [book an appointment](#), for a tailored hair care regimen that fits your budget and lifestyle. We will guide you every step of the way.

Happy Growing!

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