

MAINTAINING SISTERLOCKS & INTERLOCKS

DURING THE CORONAVIRUS SHUTDOWN

www.aymanienelson.com/shutdown-lock-tips

SO WHAT'S THE 411?

The below instructions were created based on my experience as a Certified Sisterlock Consultant and loctician. Feel free to check with your consultant/loctician to see what will work best for you and your locks.

If you're unable to self-maintain your locks, you should follow the below instructions:

Moisturizing.

- Avoid moisturizing the shaft of your locks.
- If your scalp is dry, you can add a little bit of oil on your scalp only.

Protective Styling.

- Avoid manipulating your locks, keep them braided/twisted, braids are preferred.
- Create smaller braids at the nape and hairline area of the head, as these areas are most fragile.
- Keep your locks off of your neck, especially if you sweat at the scalp area.
- If locks unravel, braid or twist the loose hair.
- Remove braids/twists every four weeks to separate at the base to avoid nesting of your new growth.

Shampooing.

- Use Sisterlock Starter shampoo or Sisterlock Green Tea Shampoo.
- When shampooing your locks, keep hair braided/twisted and bundled.
- If possible, shampoo locks no more than once per month if newly established (less than 1 year).
- Limit shampoo days to no more than twice per month if locked longer than 1 year.
- Itchy scalp? You can rub witch hazel on your scalp using a facial cloth.
- Cover your locks with a shower cap on non-shampoo days when showering.
- Wait until your hair completely dries before removing braids/twists.



**MESSAGE FROM
AYMANIE NELSON**





What we have learned from this nationwide pandemic is that we have to re-evaluate how we do things moving forward. If we were to experience another outbreak, will you be in the same situation or will you have taken steps to ensure that you can maintain your locks in a pinch?

**DON'T LEAVE IT TO CHANCE.
BE EMPOWERED.
TAKE THE RETIGHTENING CLASS.**

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