

# My 30-Minute Deep Conditioning Routine for Natural Hair

A simple 30-minute routine to help your deep conditioner absorb-so hair feels softer and easier to manage.

- **Step 1: Cleanse Properly (5 minutes)** Start with clean hair. Shampoo removes buildup so your deep conditioner can penetrate the hair shaft.
- **Step 2: Apply Deep Conditioner on Soaking Wet Hair (5 minutes)** Apply your deep conditioner generously on wet hair. Water helps activate the conditioner.
- **Step 3: Section + Detangle (5 minutes)** Work in sections. Finger detangle or use a wide-tooth comb for even distribution.
- **Step 4: Cover and Add Heat (10 minutes)** Use a plastic cap with gentle heat or steam to open the cuticle and improve absorption.  
issues.

● **Step 5: Rinse Strategically (5 minutes)** Rinse with cool to lukewarm water to help seal in moisture.

● **Step 6: Follow with a leave-in conditioner (2 minutes)** and seal with oil or cream.

**Pro Tip:** If your deep conditioner still isn't working, you may be dealing with buildup, protein overload, or porosity issues.

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