

Hair Types, Tools, & Products

Occupational therapy practitioners should provide culturally inclusive services by incorporating cultural humility into practice when working with clients with different backgrounds, cultures, religions, and traditions to provide client-centered, inclusive, and equitable care.

Chosen products should be designed to care for textured hair.



Type 1: Straight

Washing hair may occur every 3 days.

Products: Dry shampoo and anti-residue shampoos; do not use products heavy in oils

Tools: Wide tooth comb and hairbrush



Type 2: Wavy

Washing hair may occur every 2-3 days.

Products: No weight hair products, Moisturizing products, curling creams, gels, leave-in conditioners, mousse

Tools: Wide tooth comb and detangling flexi brush



Type 3: Curly

Washing hair may occur once a week to avoid losing moisture in curls.

Products: Detangling products, curl creams, leave-in conditioner, moisturizing products, Jamaican black castor oil, raw shea butter, and raw coconut oil

Tools: Wide tooth comb, wave brush, detangling flexi brush, and silk cap/wrap for sleep



Type 4: Coils

Washing hair may occur once a week to avoid losing moisture in curls.

Products: Detangling products, co-wash, deep conditioner, moisturizing products, hair masks, Jamaican black castor oil, raw shea butter, and raw coconut oil

Tools: Wide tooth comb, wave brush, detangling flexi brush, and silk cap/wrap for sleep

Do not use products with alcohols, silicones, sulfates or parabens with any of these hair types.

An individual may present with multiple hair types and products may vary depending on thickness and porosity of hair. This is not an exhaustive list of the types of products and tools that can be used with each hair type; however, it is an introduction to help occupational therapy practitioners when working with clients.