

TERM	DEFINITION	WHERE IT APPLIES						
		HYDRATION	PRODUCT DISTRIBUTION	DETANGLING	STYLING	REFRESH	CLEANSING	CONDITIONING
<b>BAPTISM RINSE</b>	Standing away from the shower flow, gently cupping the hands under the water and splashing the water over your hair a couple of times. Used interchangeably with <b>TRICKLE</b> .	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>BOWL METHOD</b>	Using a bowl of water under soaking wet hair while cleansing, conditioning, or styling. Products and water run back into the bowl, and the hair is dunked back into the bowl. You can also dump the bowl back over your scalp and repeat the process. The goal is extra hydration, less water usage, and less product usage.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>COLD BLAST</b>	A blast of cool water used after conditioning to smooth the cuticle. This can help to seal in moisture for a smooth & shiny surface.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>CUPPING</b>	Forming a 'cup' or 'bowl' with your hands. Fill the cup with water and draw it up from the ends of the hair to the roots to gently scrunch the hair. Often combined with <b>PULSING</b> and <b>SCRUNCHING</b> .	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>FINGER COMBING</b>	Using your fingers as a comb to gently hydrate the hair. This technique will also help you to remove knots and tangles and can be used to distribute product. Used interchangeably with <b>RAKING</b> .							
<b>PRAYING HANDS</b>	Pressing the hair between the palms of the hands at the root and gliding to ends to smooth the cuticle down, reducing frizz and locking in hydration.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>PULSING</b>	Gently squeezing a section of several times in a row. Used in combination with <b>ROPING</b> and <b>SCRUNCHING</b> , usually when cleansing and conditioning.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

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<b>RAKING</b>	Using your fingers as a comb to gently hydrate the hair. This technique will also help you to remove knots and tangles and can be used to distribute product. Used interchangeably with <b>FINGER COMBING</b> .	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>ROPING</b>	Gently holding a section of hair in your fist, and <b>PULSING</b> the hand open and closed in order to encourage water into the hair.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>SCRUNCHING</b>	Used to describe a hydration technique as well as a styling technique. Gently <b>CUPPING</b> the hair from the ends and bring up toward or to the root with a gently squeeze to break a gel cast or to force water or conditioner into the hair.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>SQUISH TO CONDISH</b>	Gently <b>CUPPING</b> the hair from the ends to the roots and gently squeezing or <b>PULSING</b> to push water and/or conditioner into the hair.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>TRICKLE</b>	Standing away from the shower flow, gently cupping the hands under the water and splashing the water over your hair a couple of times. Used interchangeably with <b>BAPTISM RINSE</b> .	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>