

Hair Porosity

Porosity Type	Cup of Water Test*		Description		Helpful Products and Techniques
HIGH	Hair sinks to bottom of cup		Prone to damage and breakage; can be frizzy, dry, coarse		Deep conditioning treatment; products with protein; rinse hair with cold water
MEDIUM	Sinks but takes more than 2-3 minutes		Absorbs and holds moisture; balanced hair!		N/A
LOW	Hair floats on top of water		Doesn't let moisture in easily; long drying time; experiences product buildup; lacks volume and elasticity; hard to hold oils in hair		Low protein products, use clarifying shampoo regularly for buildup; when washing start with warm water to open cuticles and rinse hair with cold; apple cider vinegar rinses helpful