

Dreadlock Care Manual

Washing - first time

I recommend waiting a week after dreadlock creation or maintenance to give them a little time to set and mature.

Washing - products

Any oil-free shampoo is fine, preferably hydrating. For sensitive and dry scalps I recommend head and shoulders. If you have more of a sensitive or dry scalp then I recommended Head & Shoulders or a shampoo with tea tree oil.



Anything with gels, waxes, or oils. If not thoroughly removed, they build up on the outside of the dread, but more importantly the inside. This causes nasty things like dread rot and mould. You really don't want mouldy dreadlocks.

Maintenance - first time

I recommend maintenance after 3 months, this gives the dreadlocks time to mature and aids in their longevity.

Scalp itching and flaking

Brush a thin layer of melted coconut oil onto your scalp. Leave it on for a couple of hours, then rinse thoroughly and shampoo twice to make sure all oil is removed from scalp and dreadlocks. You can also leave the coconut oil in overnight, but just make sure that it's not spreading up your dreads.

If that's not working, try a tea tree oil shampoo or a medicated shampoo – speak to a medical professional before using the latter.

Swimming in saltwater

YES! Salt water is awesome for dreadlocks and helps with their formation – just make sure if you swim a lot you shampoo your dreadlocks weekly to clean out anything you picked up from the sea.

Dreads feeling stiff, tight, and sticking out

Give it a few days of sleeping on them for your hair to relax. The tight feeling will go away.

Conditioner

You don't need conditioner unless you have other non-dreaded hair

Preventing fuzz

Try a satin pillowcase, your hair glides across them instead of being slightly pulled.

Tying up dreadlocks

I'd recommend a dread band if you just want your dreads out of your face, but if you'd like a ponytail try a wired dread die or an oversized stretchy hair tie. Elastic or small sized ties will cause dreadlocks to thin out and cause pain.

Deep cleaning dreadlocks

Over time your dreadlocks collect dust from the environment. Do this detox every 6 months to fix that.

You will need - apple cider vinegar, bicarb soda, warm water and a sink or basin that you are able to have your own dreads in without being too uncomfortable.

1. Fill sink/basin with warm water and add in 1/2 cup of apple cider vinegar and 1 tsp of bi carb soda and mix well until combined.
2. Submerge dreads into the solution as close to the roots as you can get it and make sure dreads are thoroughly wet.
3. Leave dreads submerged in the solution for 20-30 minutes and you will notice the water turn brown.
4. Rinse and repeat if desired depending on how much build up you may have in your dreadlocks.
5. After finishing the detox, make sure to thoroughly rinse out the solution with water and then shampoo your roots and ends of the dreadlocks as the apple cider vinegar can have a strong smell.
6. Make sure to blow dry them thoroughly afterwards