

RECOVERY HAIR SYSTEMS

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INTRODUCTION

This guide has been designed to provide clients and beauty professionals with step-by-step instruction on the proper use of products that support both styling and hair growth. Each section outlines clear methods, techniques, and product applications that ensure consistent, reliable results. The focus is on practical implementation, allowing readers to follow structured guidance without confusion or guesswork. By adhering to the outlined procedures, users can maintain professional standards while achieving healthier, more manageable hair.

The information presented in this guide combines proven haircare principles with product-specific protocols to maximize performance. Readers will learn not only how to style effectively, but also how to support long-term scalp and hair health through correct usage. Each technique is explained in detail to build both confidence and competence in application. This manual serves as a reference tool that can be returned to repeatedly for reinforcement and clarity. The goal is to equip every reader with the knowledge necessary to achieve consistent, professional-quality outcomes.

“This manual has been developed by Latasha wright, a licensed cosmetologist, barber, educator and Trichologist with over 25 years of experience in haircare and growth solutions. My mission is to provide both clients and professionals with the tools and knowledge to achieve consistent, healthy, and lasting results.”

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SHAMPOOING (UNIVERSAL CLEANSING PROTOCOL)





Shampooing is more than just cleansing—it's your first opportunity to assess the condition of both the scalp and hair.

Look closely for signs of buildup, flaking, thinning, or dryness to determine which shampoo your hair truly needs. It's perfectly okay to use more than one shampoo in a single wash day; for example, you may need to clarify the hair, treat dandruff, and address hair loss all in one session. Always begin with the scalp & hair Detox Shampoo to deeply cleanse the scalp, which is done usually every 5-6 weeks. Then follow up with the appropriate treatment shampoo based on your needs. No matter what combination you use, always end with the Moisture Shampoo when you detox the hair to restore hydration and balance.



Make sure hair is **COMPLETELY** detangled before attempting to shampoo

Root Therapy Products For The Best Universal Cleansing Protocol



Scalp Anew

This detox scalp treatment breaks down buildup, excess oil, and impurities directly on the scalp. It helps unclog hair follicles, soothe irritation, and prep the scalp for a deeper, more effective cleanse.

Scalp & Hair Detox (Detox or Clarifying Shampoo)

Use this as your first step to remove buildup, sweat, oils, and environmental toxins from the scalp and hair. It creates a clean foundation so treatments and shampoos can work more effectively. This step is mostly done every 2 months.

Scalp Cleanser (Medicated Shampoo)

This medicated shampoo is ideal for flaky, itchy, dry or inflamed scalps; helping to calm irritation while gently exfoliating dead skin. It boosts circulation and leaves the scalp feeling refreshed and balanced.

Follicle Support Shampoo (Hair Loss)

Designed to support weakened follicles, our DHT-blocking formula strengthens strands while stimulating growth at the root. It's perfect for those experiencing shedding, breakage, thinning areas or alopecia.

Moisture Shampoo

Use this as your final shampoo to restore softness, hydration, and elasticity after detoxing (clarifying) the scalp and hair. It nourishes dry, brittle hair and helps lock in moisture for manageability and shine.

SHAMPOO DAY WITH DETOX



Scalp Anew

Apply directly to dry scalp. Massage in to break down buildup. Let sit for 5 minutes.



Scalp & Hair Detox

(Removes dirt and build-up)

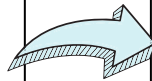
Wet hair with warm water. Apply shampoo to scalp and hair, working up a lather, really massaging scalp and saturating hair. Leave on for 3 minutes. Rinse thoroughly with cool water. Repeat as many times to make sure hair and scalp is clear of build-up.



Scalp Cleanser

(Medicated Shampoo)

Apply shampoo to scalp, massaging scalp and working those areas prone to dryness, irritation and redness. Leave on for 3 minutes. Rinse thoroughly with cool water. Repeat if necessary.



Follicle Support Shampoo

(Thinning/Hairloss)

Apply shampoo to scalp and hair, working up a lather, massaging scalp and letting suds sit on scalp and hair for 3 minutes. Rinse thoroughly with cool water. Repeat if necessary.



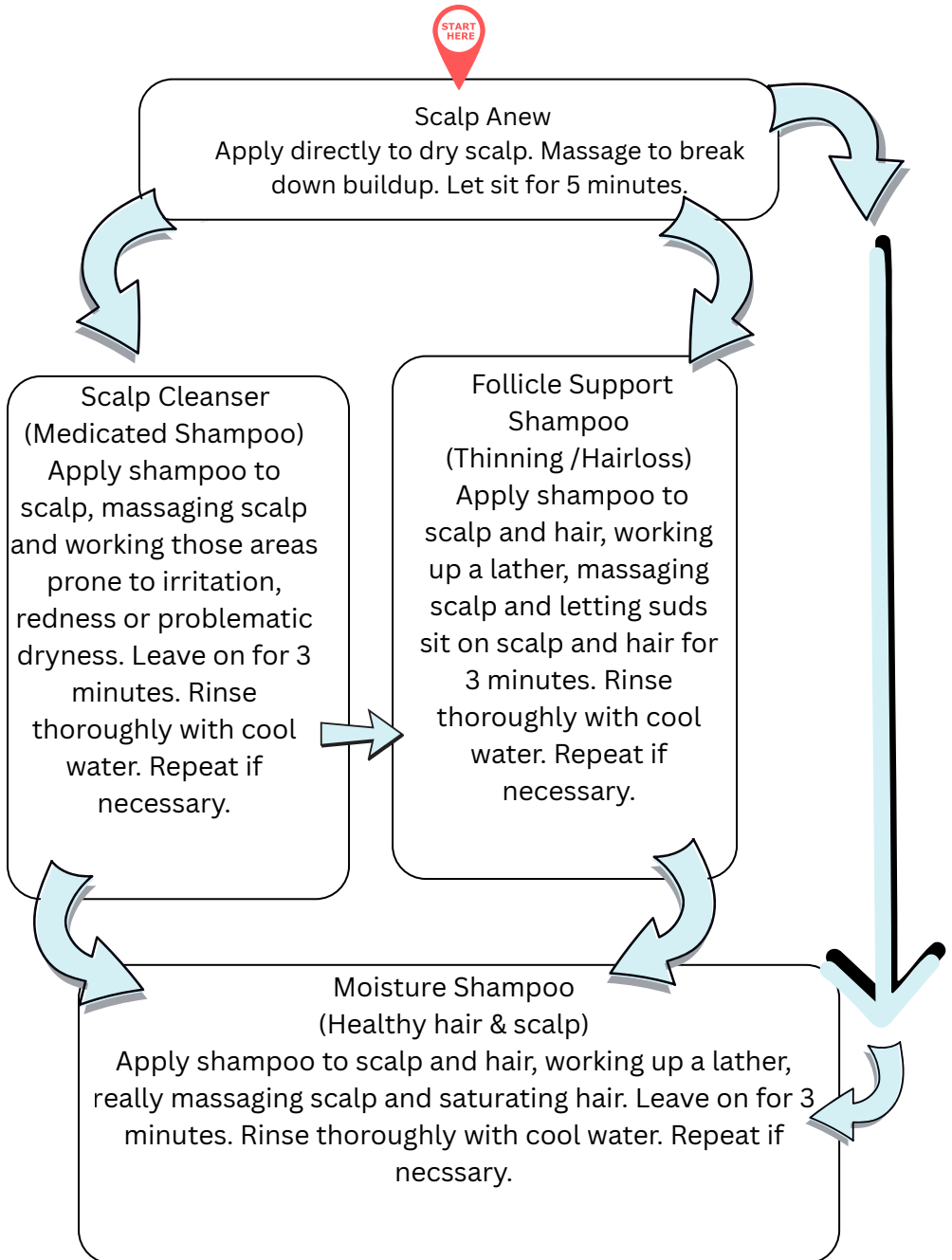
Moisture Shampoo

(Healthy Hair & Scalp)

Apply to scalp and hair, working up a lather, really massaging scalp and saturating hair. Leave on for 3 minutes. While waiting, using a wide tooth comb, comb through hair and making sure hair is free of tangles. Rinse thoroughly with cool water. Repeat if necessary.



SHAMPOO DAY WITHOUT DETOX



DEEP CONDITIONING UNIVERSAL CONDITIONING PROTOCOL





Deep conditioning is more than adding a conditioner and letting it sit on the hair for an hour. It involves penetrating an enriched moisture or protein conditioner into the hair so it penetrates deep into the hair cuticles repairing damaged layers.

Deep conditioning is a vital part of any healthy hair regimen, especially for high porosity or damaged hair. It helps replenish moisture, strengthen the hair shaft, and improve elasticity. Using a heat source like a hooded dryer or steamer opens the cuticle, allowing nutrients to deeply penetrate each strand. This process softens the hair, reduces breakage, and enhances shine and manageability. Consistent deep conditioning leaves the hair more resilient and ready for styling or protective maintenance.



Root Therapy Products For The Best Foundation to Hair Strength and Elasticity(Deep Conditioning)

Hydrating Masque

This rich treatment deeply hydrates dry, brittle strands, restoring softness and elasticity. It's ideal for high-porosity, chemically treated, or heat-damaged hair that needs long-lasting moisture.

Protein Mist

A lightweight concentrated spray infused with hydrolyzed proteins to strengthen weak or over-processed hair. It improves elasticity, reduces breakage, and is perfect before heat styling or after chemical services.

Hydrating Mist

This daily mist refreshes curls, braids and locs with lightweight moisture, preventing dryness and frizz between wash days. It's infused with soothing botanicals and is safe for daily use on all textures. Has added heat protection to ensure strands stay healthy.

Hydration+ Conditioner

The detangling conditioner softens and smooths the hair, making it easier to comb through knots and tangles without breakage. It provides slip, moisture, and protection—especially important for curly, coily, or high-porosity hair types.

SHAMPOO DAY WITH DEEP CONDITIONING



Complete Universal Cleansing Protocol



Protein Mist

(Strengthens and repairs damaged strands)

Apply lightly directly to damp hair along mid shaft to ends for healthier hair and along entire strand for weak damaged hair. Comb through with a wide tooth comb or detangling brush. Put on a plastic cap. Go under hair dryer for 30 minutes. Do not rinse out.



Hydrating Masque

(Replenishes thirsty strands with hydration and moisture rich natural herbs and oils)

Apply directly to strands from root to tip and work the product into hair. Comb through with wide tooth comb and set under hair steamer for 25 minutes. Let hair cool 2 minutes. Rinse with warm water to remove all product and switch to cool water to seal cuticle.



Hydration+ Conditioner

(Softens hair for easier manipulation)

Apply to strand from roots to ends and leave on for 2 minutes. Rinse with warm water to remove conditioner leaving a very small amount of conditioner on hair and then cool water to close cuticle.

BLOW DRYING





Blow drying is a crucial step in prepping the hair for styles like silk presses, braids, or protective updos.

It helps stretch the hair, reduce tangles, and create a smooth foundation for more polished results. Before blow drying, always apply Root Therapy Hydrating Mist with heat protection to shield hair from damage. Use medium heat and tension with a paddle brush or comb attachment for the best stretch without excessive heat exposure. Properly prepped hair not only styles better but also holds moisture and shape longer.



Using tension while holding the hair and the brush will ensure you get the hair as straight as possible

Root Therapy Products For The Best Blow Drying



Protein Mist

A lightweight spray infused with hydrolyzed proteins to strengthen weak or over-processed hair. It improves elasticity, reduces breakage, and is perfect before heat styling or after chemical services.

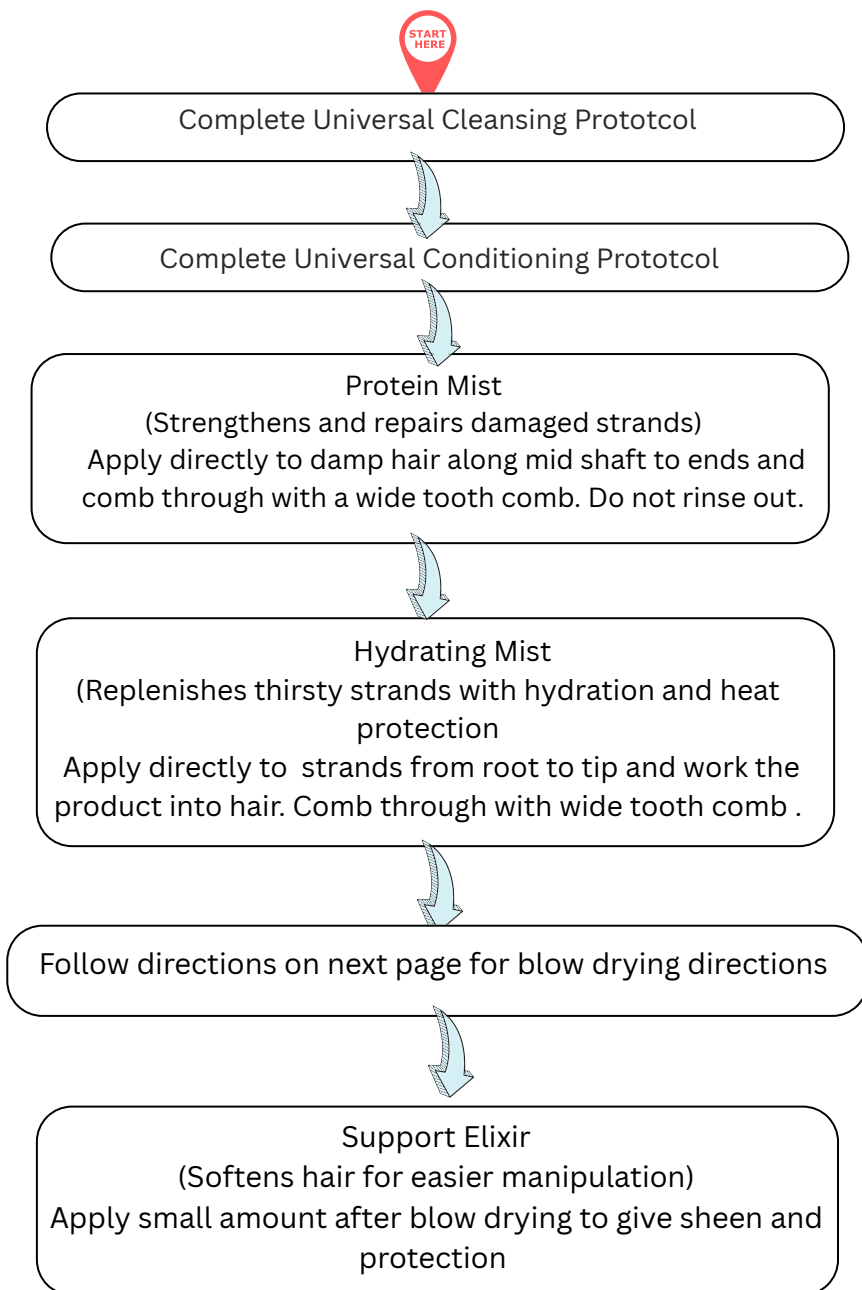
Hydrating Mist

This daily mist refreshes curls, braids and locs with lightweight moisture, preventing dryness and frizz between wash days. It's infused with soothing botanicals and is safe for daily use on all textures. It also acts as a heat protectant to help reduce damage from direct from the blow dryer.

Support Elixir

A powerful blend of natural herbs and essential oils designed to stimulate the scalp and support healthy hair growth. It helps reduce shedding, strengthen roots, and nourish thinning areas for visibly fuller, stronger hair.

BLOW DRYING



Blow Drying

DIRECTIONS

- Section hair into 4 sections with your sectioning clips. Refer for Figure A
- Start blow drying each section medium to high heat and keep the heat flow at about 45 degrees to the hair section. Refer to Figure B
- Do all sections working from the back to the front.
- Apply Support Elixir lightly to scalp and a few drops to ends for sheen and nourishment.



Figure A



Figure B



Use a concentrator nozzle when blowdrying and tension to ensure straighter blowout

STYLING





Root Therapy Products For The Best 2 Strand Twists / Twist Out

Hair Buttah
Twisted Up Creme
Support Oil



Other Equipment Needed:

Comb

Hair clips

Rubber Bands (optional)

- Complete Universal Cleansing Protocol and the Universal Conditioning Protocol before this step. You can blow dry hair (refer back to previous section) and twist to keep length, but you can also twist hair wet.
- If twisting hair dry or wet hair apply Hair Buttah midshaft to ends and follow up with Twisted up Creme to strands before you twist. Twist hair and get under a hooded dryer until hair is dry. Apply Support Oil to scalp and hair.
- If you want a twist out just undo twists and lift roots with a pick to give volume and style to your liking.



Making smaller twists when you desire fullness for a twist out will help your hair from frizzing than making big twists and constantly separating them after the hair is dry

2-Week Maintenance Plan

Daily:

- Light mist with Hydrating Mist, focusing on the twists from mid-shaft to ends. Skip this step if hair is in a twist out.
- Apply a light coat of Hair Buttah to prevent dryness.
- Use Support Elixir on scalp (3x/week).

Every 3–4 Days:

- Reapply Twisted Up Creme to edges or frizzy areas and re-twist any loose sections.

At Night:

- Cover with a satin bonnet or scarf. Use large twists or pineapple ponytail (just pull all hair to top and use a soft scrunchie to hold hair) if needed to reduce tension.

End of Week 1:

- Light mist with water + leave-in combo to soften. Skip this step if hair is in a twist out.
- Reapply Hair Buttah from mid-shaft to ends.

End of Week 2:

- Optionally remove twists and style into twist-out, or shampoo and begin a new protective style or just leave in twists for 2 more weeks.



Do not use any water product to stop hair from frizzing with the twist out. Just use a little Hair Buttah or Support Elixir on the ends occasionally. and retwist certain areas if necessary

Root Therapy Products For The Best Braids



Hair Buttah
Support Elixir



Other Equipment Needed:

Section Clips

Comb

Rubber Bands (Optional)

- Complete Universal Cleansing and Conditioning Protocol and Blow Drying section before this step.
- Apply Hair Buttah, first melt butter in hands by rubbing the hands vigorously with the butter between them. Apply roots to ends. Proceed to braid cornrows or single braids or plaits.
- Apply Support Elixir to scalp and hair when finished.



Detangling Your Hair

Spray the Protein Mist lightly to braids after you take them take down but don't detangle hair yet. Sit under dryer for 10 minutes. Do not rinse out. Spray a little of the Hydrating Mist on hair. Start to detangle hair using your time and patience pulling hair apart using your fingers only first. When entire head is detangled, use a wide tooth comb to go through the sections making sure all detangles are out. Doing this step will strengthen weak strands that might be prone to breaking during the shampooing process thus helping with hair length retention.

4-WEEK MAINTENANCE PLAN

Daily

- Light mist of Hydrating Mist on braids.
- Apply Growth Elixir directly to scalp and rub a small amount onto hands and rub onto the braids.

Weekly

- Apply Scalp Anew to scalp with cotton ball to help keep scalp fresh and clean.
- Apply a light mist of the Protein Mist to the real hair in the braided style.

Bi-Weekly:

- Use Scalp Cleanser diluted with water in a separate bottle or like a hair color bottle focusing on scalp and braids. Follow with Moisture Shampoo diluted with water if needed. Rinse with cool water.
- Apply Hydration+ Conditioner diluted with water to hair for 1 minute.
- Rinse using gentle flow or squeeze bottle of warm water. Then rinse with cool water. Let hair air dry or sit under hooded dryer on low.

As needed:

- Apply Twisted Up Creme or Hair Buttah to any exposed natural hair or ends of braids that feel dry.
- End of Week 4:
- Take down style gently using the Hydration+ Conditioner then follow Universal Cleansing Protocol.



Hydratig Mist
Support Elixir

Root Therapy Products For The Best Roller/Rod Set



Other Equipment Needed:

Sectioning Clips Paddle Brush
Magnetic Rollers Heat Resistant Comb

- Complete Universal Cleansing & Conditioning Protocol first.
- While hair is wet section hair and begin roller hair with rodding papers holding them in place with the section clips. Refer to Figure C.
- Dry under hooded dryer for 45 minutes to an hour.
- Take rollers out and either separate curls with fingers or use paddle brush and brush hair into a wrap and set under dryer for 5 minutes on cool to lessen volume from rollers. Figure D
- Apply Support Elixir to scalp and apply small amount to hair for shine.



Figure C



Figure D



Whenever you are dealing with relaxed hair, be gentle and remember the hair has been compromised and will need protein treatments for strength.

2-WEEK MAINTENANCE PLAN

Daily or every other day:

- Wrap hair at night with paddle brush then use a silk scarf to preserve roller set.
- Light application of Support Elixir to scalp or ends to prevent dryness (avoid heavy use).

Midweek (Day 5–7):

- Light mist of Protein Mist on ends only (avoid reversion). Wrap hair and sit under dryer for 15 mins if needed. You can also roller set the hair to dry.

Nightly:

- Brush hair gently and wrap or pin curl. Use silk/satin protection (scarf, cap or pillowcase).

End of Week 2:

- Revert hair with Moisture Shampoo, followed by Hydrating Masque and Protein Mist to reset elasticity and hydration.
- If want to extend roller set lightly mist hair hydrating mist and roller set/ pin curl hair and dry under dryer.
- Apply light oil to scalp and hair



Support Elixir

Root Therapy Products For The Best Silk Press



Other Equipment Needed:

Flat Iron Heat Resistant Comb
Paddle Brush Sectioning Clips
Hydrating Mist

- Complete Universal Cleansing & Conditioning Protocol first. Complete the Blow Drying section.
- Once blow drying is finished, pull back up in section clip and start at back and section with diagonal parts and silk press perpendicular to that section, preferably one pass, two at most. Silk press entire head.
- Use a hot comb to press out roots around the perimeter for that silky finish.
- Support Elixir: Lightly apply to scalp and a few drops to ends for sheen and nourishment.



Trimming ends or dusting ends when needed will give your silk press that flow and moveability

FLAT IRON MATERIAL

1. Ceramic

- Best for: Fine, fragile, or color-treated hair
- Benefits: Heats evenly, reduces heat damage, adds shine
- Cons: Slower heat-up, may not stay hot as long as titanium
- Ideal use: Every 4-5 days to allow for best strand health

2. Tourmaline

- Best for: Frizzy, dry, or damaged hair
- Benefits: Emits negative ions that reduce frizz and seal the cuticle, combines well with ceramic for extra smoothness
- Cons: More expensive, not ideal for very coarse or resistant hair alone
- Ideal use: Clients needing smooth, frizz-free results with less heat

3. Titanium

- Best for: Thick, coarse, or resistant hair types
- Benefits: Heats up fast, maintains high heat consistently, smooths quickly
- Cons: Can be too intense for fine or fragile hair
- Ideal use: Professional use or on clients with dense, hard-to-straighten hair

Heat Temperature Guide

Fine or Damaged Hair

300°F – 340°F

Use lower heat to avoid breakage

Medium/Normal Hair

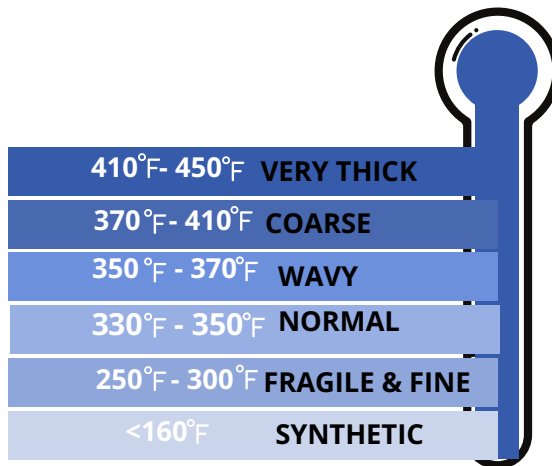
340°F – 375°F

Balance between smoothness & safety

Coarse or Resistant Hair

375°F – 450°F

Use higher temps for silk presses or smoothing natural curls



Always start at a lower heat setting and increase temperature when necessary to get to desired straightness making sure not to go over maximum temperature

2-WEEK MAINTENANCE PLAN

Daily or every other day:

- Wrap hair at night with paddle brush then use a silk scarf to preserve silkpress.
- Light application of Growth Oil to scalp or ends to prevent dryness (avoid heavy use).

Midweek (Day 5-7):

- Light mist of Protein Mist on ends only (avoid reversion). Wrap hair and sit under dryer for 15 mins if needed. You can also roller set the hair to dry and add body at the same time.

Nightly:

- Brush hair gently and wrap or pin curl. Use silk/satin protection (scarf, cap or pillowcase).

End of Week 2:

- Revert hair with Scalp & Hair Detox + Moisture Shampoo, followed by Hydrating Masque and Protein Mist to reset elasticity and hydration. If want to extend silk press lightly mist hair hydrating mist and roller set/pincurl hair and dry under dryer.

Root Therapy Products For The Best WASH N' GO



Curl Defining Gel
Hydrating Mist
Support Elixir



Other Equipment Needed:

Detangling Brush Comb
Sectioning clips Blow Dryer w/ diffuser

- Follow steps for Universal Cleansing Protocol and Deep Conditioning Protocol.
- While hair is soaking wet, apply the Curl Defining Gel in small sections to the hair using a brush to saturate gel on strands. Now you can use the brush to define each section and let the curls form then diffuse the curls.
- (alternative way) You can take small sections and finger coil the curls and diffuse the curls.
- (alternative way) You can apply a little bit more Hydrating Mist and you can scrunch up the curls to the scalp squeezing out the water after each scrunch. Keep scrunching up and squeezing hair until the water stops dripping, then diffuse the hair until it's completely dry. You can choose to let the hair air dry also. For volume tilt head upside and diffuse curls.
- Growth Oil: Lightly massage into scalp and hair for shine.



Make sure you keep the ends hydrated with the Hydrating Mist and Twisted Up Creme to keep the frizz down

2 WEEK MAINTENANCE PLAN WEEKLY:

Daily (or every other day):

- Mist with the Hydrating Mist. Focus on mid-shaft to ends.
- Scrunch curls lightly to refresh.
- Apply a few drops of Support Oil to scalp and ends.

At Night:

- Pineapple the hair and use a scrunchie to hold hair in place and use a satin bonnet or pillowcase.

Every 3-4 Days:

- Reapply Curling Gel to frizzy sections using the finger coiling method to redefine ends.

End of Week 1:

- Light co-wash using Moisture Shampoo and Detangling Conditioner diluted with water if scalp is itchy or dry.
- Refresh with Hydrating Mist, Curl Gel, and Support Elixir.



You can use water and curling gel to redefine sections of your twist out that may have become frizzy. Just make sure to use diffuser to dry coils



Hair Buttah Hydrating Mist
Support Elixir Curl Defining Gel

Root Therapy Products For The Best Locs, Microlocs and Wicks



Other Equipment Needed:

Hair roller clips Comb
Hooded Hair Dryer Sectioning clips

- Follow Universal Cleansing Protocol and Deep Conditioning Protocol prior to these steps.
- Mist locs/wicks with the Hydrating Mist lightly all over hair and scalp..
- Apply small amount of the Hair Buttah lightly over entire length of locs.
- Use sectioning clips to hold out of way while you work on each section.
- (Regular Locs) Retwist using a comb and Curl Defining Gel to get loose hair twisted to roots. Use a roller clip to hold loc in place. When the entire head has been retwisted, dry under a hooded dryer until completely dry.
- (Microlocs) Use the crochet tool to retighten roots using the North, West ,South, East method and dry under hooded dryer.
- (Wicks) Use a crochet hook to crochet all loose hair into the wick. Dry under a hooded dryer.
- Apply Support Elixir to scalp and hair.

4-WEEK MAINTENANCE PLAN WEEKLY:

Daily Maintenance

- Use light mist of the Hydrating Mist and Support Elixir on scalp and hair daily to keep locs/wicks them hydrated.

At night

- Wrap hair with a satin scarf or wear a loc sock to prevent lint and dryness.

Once a week

- Apply Scalp Anew to scalp with cotton ball to keep it fresh and clean.
- Light application of Hair Buttah over locs/wicks to help retain moisture

End of Week 4:

- Full detox and moisture/protein reset:
- Universal Cleansing Protocol
- Universal Deep Conditioning Protocol
- Retwist
- To extend 2 more weeks, just follow dailymaintenance.



Make sure you apply any products for locs/wicks very lightly. You don't want to get a lot of build-up in locs/wicks because they may become heavy and attract dirt and oil much faster.

Using the Root Therapy Recovery Hair System consistently can transform your hair by strengthening strands, promoting healthy growth, and reducing breakage. Our system is designed to nourish the scalp, replenish moisture, and restore protein balance—key elements needed for long, strong hair. Whether you're dealing with dryness, damage, or slow growth, each product in the line targets specific needs with powerful, natural ingredients. This guide I created will help you understand exactly which products to use for your hair type, condition, and desired style. From natural hair to relaxed, you will find step-by-step recommendations that make healthy hair achievable. By following the guide and sticking to your routine, you'll see improvement in length retention, thickness, and overall hair health. Let this be your roadmap to reaching your ultimate hair goals, style by style, product by product.



Check out my YOUTUBE channel where I usually show these techniques and relay education to help you on your hair care journey. My goal is to show you how to use the Root Therapy Hair Recovery System to transform your hair.

I would definitely like you to rate my products that you use. Go to www.wrightchoicehairquarters.net and rate each bundle or product you use. If you would like to become an Ambassador for our products, send us an email and we will be in touch. Again, thank you for using Root Therapy Hair Recovery Systems.

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