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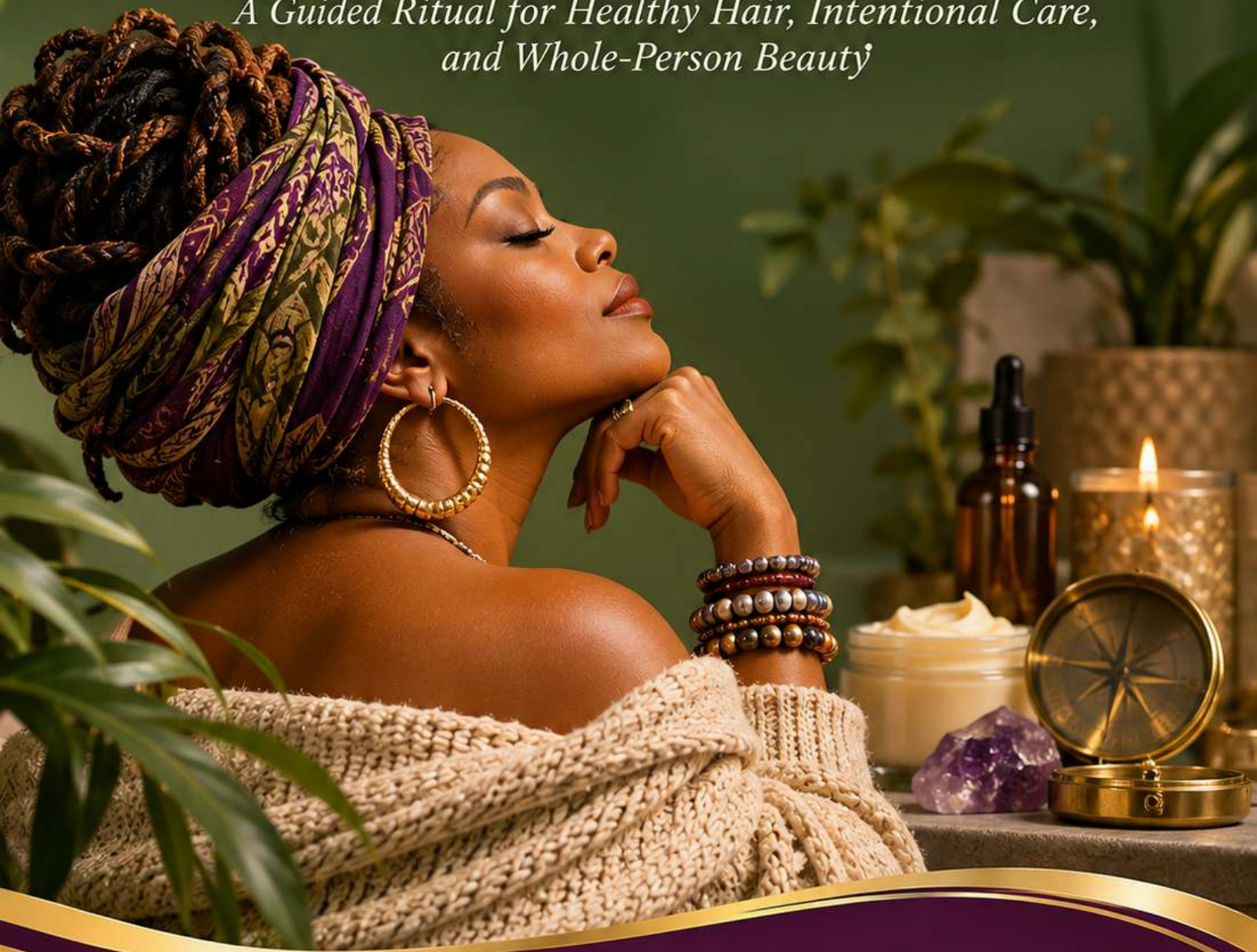
HAIR & BODY CARE

The Crown & Compass™

A Crown Care Workbook

A Guided Ritual for Healthy Hair, Intentional Care, and Whole-Person Beauty



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Welcome CROWND Beauties

Your crown. Your care. Your moment.

This little guide is your invitation to make the time you already spend caring for your hair feel a little more like time spent caring for yourself.

Whether you have ten minutes before the day begins or a whole afternoon to yourself, professionally guided care and personal rituals can fit into real life.

Inside The Crown & Compass

- **Know your crown**
  Notice what your hair and scalp actually need.
- **Care with intention**
  Build simple, effective cleansing and styling habits.
- **Make it yours**
  Add music, scent, quiet, creativity, or a little luxury.

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Crown Awareness

Know Your Hair. Honor Your Crown.

Healthy, thriving hair begins with awareness. When you understand your hair's unique needs—its texture, porosity, density, and current condition—you can make more intentional choices that support strength, retention, and overall crown health.



Get to Know Your Hair:

- **Texture** – *The natural pattern of your hair (e.g., coily, curly, wavy, straight).*
- **Porosity** – *How well your hair absorbs and holds moisture (low, normal, or high).*
- **Density** – *The amount of hair you have on your scalp (fine, medium, or thick).*
- **Current Condition** – *The overall health of your hair and scalp (e.g., dry, balanced, fragile, or in need of extra care).*

Reflection Check-In:

- *How would I describe my hair's texture, porosity, and density?*
- *What is the current condition of my hair and scalp?*
- *What do I notice it needs most right now?*

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Scalp Care, Made Simple

A healthy routine starts at the roots

Your scalp is skin. Treat it gently, keep it comfortably clean, and pay attention when its needs change.

1. **Start with observation**
   Notice oiliness, dryness, flakes, sensitivity, or buildup before choosing products.

2. **Shampoo where it counts**
   Apply shampoo primarily to the scalp; let the lather move through the lengths as you rinse.

3. **Massage, do not scratch**
   Use the pads of your fingers and gentle pressure instead of digging in with your nails.

4. **Keep a sensible rhythm**
   Shampoo as often as your scalp, hair, activity, and styling habits require; there is no universal schedule.

MAKE IT A MOMENT | Play one favorite song while you massage your scalp. Your routine can be useful and enjoyable.

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The Crown Care Cleansing Ritual

A purposeful shampoo experience to cleanse, reset, and replenish your scalp, strands, and overall crown health.



Your Crown Care Steps:

- **Cleanse with intention,** using a gentle, hair-loving shampoo that supports your hair's natural rhythm.
- **Massage your scalp** to stimulate circulation and release tension.
- **Rinse with cool or comfortably warm water** and finish with a nourishing conditioner or treatment.

Reflection Prompt:

How do I currently approach cleansing my hair?
What would make it a more intentional, nourishing ritual?



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Cleanse, Condition, Care

A simple routine you can repeat

1. **Before shampooing**
   Gently separate tangles when needed, and make sure the hair is thoroughly wet.

2. **Choose shampoo for your scalp**
   Focus on cleansing needs and product buildup rather than fragrance or marketing labels alone.

3. **Condition with purpose**
   Apply conditioner as directed, concentrating on areas that need slip and softness; gently detangle.

4. **Rinse and dry with care**
   Rinse thoroughly and blot or squeeze water with a soft towel or T-shirt. Avoid rough rubbing.

5. **Follow with your routine**
   Use leave-in conditioner or styling products as needed. Oils can help reduce moisture loss, but do not replace water.

SELF-CARE PAIRING | Put your phone away, choose calming music, and enjoy a few uninterrupted minutes.

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Styling as Storytelling

Ritual • Create • Express

Turn your styling time into a creative, feel-good ritual that honors your mood, your culture, and your personal style.



The Ritual

- ☐ ***Set the Vibe*** *– play music, light a candle, or diffuse a favorite scent.*
- ☐ ***Nourish First*** *– moisturize and prep your hair (leave-in, oil, or butter).*
- ☐ ***Be Creative*** *– try a new style, refresh a favorite, add accessories, or rock a headwrap.*
- ☐ ***Finish with Intention*** *– look in the mirror, acknowledge your crown, and move with confidence.*

Creative Style Ideas

Protective Looks
(braids, twists, locs, updos) for low maintenance care.

Wrap & Go
Explore headwraps and scarves as style and self-care.

Play with Texture
Embrace your natural pattern, a defined set, or a soft blowout.

Accessorize
Clips, cuffs, beads, or a statement piece to express your mood.

Journal Prompt

How can I make my styling time feel more creative, intentional, and enjoyable?

Key Takeaway:

Styling your hair isn't just about how it looks — it's a chance to be creative, expressive, and caring toward yourself.

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Style with Care

Beauty and protection can go together

Expression matters. So does keeping the hair and scalp comfortable while you create your look.

1. **Keep tension gentle**
   Braids, loc styling, ponytails, and extensions should not tug painfully at the scalp or edges.

2. **Be mindful with heat**
   Choose the lowest effective heat setting for your hair and tool, and use an appropriate heat protectant.

3. **Protect while you rest**
   A satin or silk scarf, bonnet, or smooth pillowcase may help reduce friction.

4. **Give your style some personality**
   Use a headwrap, clips, cuffs, or a different part. Small changes can feel fresh without a full restyle.

TRY THIS | Set out your accessories, play a song you love, and enjoy the process - not just the finished look.

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Energy Sealing

Seal • Protect • Maintain

A simple finishing ritual to lock in moisture, set your style, and leave you feeling grounded, refreshed, and in your own energy.



The Ritual

- ☐ ***Seal In Moisture*** *– mist, oil, or butter to lock in hydration.*
- ☐ ***Set Your Style*** *– smooth, twist, braid, or wrap with care.*
- ☐ ***Add a Protective Layer*** *– a satin scarf, bonnet, or gentle shield for lasting care.*
- ☐ ***Close with Intention*** *– take a breath, say a simple affirmation, and step into your day feeling rooted and refreshed.*

Creative Ways to Seal Your Energy

Mist & Breathe
Use a hydrating mist and take 3 deep breaths.

Oil with Intention
Massage in your favorite oil to seal and nourish.

Wrap It Up
Use a satin scarf or bonnet to protect your style and energy.

Affirm & Go
Speak a short intention, like "My crown is cared for and protected."

Quick Reflection

How do I feel after taking a few extra moments to seal and protect my hair and my energy?

My Notes

_____

_____

_____

_____

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Your Crown Care Menu

Choose the time you actually have

10 MINUTES

The Quick Reset

Refresh your style, check for tension, smooth flyaways, and add a scarf or accessory if you like.

20 MINUTES

The Thoughtful Refresh

Make a cup of tea, play music, gently detangle or moisturize where needed, and prepare your next style.

YOUR CLEANSING DAY

The Full Crown Ritual

Set out products and towels; shampoo, condition, detangle, style, and finish with one quiet breath.

A ritual does not have to be elaborate to count. The best one is the one you can enjoy and repeat.

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My Crown Care Notes

One reflection. Your own words.

What is one small change I can make to care for my crown and enjoy the time I spend doing it?

No perfect routine required. Just a little attention to what works for you.

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Your Crown, Your Compass

Take what serves you into everyday life

You do not need an elaborate routine or a long list of products to begin caring for your crown with more intention.

Start with what you know about your hair. Learn what it needs. Let shampooing, conditioning, and styling become moments when you care for both your hair and yourself.

An invitation from Precisely Yours

Explore more crown-care education, intentional beauty, and products created for your self-care experience at Precisely Yours Hair & Body Care.

Follow @preciselyurstylist

A little knowledge. A little care. A moment for you.

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As Always, Much Gratitude

Thank you for making space for your crown.

May this guide remind you that beauty can be intentional, that caring for your hair is a skill you can build, and that pampering yourself can fit into the life you already live.

With care,

Precisely Yours

THE CROWN & COMPASS • CROWND BEAUTIES