

HOW TO DO

Flat Iron Curls

WHAT YOU NEED:

- Flat Iron (1" is best, 1.5" will work!)
- Brush or wide tooth comb
- Sectioning clips
- Products: Heat Protectant and/or Hair Serum
Texture Spray, and/or Light Hold Hair Spray



1. PREP YOUR HAIR

Start with dry, brushed hair. Wet hair + flat iron = damage! If freshly washed and you already used heat protectant and you're good to go. On second-day hair, add extra protectant like **Aveda's Heat Relief** and let it dry for a few seconds before curling. If your hair struggles to hold curl, spritz light hold hair spray or texturizing spray all through out before moving on.

2. SECTION HAIR

Divide your hair into two sections by clipping up the top. Create the bottom section by placing your fingers 2 inches from your forehead and sweeping them around to the back of your crown in a circular motion.

When curling:
smaller sections = tighter curls
larger sections = looser waves



3. CHOOSE THE RIGHT TEMP

Fine or damaged hair: 300-325°F
Normal hair: 325-350°F
Thick or coarse hair: 350-375°F

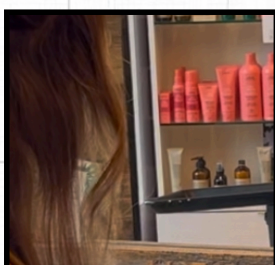


4. THE CURLING TECHNIQUE

Clamp a small section a few inches from the root, twisting the flat iron 180° for waves or 360° for curls. Glide down like pulling ribbon with scissors, twisting away from your face. Leave ends straight for a modern, effortless look.



For waves: turn the flat iron 180° so the hair wraps halfway around it, with the tail pointing toward your head.



For curls: turn the flat iron 360° so the hair wraps fully around it, with the tail pointing away from your head.





5. REPEAT & COOL DOWN

Continue curling section by section. Alternate curl directions (away from face, toward face) for a more natural look. Let the curls cool completely before touching them.

6. SET YOUR CURLS

Spritz texture spray or hairspray, then gently run your fingers or a wide-tooth comb through for a softer look. If needed, recurl any pieces for more definition. For long-lasting curls, finish with a final spritz of hairspray to lock in your style. **BONUS TIP FOR LONGER LASTING CURLS:** Sleep in a loose bun or silk wrap to maintain the curls overnight.



Flat iron curls is a perfect quick style! Whether you're headed to the office or out on the town, they're easy to achieve in just minutes, giving you effortless beachy-waves or bouncy curls that last all day!

RECOMMENDED PRODUCTS:

AVEDA HEAT RELIEF
OWAY NURTURING DROPS
OWAY SEA SALT SPRAY
AVEDA AIR CONTROL



Have styling questions? Book your appointment with us today!
720-510-2360