

# 5 Mistakes Keeping Your Natural Hair from Growing (and How to Fix Them)

Hey Sis,

I see you out here doing your best to take care of your natural hair--but somehow it still won't grow the way you want it to. The edges are struggling, the ends keep breaking, and it's frustrating. I get it. That's why I created this quick guide to help you figure out what's really going on.

Here are 5 mistakes I see all the time that could be slowing down your growth--plus what you can do to fix them today.

Let's get into it...

## 1. Doing "Protective" Styles That Aren't Actually Protective

Listen... not every twist, braid, or sew-in is doing your hair any favors. If it's too tight, too heavy, or left in too long, it's not protecting--it's stressing your scalp and causing breakage.

Fix it: Go for low-tension styles and give your hair and scalp a break between installs. Also, make sure your stylist actually knows how to protect your edges--not just make it look cute.

## 2. Skipping Scalp Care

You oil your hair, deep condition, maybe even steam it--but what about your scalp? Your scalp is skin, and healthy hair starts there. If your scalp is full of buildup, dry, or irritated, it's not going to grow the way it should.

Fix it: Cleanse your scalp regularly, exfoliate if needed, and use products that soothe and stimulate without clogging. Steam treatments and detox services help a lot.

### 3. Using Too Much Heat or the Wrong Heat

Flat ironing every week? Blow-drying on high with no heat protectant? Say less. Heat damage is real, and once your strands are fried, it's hard to come back from that.

Fix it: Use heat in moderation and always prep with a heat protectant. A good silk press doesn't require max heat--it requires the right technique.

### 4. Ignoring Your Ends

I know you're holding onto that length, but sis... those raggedy ends are holding you back. Split ends travel up the strand, causing even more breakage over time.

Fix it: Trim regularly (every 10-12 weeks depending on your hair health). It's not a setback--it's a setup for better retention.

### 5. Not Having a Consistent Routine

YouTube tips, TikTok hacks, random product hauls... it's a lot. But without a consistent routine that works for your hair, it's just trial and error.

Fix it: Build a basic weekly or biweekly routine. Cleanse, condition, moisturize, and protect. Keep it simple and stay consistent.

### Final Thoughts from Me to You

I created Manely Hair Growth Salon to give women like you a safe space to take care of their crowns without the noise, the judgment, or the salon chaos. If you're ready for peace, real care, and results, I'd love to see you in my chair (or refer you to someone on my team if I'm booked).

Want help building your custom growth routine? Let's talk.

Book your appointment or consultation here: [Insert your booking link]

Or just keep hanging with us on the blog and Instagram. Either way, I got you

With love,

Keioffa | Manely Hair Growth Salon

"Because your crown deserves more than just styling--it deserves care."