Don’t Give Smart Grooming the Brush Off: Here Are the Basics

January 21, 2011

The simple act of brushing goes a long way to keep your hair healthy, shiny and beautiful. But not all brush strokes are equal. Done improperly, this grooming ritual can do much damage to delicate textured hair. Below, AOL’s Black Voices offers some brushing and combing tips to keep black tresses healthy.

DO…

Always start combing from the bottom of the hair and then work your way up to the roots. This strategy helps you attack tangles one at a time and minimizes hair breakage.

Use a wide-tooth comb and add a light product, such as leave-in conditioner or serum, to help the comb glide more easily through your hair. (Remember: Less snags mean less split ends.)

Separate hair into sections and comb each section. This makes the task seem more manageable. Plus doing it this way allows hair to rest and recuperate between combings.

“Pick” through hair instead of using the brush as a comb. Your hair will love this gentler and healthier approach.

DON’T…

Brush wet hair because that’s when it’s most fragile.

Tuga comb through tangled hair. Instead, wet and work conditioner into tresses first, then comb. (If you have extra tangles, be patient.)

Be afraid to use different combs to detangle wet hair. For example, start with a wide-tooth comb then switch to a rattail comb to accomplish your detangling mission.

Click here for tips to keep your hair healthy and beautiful from the inside.

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