



BONUS #2

The Gentle Styling Decision Guide™

A Simple Checklist for Choosing Hairstyles That Fit Your Edge-Care Goals

BEFORE EVERY NEW HAIRSTYLE, ASK YOURSELF...

Not every hairstyle creates the same experience for every person.

The better question isn't:

"Is this hairstyle good or bad?"

The better question is:

"Does this hairstyle fit MY Edge Load?"

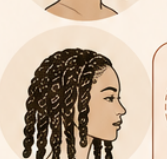
Use this page before every salon visit or new installation.

STEP 1

The 6-Question Edge Check

- ☐ Will this style pull on my smallest edge hairs?
- ☐ Does this style feel comfortable—not painfully tight?
- ☐ Will anything repeatedly rub against the same area?
- ☐ Can I comfortably wear this without constantly adjusting it?
- ☐ Will this hairstyle fit into my current Edge Defence Rules?
- ☐ Can I realistically maintain this routine for the next few weeks?

The HAIRSTYLE DECISION FLOW™



 **NEW HAIRSTYLE IDEA**
Excited about trying something new?



 **WILL IT INCREASE MY EDGE LOAD?**
Think tension, friction or manipulation.

YES

NO

 **MODIFY THE STYLE**
Adjust to reduce tension, friction or manipulation.

 **CONTINUE**
Move to the next check.

YES

NO

 **DOES IT FEEL COMFORTABLE?**
Comfort today predicts consistency tomorrow.

 **MONITOR**
Wear it mindfully. Track how your edges respond over time.

 **SPEAK UP**
Communicate with your stylist. Comfort is not negotiable.

 **STILL UNSURE?**
Not every style is clear before you try.

 **OBSERVE BEFORE MAKING ANOTHER CHANGE.**
Give it time, track the signals, and let the data guide you.

 Your edges deserve intention, not guesswork. *Choose with care, be consistent,* and protect your crown.

STEP 2

Salon Conversation Starters

Sometimes the easiest way to reduce unnecessary edge stress is simply speaking up.

You can say:

💬 "Please be gentle around my hairline."

💬 "Can we make the front a little looser?"

💬 "Please don't force the smallest hairs into the style."

💬 "I'd rather have comfort than extra tightness."



MY DECISION

Today's hairstyle:

One thing I will pay attention to:

If anything feels uncomfortable, I will:

Remember: The goal isn't to find the "perfect" hairstyle. It's to build a routine that places less repeated stress on your edges over time. Small, intentional decisions made consistently often matter more than constantly chasing the next trend.