



The NHP
Box Braid Prep
& Growth Planner

Grow. Protect. Retain.

*A step-by-step plan for
healthy hair under braids.*

WELCOME

Hey sis 🤍

Before we install those braids, we need a strategy.

Because here's the truth:

Braids don't grow your hair.

Healthy systems do.

This planner is your step-by-step guide to:

- ✓ Preparing your scalp
- ✓ Protecting your edges
- ✓ Retaining length
- ✓ Avoiding tension damage
- ✓ Keeping your braids lightweight and safe

You're not just getting a hairstyle.

You're protecting what's underneath.

Let's start.



Welcome

Box braids are a protective style. But protection only works when preparation and maintenance are intentional.

This planner was created to help you:

- ✓ Prepare your hair properly before installation
- ✓ Maintain moisture and scalp health under braids
- ✓ Reduce breakage and edge damage
- ✓ Track retention over 8 weeks



Braids don't grow your hair. Healthy systems do.





SECTION 1

Pre-Install Checklist

Let's prepare properly.

PRE-INSTALL CHECKLIST

Step 1: Scalp Condition Check

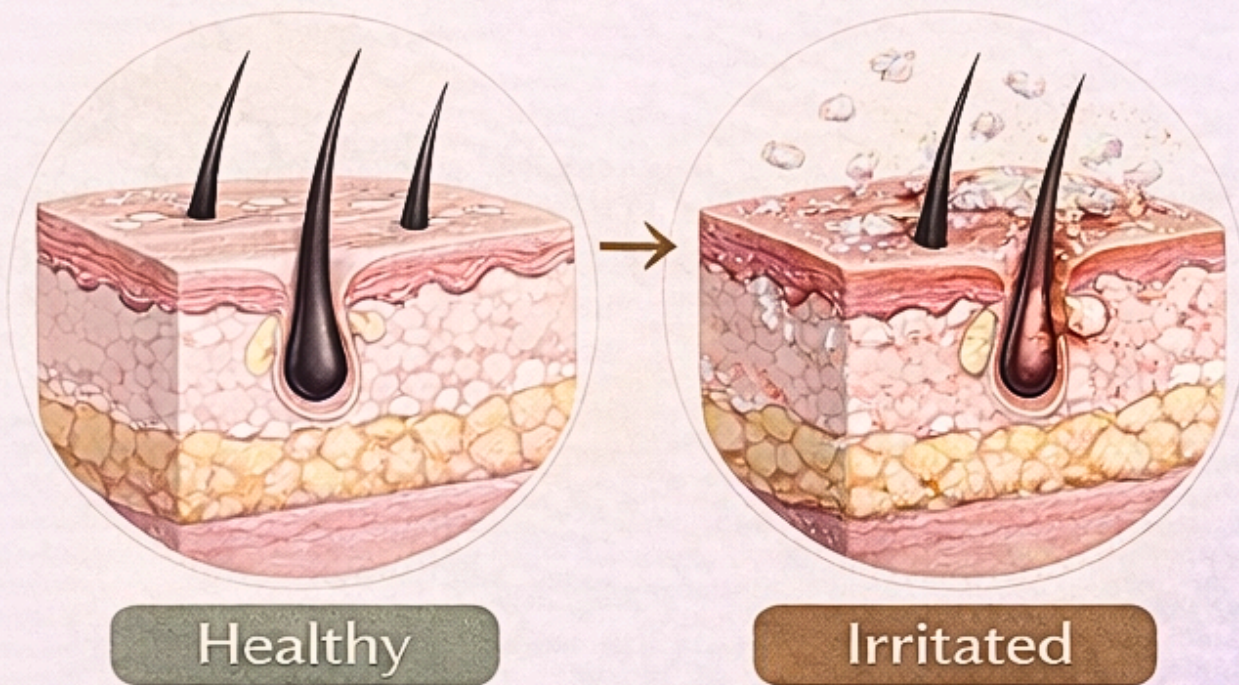
Before booking your appointment, ask yourself:

- Is my scalp itchy or irritated?
- Do I have flakes or buildup?
- Any soreness from a previous style?

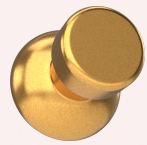
If yes → *pause and treat first.*

Braids should never go on an inflamed scalp.

Healthy vs Irritated



Braids should never go on an inflamed scalp.



Your Take Away

Scalp Condition Check

Let's prepare properly.

- No redness or irritation
- No excessive dryness or flaking
- No tenderness or sores
- No scalp bumps or blisters
- Finished any needed treatments



NHP Tip
If your scalp is irritated, pause install.



PRE-INSTALL CHECKLIST

Step 2: Breakage Check

Run your fingers through your hair.

- Do I see short broken strands?
- Are my ends thin?
- Is shedding excessive?

If your hair feels weak, do 1-2 strengthening washes before installing.

Pro Tip: Reminder:

*Braids installed on weak hair =
hidden breakage.*

PRE-INSTALL CHECKLIST

Step 3: Edge Assessment

Stand in good lighting.

- Are my edges full?
- Any thinning at the temples?
- Short baby hairs breaking off?

If edges are fragile:

- Avoid micro parts
- Avoid small tight braids
- Choose medium sections



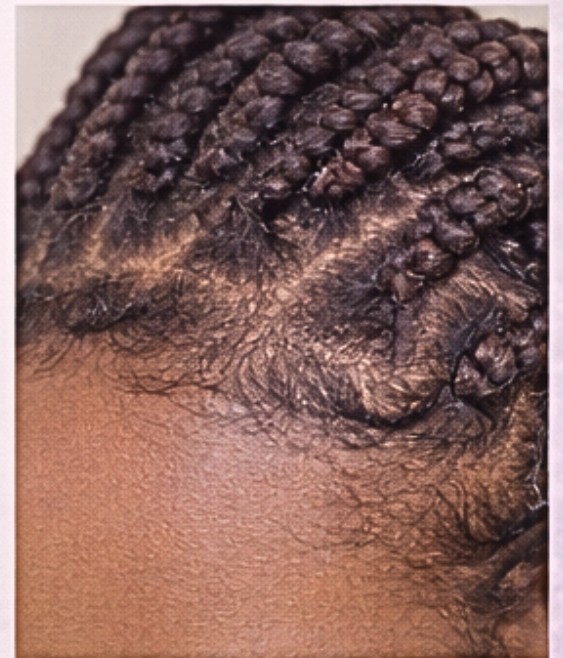


Breakage Check

- No excessive shedding short hairs
- Hair holds moisture well: soft not dry
- Hair elasticity is intact and strong
- No damage to nape or crown

Edge Assessment

- Edges are full (not thinning)
- No signs of traction alopecia
- No tenderness or breakage





What To Tell Your Braider

Screenshot this if you need to:

- “I prefer low tension.”
- “Please don’t pull my edges tight.”
- “I’m focused on hair health and growth.”
- “If it feels tight, I’ll let you know.”

If edges are fragile:

- Avoid micro parts
- Avoid small tight braids
- Choose medium sections

You are allowed to protect your hair.



WHAT TO TELL YOUR BRAIDER

““

“I prefer low tension.”

*“Please don’t pull
my edges tight.”*

You are allowed to protect your hair.



BEFORE INSTALL

Wash + Protein Balance

Screenshot this if you need to:

- Clarifying wash (remove buildup)
- Light protein treatment (if hair is weak)
- Deep condition
- Fully dry before braiding

Pro Tip:

Never braid *damp* hair

Recommended
lightweight clarifying
shampoos and
conditioners are listed
here:

WASH + PROTEIN BALANCE

Your Take Away



1

Clarify



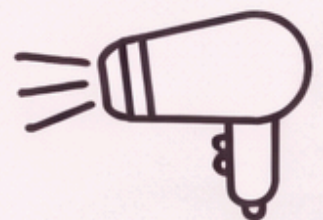
2

Light
protein



3

Deep
condition



4

Fully dry

You are allowed to protect your hair.



SECTION 2

Growth Under Braids Routine

Maintenance is where retention happens.

Now that your braids are installed, this is where most people fail. They ignore what's underneath. Let's fix that.



Weekly Scalp Care Schedule

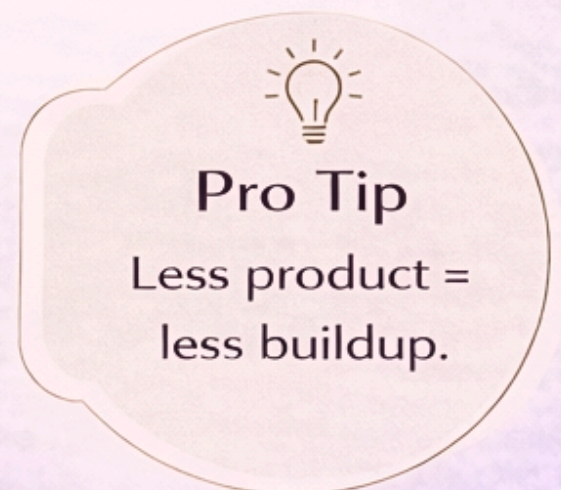
Week 1–8 Routine:

- 2–3x per week:
- Light scalp mist or hydrating spray
- Gentle massage (2–3 minutes)
- 1x weekly:
- Light oil application (not heavy grease)
- Edge check
- Every 2 weeks:
- Light cleanse if needed (diluted shampoo method)



WEEKLY SCALP CARE SCHEDULE

Day	Action	Done ✓
Monday		<input type="checkbox"/>
Tuesday		<input type="checkbox"/>
Wednesday		<input type="checkbox"/>
Thursday		<input type="checkbox"/>
Friday		<input type="checkbox"/>
Saturday		<input type="checkbox"/>
Sunday		<input type="checkbox"/>





MOISTURE MAINTENANCE GUIDE

Your scalp still needs hydration.

Look for:

- Water-based scalp sprays
- Lightweight oils
- Non-greasy formulas

Avoid:

- Thick heavy oils
- Petroleum-heavy grease
- Over-saturating braids

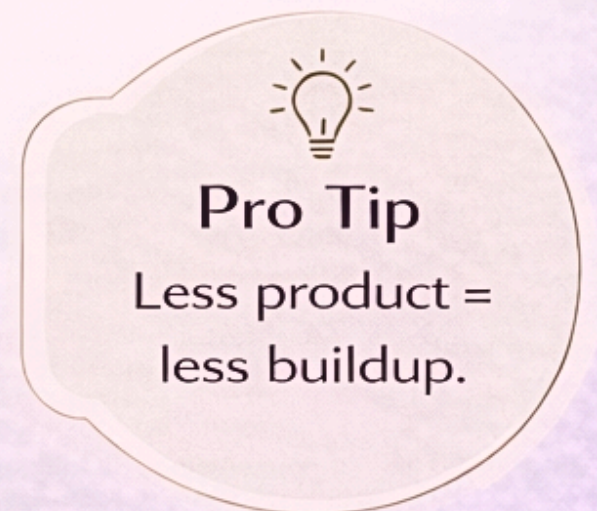
Less is more.

See the recommended
lightweight scalp oils
and sprays here:



MOISTURE GUIDE

What To Use ✓	What To Avoid ✗
✓ Water-based moisturizers	✗ Heavy oils: castor, mineral
✓ Light oils: jojoba, sweet almond	✗ Butters and waxes
✓ Glycerin or aloe-based spray	✗ Product buildup
✓ Leave-in conditioner	✗ Hair sprays with high alcohol





NIGHT PROTECTION ROUTINE

Every night:

- Satin scarf or bonnet
- Loose pineapple if long
- Avoid friction on edges

Pro TIP

Satin = reduced friction
= less breakage.





NIGHT ROUTINE

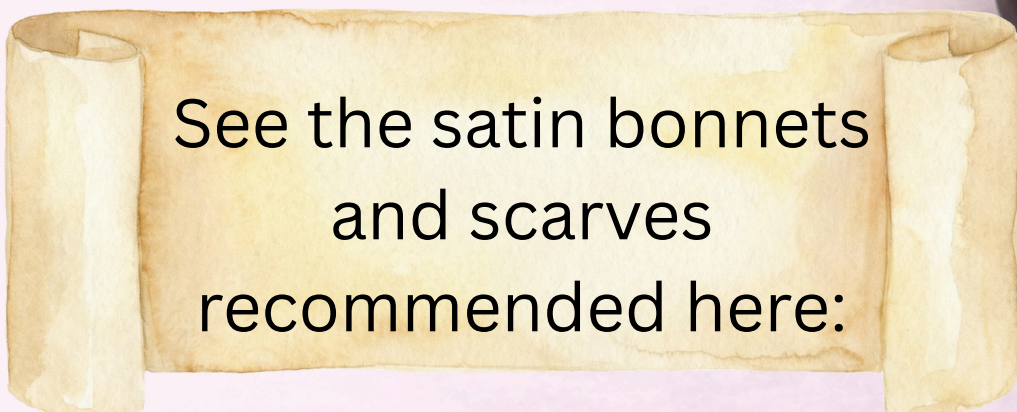
Satin



Protect



Reduce friction



See the satin bonnets
and scarves
recommended here:





SECTION 3

8-Week Growth Tracker

Track. Don't guess.

WEEKLY TRACKER (8 WEEKS)

Use this section actively.

Week	Tension (1-5)	Itching (1-5)	Dryness (1-5)	Notes
Week 1	_____	_____	_____	_____
Week 2	_____	_____	_____	_____
Week 3	_____	_____	_____	_____
Week 4	_____	_____	_____	_____
Week 5	_____	_____	_____	_____
Week 6	_____	_____	_____	_____
Week 7	_____	_____	_____	_____
Week 8	_____	_____	_____	_____

Ask yourself weekly:

- Is there soreness?
- Are edges stressed?
- Are braids feeling heavy?

If tension stays above 4/5 → remove early.

Your hair health > style longevity.



SECTION 4

COMMON PROTECTIVE STYLE MISTAKES

(Let's Avoid These)

- Installing on weak, protein-deficient hair
- Choosing micro braids with fragile edges
- Leaving braids in 10–12 weeks
- Ignoring scalp buildup
- Using heavy extensions
- Not communicating tension discomfort

Braids should feel secure — not painful.

If you get headaches after install, that's a warning.



Braiding Hair

SMART PRODUCT PICKS

Recommended:

X-Pression Braiding Hair

Why:

- Lightweight
- Less tension than heavy fiber
- Holds style well



Lightweight Scalp Oils

Look for:

- Jojoba oil
- Grapeseed oil
- Lightweight blends

Avoid thick castor oil
daily use under braids.



Satin Protection

Must-have:

- Satin bonnet
- Satin pillowcase

Friction = edge damage.



Scalp Sprays

Choose:

- Water-based
- Aloe-based
- No heavy residue

Your scalp still needs breathability.



YOUR REMINDER

You're not just wearing braids.
You're protecting your growth.

Healthy braids are:

- Lightweight
- Low tension
- Maintained weekly
- Removed on time

And remember:

Retention > length obsession.



When you're ready for the full strategy — including:

- The 90-Day Protective Style System
- The Edge Protection Protocol
- The Style Decision Matrix
- The Advanced 12-Week Growth Tracker

Look out for: *“The Protective Style Growth Blueprint”*

But for now?

Use this planner.

Protect your edges.

Stay consistent.

Track everything.

You've got this.

**Yay! You're about to launch
your Braid prep Journey**



Grab your starter Kit here

<https://bkeli.com/index.php/nhp-braid-planner>



Need to find your next braid style ?

Hairstyle Inspiration and more Care
recommendations

**[https://www.naturalhair-
products.com/braided-hairstyles.html](https://www.naturalhair-products.com/braided-hairstyles.html)**

Your Growth Standards

Retention > Length obsession

Tension should never equal pain

Remove braids on time.

Ready for the full 90-Day Growth System?

Look out for *The Protective Style Growth Blueprint*.

Consistency builds length.

Coming soon! Your 90-Day Hair Growth System



**GORGEIOUS
BRAID STYLES FOR YOU**

Look out for *The Protective Style Growth Blueprint*

<https://bkeli.com/index.php/nhp-braid-planner>