

recurled



Decode *Your* Hair™

THE POROSITY GUIDE



Stop guessing.
Start understanding
your curls.



Not sure which column is you?
Take the free 2-minute quiz at

recurled.com/quiz

Learn your curls.
Love your hair.



What is Hair *Porosity*?

POROSITY DESCRIBES HOW EASILY YOUR HAIR ABSORBS AND HOLDS ONTO MOISTURE. ♥

Think of your hair's cuticle like shingles on a roof. When the cuticles lie flat, moisture has a harder time getting in. When they're raised, moisture gets in easily—but escapes just as quickly.

Understanding your porosity helps you choose products and routines that work *with* your hair, not against it.



Your curls are giving you clues.



IS THE FLOAT TEST HELPFUL?

Yes—but it's just one clue.

The float test can give you a rough idea of your porosity, which is why we include it in the Recurled Quiz.

For the most accurate results, combine it with what you notice about your hair every wash day.



FLOATS

Likely Low Porosity

Cuticles are tightly closed. Moisture has a harder time getting in but stays put once it's inside.



MIDDLE

Likely Medium Porosity

Cuticles are slightly open. Moisture gets in with ease and stays balanced—not too much, not too little.



SINKS

Likely High Porosity

Cuticles are more open or damaged. Moisture rushes in, but escapes just as quickly, leaving hair feeling dry.

Remember...

Several factors can influence your float test results:



Product buildup



Hair damage



Bleach or color



Oils left on the strand



Hard water



REMY'S TIP

Don't panic if your float test doesn't perfectly match your hair. The quiz combines **multiple clues**, not just one test, for the most accurate results.



Low Porosity

TIGHT CUTICLES. HARDER TO ABSORB. EASY TO KEEP.

Low porosity hair has cuticles that lie flat and tight, making it hard for moisture and products to get in. The upside? Once moisture is in, your hair holds onto it well and is less prone to frizz.



WHAT IT LOOKS LIKE

- ✓ Cuticles lie flat and tight
- ✓ Moisture takes longer to absorb
- ✓ Products tend to sit on the surface
- ✓ Takes longer to dry
- ✓ Prone to product buildup



SIGNS YOU MAY HAVE LOW POROSITY

- Hair takes a long time to get wet
- Products sit on top and don't seem to absorb
- Hair takes forever to dry
- You don't need to moisturize often
- Prone to buildup and weighed down easily
- Feels smooth but can lack volume



INGREDIENTS TO LOOK FOR

- Lightweight humectants (glycerin, aloe vera)
- Light proteins (hydrolyzed silk, rice protein)
- Water-soluble oils (jojoba, squalane, argan oil)
- Clarifying ingredients (salicylic acid)



INGREDIENTS TO AVOID

- Heavy butters (shea butter, cocoa butter)
- Heavy oils (castor oil, coconut oil, olive oil)
- Silicones and waxes that build up
- Too much protein (can lead to stiffness or breakage)



WASH DAY TIPS

- Clarify regularly to remove buildup
- Use warm water and steam to open the cuticle
- Apply products on very wet hair
- Use heat (steamer, hot towel, or hooded dryer) to help products absorb
- Choose lightweight formulas



THE BIGGEST MISTAKE

Using heavy products that just sit on top of your hair. This leads to buildup, dryness, and frustration. When in doubt, go lighter and build from there.



More product doesn't mean better results.



Remy's Tip

Patience is your best friend! Give your products time and heat to work their magic. Your hair will thank you.



Medium Porosity

THE HAPPY BALANCE.
MOISTURE GOES IN AND STAYS (MOSTLY).

Medium porosity hair has cuticles that are slightly open, allowing moisture to get in and stay in with relative ease. It's considered the "sweet spot" — flexible, balanced and usually the easiest to care for.



WHAT IT LOOKS LIKE

- ✓ Cuticles are slightly open
- ✓ Moisture gets in and stays with ease
- ✓ Products absorb fairly well
- ✓ Dries in a reasonable amount of time
- ✓ Less prone to extreme buildup or dryness



SIGNS YOU MAY HAVE MEDIUM POROSITY

- Hair gets wet at a normal rate
- Products absorb pretty well
- Dries in a few hours (not too fast or too slow)
- Soft, shiny and bouncy
- Not overly prone to buildup or dryness
- Responds well to most products



INGREDIENTS TO LOOK FOR

- A balance of moisture and protein
- Hydrating ingredients (glycerin, aloe vera, honey, panthenol)
- Light to medium proteins (hydrolyzed silk, keratin, rice protein)
- Nourishing oils (jojoba, argan, avocado oil)
- Humectants for lasting hydration



INGREDIENTS TO AVOID

- Heavy, waxy butters (in large amounts)
- Too much protein (can cause stiffness or dryness)
- Harsh sulfates (can strip moisture)
- Silicones and waxes that build up
- Alcohols (high in ingredients list)



WASH DAY TIPS

- Use a balanced routine with moisture + light protein
- Cleanse regularly with a gentle, sulfate-free shampoo
- Follow with a hydrating conditioner
- Use a leave-in to maintain moisture
- Adjust protein based on how your hair feels (soft vs. weak)



THE BIGGEST MISTAKE

Overdoing either moisture or protein. Medium porosity hair thrives on balance — too much of either can lead to dryness, stiffness or buildup.



Keep it balanced, and your curls will thrive! ♥



Remy's Tip ♥

Listen to your hair! If it starts to feel dry, add a little more moisture. If it feels stiff or straw-like, ease up on the protein. Balance = happy curls.



High Porosity



OPEN CUTICLES. EASY TO ABSORB.
HARD TO HOLD ON.



High porosity hair has cuticles that are more open or damaged, so moisture gets in easily—but it also escapes just as quickly. Your hair may feel dry, look frizzy, and need extra TLC to stay healthy.



WHAT IT LOOKS LIKE

- ✓ Cuticles are raised or damaged
- ✓ Moisture gets in easily, but doesn't stay
- ✓ Dries quickly
- ✓ Prone to frizz and tangles
- ✓ More vulnerable to damage



SIGNS YOU MAY HAVE HIGH POROSITY

- Hair gets wet very quickly
- Dries very fast
- Feels dry, rough or brittle
- Frizzes easily (especially in humidity)
- Tangles and knots easily
- Breaks or splits more often
- Color fades quickly



INGREDIENTS TO LOOK FOR

- Deep moisturizers (shea butter, mango butter, avocado oil)
- Humectants (glycerin, honey, aloe vera)
- Proteins to strengthen (keratin, rice protein, amino acids)
- Sealing oils (jojoba, argan, coconut oil)
- Ceramides and fatty acids



INGREDIENTS TO AVOID

- Alcohols (drying types like isopropyl alcohol)
- Harsh sulfates
- Too much protein (can lead to stiffness and breakage)
- Clarifying products too often
- Heat styling without protection



WASH DAY TIPS

- Use warm or cool water to prevent cuticle lift
- Deep condition every wash day
- Use leave-in conditioner every time
- Seal moisture in with oils or butters
- Use a microfiber towel or cotton T-Shirt
- Protect from heat and sun



THE BIGGEST MISTAKE

Not sealing in moisture. High porosity hair needs help keeping what it absorbs. Without proper sealing, it will always feel dry, no matter how much you moisturize.



Moisture first, then seal it in. That's the magic!



Remy's Tip

Think "L.O.C." —Leave-in, Oil, Cream. Layering your products will help lock in moisture and keep your curls soft, strong and thriving.



Find Your Porosity

Your hair gives you clues every day. Use this checklist to find the porosity that best fits your hair. Circle the answers that sound most like you. 



HOW DOES YOUR HAIR...	LOW POROSITY	MEDIUM POROSITY	HIGH POROSITY
 GET WET? When you're washing or soaking it.	☐ Takes a long time to get fully wet	☐ Gets wet at a normal rate	☐ Gets wet very quickly
 DRY? After washing.	☐ Takes a long time to air dry	☐ Dries in a reasonable time	☐ Dries very quickly
 ABSORB PRODUCTS? Conditioners, stylers, moisture.	☐ Products sit on top and take time to absorb	☐ Absorbs products fairly easily	☐ Absorbs products very easily
 HOLD MOISTURE? Throughout the week (excludes wash day).	☐ Stays hydrated for several days	☐ Stays hydrated for a few days	☐ Loses moisture quickly
 TANGLE? Throughout the week during daily wear.	☐ Rarely tangles	☐ Sometimes tangles	☐ Tangles easily
 FEEL? The overall feel of your hair.	☐ Feels smooth and resistant	☐ Feels balanced and soft	☐ Feels dry, rough or fragile

HOW TO SCORE

Give yourself 1 point for each answer in a column.

→ Add your points



LOW POROSITY

—

POINTS



MEDIUM POROSITY

—

POINTS



HIGH POROSITY

—

POINTS

REMEMBER

Your results can also change based on:

- Damage or chemical services
- Product buildup
- Hard water
- The season and humidity





Remy's Tip

If your scores are close, that's totally normal! Look at the column with the most points, then check the next page to see what **that means for your hair.**



Ingredient Cheat Sheet

Ingredients matter — but context matters more. Use this guide to build a routine that works with your hair, not against it. 



GREEN LIGHT

Curl-friendly & helpful

Great for moisture, strength, shine, and scalp health.

-  Water (Aqua)
-  Aloe Vera
-  Glycerin
-  Panthenol (Pro-Vitamin B5)
-  Hyaluronic Acid
-  Plant Oils (jojoba, argan, avocado)
-  Butters (shea, mango, cocoa)
-  Proteins (keratin, rice, silk)
-  Ceramides
-  Amino Acids

 Look for these higher up on the ingredient list.



YELLOW LIGHT

Use with balance

Not bad, but can build up or cause issues for some hair types.

-  Fatty Alcohols (cetearyl, stearyl, behenyl)
-  Polyquaterniums
-  Gums & Thickeners (xanthan gum, guar gum)
-  Esters
-  Light Silicones (leave-in friendly)
-  Fragrance (Parfum)
-  Waxes (beeswax, candelilla)
-  pH Adjusters

 Fine in moderation and depends on your porosity and routine.



RED LIGHT

Proceed with caution

These can strip, dry out, or cause buildup.

-  Sulfates (SLS, SLES, ALS)
-  Drying Alcohols (alcohol denat.)
-  Heavy Silicones (dimethicone, amodimethicone)
-  Mineral Oil & Petrolatum
-  Parabens
-  Phthalates
-  Formaldehyde Releasers (dmdm hydantoin, imidazolidinyl urea, quaternium-15)

 These often cause dryness, frizz, irritation, or long-term hair damage.

HOW TO READ AN INGREDIENT LABEL



Ingredients are listed in descending order by concentration. The first 5–7 ingredients make up the majority of the product.



Water is usually first. That's normal. Focus on what comes after.



Look for more green than red. And watch where your key ingredients land on the list.



Everyone's hair is different. What works for someone else might not work for you — and that's okay.

REMEMBER:



Low porosity?
Avoid heaviness and buildup. Look for lightweight formulas.



Medium porosity?
Balance is your best friend. Mix moisture + protein.



High porosity?
Moisture first, then seal it in. Look for nourishing, rich ingredients.



REMY'S TIP

Your hair is always changing, and that's okay. Revisit this guide often — your perfect combo might shift with the seasons, your health, or your hair goals! 



You've Got Your Results!



Understanding your porosity is just the beginning. Now you can choose products, techniques, and routines that actually work with your hair — not against it.



Here's what to do next.



1



SHOP SMARTER

- ✓ Use the Ingredient Cheat Sheet (page 7)
- ✓ Focus on formulas that match your porosity
- ✓ Introduce new products one at a time
- ✓ Give each product 2–3 weeks to see results



Your hair needs time to adjust!

2



BUILD YOUR ROUTINE

- ✓ Start with the Beginner Routine (page 9)
- ✓ Adjust based on your porosity, texture, and density
- ✓ Pay attention to how your hair responds
- ✓ Keep what works, tweak what doesn't



There's no perfect routine — just the one that works for you.

3



KEEP LEARNING

- ✓ Explore the full CG Guide for deeper dives
- ✓ Learn about porosity, protein, techniques & more
- ✓ Ask questions in the community (you're not alone!)
- ✓ Track your progress and celebrate wins



Curly hair is a journey, not a destination.

YOUR CURL JOURNEY

Your hair will change with the seasons, your health, your products, and your life. Keep listening, keep learning, and keep showing up for your curls.

You've got this. 

SAVE THIS GUIDE!

It's here for you whenever you need to come back.



REVISIT WHEN YOU...

-  Try a new product or technique
-  Notice changes in your hair
-  Need a refresher
-  Want to fine-tune your routine



Remy's Tip

Consistency over perfection. Be curious, be patient, and remember: your curls are meant to be understood, not tamed.

