

# how to get 360 waves

Training manual

Julius Sargeant



# license

Copyright © 2020 Julius Sargeant

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed “Attention: Permissions Coordinator,” at the address below.

ISBN: 978-0-000000-0 (Paperback)

ISBN: 978-0-000000-0 (Hardcover)

Library of Congress Control Number: 00001000000

Any references to historical events, real people, or real places are used fictitiously. Names, characters, and places are products of the author’s imagination.

Book design by Julius Sargeant.

Printed by Vanier College, Inc., Canada.

First printing edition 2017.

Vanier College  
238 Goyer  
Montreal, Quebec, 2WW 1O1

# table of contents

## **Introduction** 1-2

## **About 360 waves** 3-4

---

What are 360 waves?  
Where did it originate?  
Do not give up  
Celebrities with 360 waves

## **What you need to get started** 5-6

---

Products  
Choosing your pattern

## **How to get 360 waves** 7-10

---

Step by step process  
How to tie your durag

## **References** 14

# introduction

**Have you been trying to get waves but still have not seen any results?** This beginners guide to 360 waves will show you how to get started. This guide will also display the different possible wave patterns, from the 180 to 720 degrees wave patterns. It will show you the basic things that you need to do and have to start seeing results.

This guide is intended for men and women of all ages with coarse hair struggling to get waves or wanting to get started. At the end, you will have enough knowledge and understanding of waves to get started.

# ABOUT 360 WAVES

**What are 360 waves?** Waves are laid down curls. Every human being has a certain hair type. Most Europeans are born with straight hair. When their hair is at a short length, it maybe straight and when it gets to a certain length it starts to become curly or may stay straight depending on their genetics. However, for most people of African descent, when their hair is at a short length it has a coily look to it, which is are very tight curls, making it fairly easy for them to get waves. Waves are achieved by training your hair curls to flatten out.

**Where did it originate?** This hairstyle originated back from the beginning of the civilization amongst egyptians. On the right is a rare photo of an african with 360 waves. It is a drawing of an egyptian with lines around there head. Most ancient drawings have a very significant meaning, so these lines in their heads clearly symbolize something that no one knows about, but for now people just call them 360 waves.

**Do not give up!** 360 waves are one of the most popular hairstyles in the world. A lot of people want them, but they are anything but easy to achieve. To get 360 waves, it requires patience, dedication, motivation, money, and most importantly consistency.

## CELEBRITIES WITH 360 WAVES

Many celebrities, rappers and athletes have 360 waves. Many men love having waves not because they love them but because the ladies love them to. Them having waves shows that waves is not just a hairstyle it is a lifestyle. Go to the next 2 pages to see Sean Combs (Rapper) and Michael Rainey Jr. (Actor) two popular celebrities with 360 waves

EGYTIAN WAVES



SEAN COMBS



MICHAEL RAINEY JR.



# WHAT YOU NEED TO GET STARTED

## PRODUCTS

### Conditioner and shampoo

Shampoo is needed to clean the scalp. Conditioners are used to detangle hair making it easier to manage.

### Grease/Pomade

These products are used to help control and hold hair in place. An all natural pomade or grease is highly recommended as it is highly beneficial in the long term. They might be a bit pricey

### Here are three of the best all natural pomades:

- Roller Coaster Hair Pomade
- Wavebuilder Natural Wave Pomade
- Nuances Tropical Wave Pomade

### Durags

Durags are used to keep your hair in place and train your hair to sit down.

### Moisturizer

Used to restore moisture in hair after wash. Also used to smoothen your hair to prepare it for pomade or grease.

### Here are three of the best moisturizers for 360 waves:

- Shea moisture coconut hibiscus
- Cantu shea butter
- As I am double butter cream

### Brushes

Brushes are used to help lay down hair with repetitive strokes. Ideally you will need three brushes. Each brush has its purpose.

- Soft brush - Used for short thin hair.
- Medium Brush - If the soft brush does not get through your to your scalp and the hard brush is too rough on your scalp the medium brush is the best option.
- Hard brush - This brush is used mostly for long and thick hair. The hard bristles will get through any type of hair.

### Hair oil

These are good to hold the moisture and add vitamins to your hair.

## CHOOSING YOUR PATTERN

Before you get started with 360 waves you need to know what pattern that best suits you. There are four patterns you can choose from, there are 180, 360, 540, 720 patterns. You choose the one you like the most.

The 180 pattern is the easiest one to achieve. The higher the pattern, the harder it is to achieve. This training manual will primarily focus on how to get the 360 wave pattern.

Here is how each of them look.

720



180



360



540



# HOW TO GET 360 WAVES

## STEP BY STEP PROCESS

### 1

#### Start by getting a haircut

If you are just getting started with your wave journey, start off by getting a low haircut, but not too low where you can see your scalp. Many barbers will know about waves, and what length you should get your hair cut to.

### 2

#### Wash your hair

You need to wash your hair. You need to wash it with shampoo, to get the dead hair, dirt, and dandruff out. Follow up by applying conditioner to detangle your hair and prevent your hair from getting dry.

### 3

#### Dry your hair

You need to dry it with a towel. But keep it damp for the next step.

### 4

#### Apply moisterizer

Add a desired amount of moisterizer to soften your hair follicles. Gently rub the moisterizer all around your hair to make sure all your hair gets sufficient amount of product.

### 5

#### Start brushing

Start brushing the product throughout your head.

#### Here is simple brushing technique:

- Brush the top of your hair forward towards your face from the crown or the middle of your head.
- Brush the side of your head in a 45 degree angle, starting from the top towards the chin area.
- Brush the back of your head by starting from the middle of your head towards the back of your neck.
- Brush each side of your head continuously for 5 minutes minimum.

### 7

#### Optional\* Apply hair oil

Apply a desired amount of hair oil around your head to add shine, and lock the moisture in your hair. Repeat the brushing method using a soft brush to prevent rumpling all your progress.

### 6

#### Apply pomade/grease

Apply a desired amount of pomade/grease to your hair and rub it throughout your hair to hold hair down. Repeat the brushing technique from step 5.

### 8

#### Put on your durag

After applying and brushing in your products, you need to put on your durag to lay down your hair and prevent it from getting messed up. Leave on your durag for as long as you like.

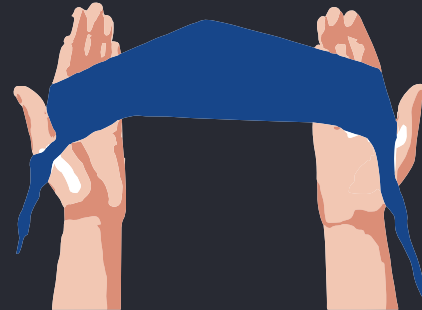
*If you do not know how to tie a durag, jump to the next pages to see a method from typesofhats.com.*

## HOW TO TIE A DURAG

1

### Turn the durag inside out

Turn the durag inside out so that the seam is on the outside. If you put the stitching on the inside, it will create an impression, by leaving a line in the middle of your head.



2

### Place the durag on your head

When you place the durag on your head, keep in mind to place the center seam in line with your nose with the stitching on the outside. Cover your entire hairline for the durag to hold on to your head tightly. The front edge of the durag should be placed between your eyebrows and hairline.



3

### Wrap the ties behind your head

Take the long ties of the durag each in your hand, and bring them behind your ears to the back of your head, so that they cross an X behind, and take them to the front of your head.



4

### Cross the ties in front your head

While bringing them to the front, make sure the ties are flat to look perfect. Cross the ties in front of your forehead again. Since they are fabric straps, they can roll up and give a messy look. Make sure you don't pull the ties too tightly so that they won't cause a headache.



5

### Bring the ties back to tie a knot

Bring the ties back together by laying them flat and tie a knot. Don't tie them too tightly so that they won't be difficult to remove.



6

### Adjust the flap gently by pulling down

After tying a knot, pull down the flap gently underneath your ties. This will further tighten the durag to fit your head snugly. Don't pull it too hard, so the durag won't lose its smooth shape.





**GOOD LUCK!**

# References

- Black Canaan: The first settlements. (n.d.). The Worlds First Civilizations Were All Black Civilizations. [https://realhistoryww.com/world\\_history/ancient/Canaan\\_1.htm](https://realhistoryww.com/world_history/ancient/Canaan_1.htm)
- 403 forbidden. (2013, April). 403 Forbidden. <https://www.manlycurls.com/2013/04/360-waves-how-to-get-hair-style-haircut-curly-hair/>
- Coiffure wave OU vagues 360 pour hommes noirs et Metis – Afroculture.net. (n.d.). Accueil. <https://www.sagsao.ml/ProductDetail.aspx?iid=153622384&pr=40.88>
- 6 best shampoo and conditioner for 360 waves in 2021. (2021, June 4). Hair Everyday Review. <https://haireveryday.com/shampoo-conditioner-360-waves/>
- 15 best wave grease for Black hair 2021 - The perfect pomade for 360 waves - That sister. (2021, October 25). That Sister. <https://www.thatstister.com/wave-grease-pomade-cream-black-men/>
- 10 best oil for 360 waves in 2021. (2021, June 25). Hair Everyday Review. <https://haireveryday.com/oil-for-360-waves/>
- As I am double butter rich daily moisturizer, 8 ounce : Amazon.ca: Beauty & personal care. (n.d.). Amazon.ca: Low Prices – Fast Shipping – Millions of Items. [https://www.amazon.ca/Double-Butter-Daily-Moisturizer-Ounce/dp/B007IVRASY/ref=sr\\_1\\_2?keywords=as+i+am+moisturizer&qid=1636930177&s=beauty&sr=1-2](https://www.amazon.ca/Double-Butter-Daily-Moisturizer-Ounce/dp/B007IVRASY/ref=sr_1_2?keywords=as+i+am+moisturizer&qid=1636930177&s=beauty&sr=1-2)
- How to get and maintain 180 waves. (n.d.). FRESHCOUPES. <https://freshcoupes.com/blogs/everything-about-360-waves-explained/how-to-get-and-maintain-180-waves>
- Clothing, M. B. (2021, March 24). Waves 101: How to get 360 Waves — Complete guide. Medium. <https://my-blackclothing.medium.com/waves-101-how-to-get-360-waves-complete-guide-471db8590ac7>
- How to get 540 waves. (n.d.). FRESHCOUPES. <https://freshcoupes.com/blogs/everything-about-360-waves-explained/how-to-get-540-waves>
- How to get 720 waves. (n.d.). FRESHCOUPES. <https://freshcoupes.com/blogs/everything-about-360-waves-explained/how-to-get-720-waves>
- How to tie a durag? - Step by step instructions (With pictures). (2021, July 26). Types Of Hats. <https://typesofhats.com/how-to-tie-a-durag/>

