

How To Curl Your Hair- 6 Different Ways



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Curling your hair is no easy task. When you think about getting those summer-ready beach waves and attaining the perfectly voluminous curls, you may often get deterred by the amount of effort it takes.

Do not be disheartened as the art of styling your hair to perfection requires a learning curve—just like everything else in life—and a little patience! With the right tools and technique, anyone can get effortless waves within minutes.

We've rounded up a couple of different ways to curl your hair with several tips to achieve an effortless look.

Choosing The Right Tool

The right styling tool is important for each kind of curling technique. For instance, curling irons are more inclined to give you well-defined bouncy curls in comparison to a flat iron which cannot give the same texture and definition. The same goes for heat-free styling tools.

Even curling rollers and the braiding technique are effective methods, but they require more time and the curls appear more tangled and messy if you do not use a proper hairspray and mousse.

Hence, make sure that you choose the correct tool according to your desired look and preference! Listed below are some of the ways to curl your hair according to the specific tool and style.

6 Different Ways To Curl Your Hair



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There are several ways to curl your hair—including some heatless techniques if you want to prevent damage.

If you have straight hair and are looking for ways to curl it without getting a 'perm' then the methods listed below will help give you a dramatic look. You can curl your hair in six different ways:

Curling Iron

Use a curling iron for defined curls with the maximum texture. The flat wrapping technique and red carpet waves are perfect to replicate with a curling iron.

Since it comes with a clamp it gives you more control over the curls compared to a curling wand that lacks precision. Curling irons create more spiral-shaped bouncy curls.

Flat Wrap

The flat wrapping technique creates a wide curl with voluminous waves. For this technique, we recommend using wider sections so that the curls do not lose their elasticity. If you have very fine hair and desire more volume then follow the steps listed below:

1. Start by spraying your hair with a heat protectant spray and use a wide-tooth comb to separate it into sections. Choose the direction you want the curls to flow—either toward or away from the face.
2. Now keep the hair flat against the curling iron while wrapping it around. Do not twist it but adjust your hands each time you go around the iron.
3. Continue wrapping the hair around the iron until you reach 2” from the ends. For more natural-looking curls, leave the last 2 inches curl-free.

This technique is very effective for creating tight curls that are long-lasting and voluminous. The tightness of your curl depends upon the thickness of your sections.

Spiral Curls

Spiral curls work by creating smaller sections but with a twist from the top to the ends. The result is a tight spiral curl with texture.

1. Begin with a small section and twist it around the barrel from base to end. Remember to twist the hair and wrap it around the barrel all in the same direction.
2. Wrap the entire twisted section around the barrel and let it heat up. Remove the curling iron and allow it to cool.
3. Shake the curls out after you finish to add more volume.

Allow your curls to heat up and don't let go immediately, as they collapse easily due to the lack of heat.

Red Carpet Waves

A dazzling yet soft wave that dramatically flows down your back just like your gown on a red carpet and that's how it gets its name!

Red carpet waves are created by amalgamating the flat iron technique that wraps around your iron but using the spiral curl technique to twist the sections. The end result: carpet-ready dramatic curls!

1. Gather the first section and tilt it at 90 degrees with your thumb and index finger. Place the curling iron in front of this section and the barrel behind.
2. Hold the section and twist the hair around the barrel making sure that your thumbnail is close to the barrel without closing the blade.
3. Repeat the motions until you reach the ends and then drop your elbow down while holding the barrel. While you hold, turn the curling iron in the opposite direction for more tension.
4. Release your thumb and place your palm under the barrel so that you can catch the hair when it's released from the barrel.

Remember to catch the curl when released from the barrel otherwise, it will stretch and become loose. Allow your hair to cool and then brush and comb through the section to relax the waves.

Curling Wand

A curling wand creates looser S-shaped curls that look tapered and wavy instead of tight spirals. If you are new to curling wands, use a heat-resistant glove to avoid burns while using a curling wand.

Curling wands do not have a clamp; thus, expose your hand to the barrel of the wand. With a curling wand, you can create beach waves and looser, flat curls since it receives less tension than a typical curling iron.

To create loose curls, begin with 2-inch sections and start at the front. Hold the wand vertically and point the tip of it downward. Then, wrap your hair around the barrel and leave the ends free to hold. Hold it for several seconds and release it by pulling the wand upwards.

For curls that do not set easily, remember to hold it in your hands to let it cool before you release it completely.

Flat Iron

A flat iron can do so much more than just straightening your hair. Beach waves with a flat iron are taking the internet by storm. You can even create ribbon curls that look like loose ribbons falling down your back.

How To Get Beach Waves

Beach waves are versatile and can be easily emulated in three simple steps.

- **Step one:** Take a section of your hair that measures up to 1 inch and clamp your flat iron at eyebrow level.
- **Step two:** Clamp the section continuously and move down creating an S pattern. Repeat this push and pull movement until you reach the ends.
- **Step three:** Leave out the last inch and repeat the process throughout your hair.

The result is loose, organic waves that are completely different in texture than those you would get with a curling wand.

How To Get Curls



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The process of curling with a flat iron does not require a lot of effort.

- **Step one:** Start clamping your flat iron near the roots.
- **Step two:** Twist the iron away from your face and pull it until you reach the ends, creating a ribbon effect.
- **Step three:** Release the curl once you reach the ends and wait for it to spring into a ribbon curl. Repeat on other sections.

Hair Rollers

Rollers were the main tool for curling hair before curling irons and wands emerged. Curling hair with rollers gives you bouncy spirals and adds volume.

Whether you choose to try hot hair rollers or a heatless alternative, the added benefits of a roller amount to much more than just curling. In fact, hair rollers are the easiest way to get timeless, glam Hollywood curls—with little to no effort.

To curl your hair with hot rollers, start with the largest rollers in the set, take one-inch sections, begin at the ends, and wrap your hair around while moving upwards. Now, wind the entire section of hair around the rollers and secure it at the crown. Repeat the process and remove the rollers when it cools down.

If you are interested in a heatless technique to get bouncy curls, then velcro or foam rollers are perfect. For this heat-free method, you need to work with slightly damp hair.

Place the roller at the end and slowly move it up the section of hair until you reach the roots. Bend the rollers into place on your head and proceed with the same technique until you have secured all your hair atop.

Braids

One of the easiest ways to get loose waves is by braiding your hair overnight to wake up with heatless, shiny curls. If you love the look of curly hair but do not have the time to style it, then braiding is the best method for you. With minimum effort and no heat at all, you can get the curls of your dreams—and in your pajamas.

1. Start with clean, damp hair and use a comb to detangle knots.
2. Apply a pea-sized amount of setting lotion to prevent your hair from getting frizzy.
3. Start braiding your hair with your method of choice. The simplest one is the classic 3-strand plait.
4. Secure your hair with hair ties and continue till all of your hair is braided.
5. It's time to let your hair sit overnight and wait for heat-free curls.

6. In the morning, apply a drop of hair serum or oil and start opening your braids, making sure you comb through the strands with oil. This ensures that your hair is not frizzy.
7. The last step is setting with hairspray to make sure your overnight curls last throughout the day!

Overnight curls are for those looking to get heat-free curls with minimal effort and fewer styling tools.

Twisting

The twisting and press method is another heatless styling technique for attaining salon-ready curls. This french technique is a quick and easy alternative that preserves curls and provides volume. After a long shower, your hair is bound to lose its natural texture and encourage a hoop of unwanted frizz.

Simply take a shower and press and twist your hair instead of rubbing it back and forth. Unfortunately, this method only works if you have naturally wavy or curly hair; however, you can get a slight bend with shiny, frizz-free tresses.

Extra Tips

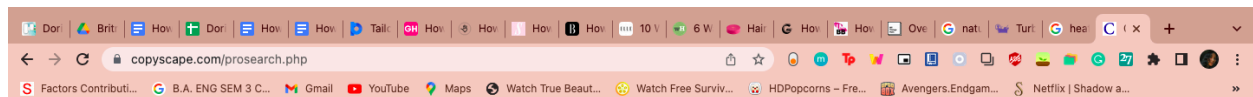
Here are some extra tips to make your curls look effortless and frizz-free.

1. Pay attention to the specific size of the barrel. Choose an iron that is not too big for your hair; otherwise, it will be hard to use. Go for a barrel that is 1" in diameter if you have short or medium-length hair and opt for a 1 ¼ inch barrel for long hair.
2. Spritz hairspray before curling your hair for well-defined curls that last throughout the day.
3. Adjust the heat setting according to your hair type. If you have fine hair, go for a lower heat setting and if you have thick or coarse hair, consider a higher heat setting.
4. Be careful with how you hold your iron and pay attention to the angle. Hold it horizontally for more volume and vertically for less volume.
5. Keep the iron on your hair for not more than 8-10 seconds. Anything longer than that can risk permanently damaging your hair.
6. This one is a given, but do not forget to use a heat protectant if you plan to use heat for curling your hair.

Wrapping Up

No matter what method you choose to curl your hair, always remember to be patient and gentle. Once you get the hang of the individual curling techniques, there's no stopping you from attaining shiny, curly locks in no time!

You can even get creative and use an amalgamation of different techniques for your curling routine. Remember to always spritz your heat-protecting spray and finish it off with a blast of hairspray to make your curls last longer. There you have it: Now, it's time to start curling!



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