

how to grow dreads for white guys

How to grow dreads for white guys is a topic that garners a lot of interest and curiosity. Dreadlocks, often associated with various cultural backgrounds, can be embraced by anyone, regardless of ethnicity. For white guys, the journey to growing dreads might seem a bit daunting, but with the right approach, tools, and mindset, it can be a rewarding and fulfilling hairstyle choice.

Understanding Dreadlocks

Before embarking on the journey of growing dreadlocks, it's essential to understand what they are and how they form. Dreadlocks are matted sections of hair that have been intentionally twisted and knotted. They can take on various forms depending on the hair type, maintenance routine, and personal preference.

The Science Behind Dreadlocks

- Hair Structure: Dreadlocks are formed by the natural tangling of hair. Different hair types will have different textures and will lock at varying rates.
- Friction: The more friction applied to the hair, the faster it can lock. This is why many people with straighter hair types may take longer to form dreads.
- Products: The use of specific hair products can either aid or hinder the locking process.

Preparing for the Journey

Growing dreads isn't just a physical transformation; it's also a mental and emotional commitment. Here's how to prepare before you start.

1. Assess Your Hair Type

Not all hair types are equally suited for dreadlocks. Here's a quick guide:

- Straight Hair: May take longer to lock; patience is key.
- Wavy Hair: This type usually locks faster than straight hair.
- Curly Hair: Curls can naturally form knots, making it easier to create dreads.
- Coily Hair: This type locks very quickly and often requires less maintenance.

2. Set Realistic Expectations

- Time Commitment: Depending on your hair type, it can take anywhere from a few months to a

couple of years for full locks to form.

- Maintenance: Dreads require consistent upkeep, including washing, separating, and possibly re-twisting.
- Style Evolution: Understand that your style will evolve throughout the locking process. Dreads might look different than you initially expected, and that's okay.

Starting the Dreadlock Process

Once you're mentally prepared, it's time to start growing your dreads. There are several methods to initiate the locking process.

1. The Backcombing Method

This is one of the most popular methods for starting dreads, especially for straight or wavy hair.

- Step 1: Divide your hair into sections. Use clips to keep them separate.
- Step 2: Take a section of hair and backcomb it using a fine-toothed comb.
- Step 3: Twist the section after backcombing to encourage locking.
- Step 4: Secure the dread with a rubber band or hair tie at the root (optional).

2. The Twist and Rip Method

This method is suitable for those with curly hair.

- Step 1: Divide hair into sections.
- Step 2: Twist two sections of hair together.
- Step 3: Pull the twisted sections apart to create a knot.
- Step 4: Repeat until all sections are locked.

3. The Natural Method

This method relies on the hair's natural ability to lock over time.

- Step 1: Stop using conditioner and hair products that soften hair.
- Step 2: Allow your hair to grow naturally without manipulation.
- Step 3: Be patient; this method can take the longest to see results.

Maintaining Your Dreadlocks

Maintaining your dreads is crucial for their health and appearance. Here are some essential maintenance tips:

1. Regular Washing

- Use a residue-free shampoo to avoid buildup.
- Wash your dreads every 1-2 weeks to keep them clean and fresh.

2. Separation

- Regularly separate your dreads to prevent them from merging together.
- Do this while your hair is damp to make it easier.

3. Re-Twisting

- Depending on your method, you may need to re-twist your dreads every few weeks to maintain their shape.
- Use a natural locking gel to help hold the twists.

4. Moisturizing

- Keep your scalp and dreads moisturized to avoid dryness.
- Use natural oils like coconut oil or jojoba oil sparingly.

Common Mistakes to Avoid

As with any new hairstyle, there are common pitfalls to be aware of when growing dreads.

1. Over-Washing

- Washing too frequently can strip your hair of natural oils, leading to dryness and frizz.

2. Using the Wrong Products

- Avoid products with wax, heavy oils, or conditioners that can cause buildup.

3. Impatience

- Remember that dreads take time to mature. Rushing the process can lead to frustration and improper locking.

4. Neglecting Scalp Health

- Pay attention to your scalp. An unhealthy scalp can lead to issues like dandruff or irritation, which can affect your dreads.

Styling Your Dreads

Once your dreads have matured, you can experiment with various styles. Here are some ideas:

- Half Up, Half Down: A classic look that keeps hair out of your face while showing off your dreads.
- Braids: Incorporating braids into your dreads can add an interesting texture.
- Accessories: Use beads, wraps, or clips to personalize your dreads.

Conclusion

Growing dreads as a white guy is entirely possible and can be an incredibly rewarding experience. With the right preparation, techniques, and maintenance, you can embrace this unique hairstyle that showcases your personality and individuality. Remember to enjoy the journey, and allow your dreads to evolve naturally over time. Embrace the process, and you'll end up with a beautiful set of locks that you can be proud of.

Frequently Asked Questions

What is the best hair type for growing dreads as a white guy?

While all hair types can form dreadlocks, wavy or curly hair tends to work best for white guys, as the natural texture helps the hair to mat together more easily.

How long does it typically take to grow dreads?

The time it takes to grow dreads varies, but generally, it can take anywhere from 6 months to a few years to fully form, depending on your hair length, type, and maintenance.

What is the best method to start dreads for white hair?

The two-strand twist method or the backcombing method are popular choices for starting dreads on white hair. Both methods help to create defined sections that will lock over time.

How often should I wash my hair when growing dreads?

You should wash your hair every 1-2 weeks with a residue-free shampoo to prevent buildup but allow your hair to naturally mat without excessive washing.

Should I use wax or other products when starting dreads?

Avoid using wax or heavy products when starting dreads, as they can lead to buildup and hinder the locking process. Instead, use natural oils in moderation.

How do I maintain my dreads once they start to form?

Regular maintenance includes palm rolling the dreads, separating any congo dreads, and ensuring your scalp is healthy. You can also visit a loctician for professional help.

Can I dye my hair while growing dreads?

Yes, you can dye your hair while growing dreads, but it's best to wait until they are well-formed, as dyeing very young dreads can cause damage and hinder the locking process.

Are there any common mistakes to avoid when growing dreads?

Common mistakes include over-washing, using too many products, neglecting regular maintenance, and not being patient. Dreads take time to mature, so consistency is key.

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