SOFTWARE & TECH

How To Make Dreads Grow Faster

PUBLISHED
November 25, 2026

REFERENCE
#1795583649012335

Introduction: The Journey to Longer, Healthier Dreadlocks

Starting a dreadlock journey is an exciting commitment. Whether you have chosen the path of natural freeform locs, twist and rip, or interlocking, one universal question emerges in every dreadhead's mind: **how to make dreads grow faster?**The journey requires patience, as the locking process itself can take months to years. However, while you cannot fundamentally alter your genetic hair growth rate—which averages about half an inch per month—you can absolutely optimize your environment, routine, and habits to support the fastest, healthiest growth possible. This comprehensive guide will walk you through proven, natural methods to encourage your locs to thrive, focusing on scalp health, moisture retention, protective styling, and proper maintenance. Forget the myths and the magic potions; here is the real, research-backed advice on accelerating your dreadlock growth journey.

Understanding Your Hair Growth Cycle

Before diving into specific techniques, it is crucial to understand the basics of hair growth. Every strand of hair on your head goes through a cycle consisting of three phases: the anagen (growth) phase, the catagen (transitional) phase, and the telogen (resting) phase. The anagen phase can last anywhere from two to seven years, and its length is largely determined by genetics. Once your hair reaches the end of its anagen phase, it will shed naturally. No product or technique can extend the anagen phase itself. However, what you **can**control is the health of your hair during this phase. By minimizing breakage, preventing split ends (which manifest as weak points in locs), and keeping your scalp in peak condition, you ensure that every inch your hair grows stays on your head and contributes to longer, fuller dreads. This is the real secret to making dreads grow faster: retaining length.

The Foundation: Diet and Nutrition for Hair Growth

Protein: The Building Block of Hair

Hair is composed almost entirely of a protein called keratin. Therefore, a diet deficient in protein can significantly slow down hair growth and lead to weak, brittle strands. To support optimal growth, ensure you are consuming adequate protein from sources like lean meats, fish, eggs, beans, lentils, and nuts. If you follow a plant-based diet, pay special attention to combining different plant proteins to ensure you are getting all essential amino acids.

Essential Vitamins and Minerals

Several micronutrients play a direct role in hair growth. Here are the most critical ones for dreadlock health:

- Biotin (Vitamin B7): Often called the "hair vitamin," biotin helps produce keratin. Good sources include eggs, almonds, sweet potatoes, and spinach.
- Iron: Iron deficiency is a leading cause of hair loss and stunted growth. Incorporate iron-rich foods like

spinach, red meat, lentils, and fortified cereals.

- Zinc: This mineral supports hair tissue growth and repair. A zinc deficiency can lead to shedding. Oysters, beef, pumpkin seeds, and chickpeas are excellent sources.
- Vitamin D: Low levels of vitamin D have been linked to alopecia. Get some sunlight (safely) and consider foods like fatty fish and fortified dairy.
- Omega-3 Fatty Acids: Found in salmon, walnuts, and flaxseeds, omega-3s nourish the hair follicles and promote a healthy scalp.

Hydration is Key

Water is essential for every cellular process in your body, including hair growth. Dehydration can lead to a dry, flaky scalp and brittle hair, which are enemies of healthy dreadlocks. Aim for at least eight glasses of water per day, more if you are active or live in a dry climate. Consider that hydrated hair is more elastic and less prone to breakage.

Scalp Care: The Root of All Hair Growth

Daily Scalp Massages

One of the most effective, low-cost ways to encourage hair growth is through regular scalp massage. Massaging your scalp increases blood flow to the hair follicles, delivering oxygen and nutrients while removing waste products. A study published in the journal *ePlasty*found that daily four-minute scalp massages led to thicker hair in participants after 24 weeks. For dreadlocks, this is particularly important because your hair is matted, making it harder for natural oils to travel down the shaft. Here is a simple technique:

1. Use your fingertips (not your nails) to apply firm, circular pressure.
2. Focus on the areas where your locs are parted.
3. Massage for 5 to 10 minutes daily, ideally before washing or applying any oil treatments.

Essential Oils for Stimulation

Certain essential oils have been shown to promote hair growth when applied topically. They should always be diluted in a carrier oil before application. Some of the most effective include:

- Rosemary oil: In one study, rosemary oil was found to be as effective as minoxidil (Rogaine) for treating androgenetic alopecia, without the itching side effect.
- Peppermint oil: This oil is a vasodilator, meaning it increases blood flow to the scalp. It also creates a pleasant tingling sensation.
- Tea tree oil: While not a direct growth stimulant, its antimicrobial and anti-inflammatory properties help keep the scalp free of dandruff and buildup, which can impede growth.

To use, mix a few drops of your chosen essential oil with a tablespoon of a carrier oil like jojoba, coconut, or almond oil. Apply this mixture to your scalp, focusing on the roots of your dreads, and massage gently.

Washing Your Dreads Correctly

A common misconception is that you should not wash dreadlocks. This is false. A clean scalp is essential for hair growth. However, washing dreads requires a specialized approach. Use a residue-free shampoo specifically formulated for locs. Build-up from regular shampoos can clog follicles, leading to itching, dandruff, and even hair loss. How often you wash depends on your hair type and lifestyle, but once every 1 to 2 weeks is a good starting point. When washing, focus on massaging the scalp, not scrubbing the locs themselves. Rinse thoroughly to remove all soap residue, as lingering suds can attract dirt.

Retaining Moisture and Preventing Breakage

The Importance of Moisture in Locs

Dreadlocks are naturally drier than loose hair because the sebum (natural oil) produced by your scalp has difficulty traveling down the matted strands. Dry hair is brittle hair, and brittle hair breaks easily. Breakage is the single biggest enemy of length retention. Therefore, keeping your dreads moisturized is not just about appearance; it is a critical growth strategy.

Best Moisturizing Practices

Here are the most effective ways to keep your locs hydrated:

- Water is the best moisturizer: Lightly mist your dreads with water between washes. You can use a spray bottle for this purpose. Water-based leave-in conditioners or rose water are also excellent options.
- Seal with oil: After applying water or a water-based product, seal the moisture in with a natural oil. Jojoba oil is particularly good because it closely mimics human sebum. Other excellent choices include coconut oil, argan oil, and grapeseed oil.
- Aloe vera: Aloe vera gel can be applied directly to the scalp and hair. It is deeply moisturizing, soothing, and packed with vitamins. It is especially useful for an itchy or irritated scalp.

Avoiding Damaging Styling Habits

While you want your dreads to grow, you must protect them from activities that cause breakage. Avoid styles that put excessive tension on the roots, such as very tight ponytails or buns worn for days on end. This can lead to traction alopecia, a form of hair loss that is often permanent. Also, be mindful of your environment. Cotton pillowcases can absorb moisture and cause friction, leading to frizz and breakage. Switch to a satin or silk pillowcase, or wrap your dreads in a satin scarf or bonnet at night. This simple change can dramatically reduce breakage and help you see more length over time.

Proper Dreadlock Maintenance for Growth

Retwisting vs. Freeform: What is Best for Speed?

There is a trade-off between neatness and growth speed. Frequent retwisting (every 2-4 weeks) can put stress on the hair follicles and may lead to thinning at the roots over time. Many professional locticians recommend extending the time between retwists to 6-8 weeks, or even longer, to allow the roots to rest. On the other hand, a more freeform or semi-freeform approach involves letting your hair loc naturally without frequent manipulation. This often leads to thicker, stronger locs that are less prone to breakage because the hair fibers are allowed to mat in their own pattern. If your goal is maximum growth speed, consider a looser maintenance schedule and embrace a bit of frizz.

Protective Styles for Growth

Certain styles can protect your ends from the elements and mechanical stress. Styles like two-strand twists, flat twists, or even simple buns can keep your ends tucked away and safe. However, ensure that your ends are not left exposed to rub against clothing or furniture. Covering your hair at night is another form of protection. When you do wear protective styles, do not keep them in for too long (no more than 2-3 weeks) without taking them down, washing, and re-moisturizing your locs.

The Myth of "Hair Growth" Products for Locs

Be wary of products that promise rapid hair growth. Many contain harsh chemicals, including some that are FDA-regulated for specific medical conditions (like minoxidil). These can cause unwanted side effects, including irritation or, paradoxically, hair loss. Stick to natural, gentle products that focus on scalp health and moisture retention. The best "product" for growth is patience combined with a solid routine. The market is flooded with "growth oils" that are often just blends of inexpensive carrier oils with a few drops of essential oil. You can create a superior, more personalized blend at home for a fraction of the cost.

Lifestyle Factors That Impact Growth

Stress Management

Chronic stress raises cortisol levels in the body, which can push hair follicles out of the growth phase and into the shedding phase prematurely. This condition is known as telogen effluvium. Incorporating stress-reducing activities into your daily life—such as meditation, yoga, regular exercise, or even a relaxing hobby—can have a direct positive impact on your hair growth cycle.

Sleep Quality

Your body repairs and regenerates cells, including hair follicle cells, primarily during deep sleep. Aim for 7 to 9 hours of quality sleep each night. As mentioned, using a satin pillowcase or bonnet not only protects your hair from breakage but also helps maintain moisture balance, which is crucial for growth.

Avoiding Over-Manipulation

One of the hardest lessons for new dreadheads is learning to leave their hair alone. Constant touching, twisting, or fiddling with your locs can weaken the hair shaft and introduce dirt and oil from your hands. This manipulation can also cause breakage at the root. A good rule is to set your hair in the morning and then not touch it again until you are doing your nightly wrap. The less you disturb the locs as they mature, the stronger they become.

Supplements: Do They Help?

While a balanced diet should be your primary source of nutrients, supplements can help fill gaps. Many people consider biotin, collagen, or a general hair, skin, and nails supplement. While these can be beneficial for some, it is important to talk to your doctor before starting any new supplement regimen, especially if you have underlying health conditions or take other medications. Excess biotin, for example, can interfere with certain lab tests. The most evidence-backed supplements for hair growth are iron (if you are deficient), zinc, and vitamin D. If you have a known deficiency in one of these areas, a supplement can make a dramatic difference in your hair growth rate.

Conclusion: Trust the Process

Learning how to make dreads grow faster is ultimately about shifting your focus from forcing growth to supporting it. You cannot speed up genetics, but you can create an environment where your hair thrives, breakage is

Related Articles

- **Are James Blunt And Emily Blunt Related**
  URL: https://signage.openstack.org/are-james-blunt-and-emily-blunt-related.pdf
- **Was Remember Me Based On A True Story**
  URL: https://signage.openstack.org/was-remember-me-based-on-a-true-story.pdf
- **Ess Employee Self Service Costco**
  URL: https://signage.openstack.org/ess-employee-self-service-costco.pdf
- **The Case For Christianity By Cs Lewis**
  URL: https://signage.openstack.org/the-case-for-christianity-by-cs-lewis.pdf

TOPIC INDEX

#how • #make • #dreads • #grow • #faster

DIGITAL EDITION

how-to-make-dreads-grow-faster

DIGITAL EDITION

how-to-make-dreads-grow-faster

DIGITAL EDITION

how-to-make-dreads-grow-faster

DIGITAL EDITION

how-to-make-dreads-grow-faster