

Microlocs & Sisterlocs Starter Guide

What to expect in year one, how often to maintain, and the myths worth ignoring.

FIRST, THE DIFFERENCE

Microlocs vs. Sisterlocs

Both are small, uniform locs — the difference is in the method. Sisterlocs is a trademarked technique with a specific sizing and sectioning pattern, done only by trained consultants. Microlocs is the broader term for small locs started with interlocking, two-strand twists, or crochet, without that specific certification. Both give you a fine, natural-looking loc — the right choice comes down to hair density, lifestyle, and how much structure you want in the sizing.

BEFORE YOU BOOK

What to expect on installation day

A consultation is required before booking sisterlocs or instant locs, so the plan is built around your actual hair rather than a generic sizing chart. Time varies by style and hair density: starter locs run around 3 hours, a full microlocs install runs closer to 9 hours, and sisterlocs runs about 9+ hours depending on loc size, hair length, loc count, and hair type — confirmed at your consultation. Come with clean, detangled hair, and skip heavy oils or butters the day of — they slow down sectioning and locking.

MONTHS 0-6

The budding stage

New locs go through a “budding” phase before they mature — frizz, loose hair at the roots, and sections that look uneven are normal, not a sign anything's wrong. Locs typically lock more securely between 3 and 6 months, and reach full maturity closer to a year or later depending on hair texture. Resist the urge to over-manipulate them early on; the biggest damage in year one usually comes from handling locs too much, not too little.

MAINTENANCE

How often to retwist

- Most microlocs and sisterlocs do well on a 4–8 week retwist schedule — tighter hair textures can often stretch longer between visits.
- Retwisting more often than every 3–4 weeks puts repeated tension on the same root and is one of the most common causes of thinning at the hairline.
- A slight bump of new growth between appointments is normal and expected — it isn't a sign you're behind schedule.

CARE BASICS

Washing & moisture

- Locs still need regular washing — every 1–2 weeks is typical. Buildup at the scalp, not water, is what causes odor and slow locking.
- Use a residue-free or clarifying shampoo and rinse thoroughly; heavy conditioners and butters can leave film that attracts lint and dirt.
- Moisturize the hair shaft with a light, water-based spray rather than heavy oils directly at the root.
- Protect locs at night with a satin or silk bonnet or pillowcase to cut down on frizz and breakage.

AVOID THESE

Common mistakes

Over-manipulating new growth, retwisting more often than every 3–4 weeks, and using heavy oils or butters at the root are the most common causes of thinning and slow locking. Patience and a light hand do more for your locs than any product.

MYTHS, CORRECTED

What's actually true

“Locs don't need washing.”

False. Skipping washes leads to buildup, odor, and can actually slow healthy locking.

“Smaller locs are always better.”

Not necessarily — loc size should match your hair density and how much length and versatility you want long-term.

“Once locked, they need no upkeep.”

Locs are lower-maintenance than many styles, not maintenance-free. Regular retwists and washing keep them healthy for years.

WHEN TO SEE A PROFESSIONAL

Signs worth a visit

Thinning near the root, a loc that feels loose or is slipping apart, or a section that stays damp for days after washing are worth having a locician look at in person — small issues are much easier to correct early than after months of growth.

Starting or maintaining locs in the Lakewood, NJ area?

Locktique Studio specializes in sisterlocs and microlocs, from first installs to ongoing retwist care.

Book: book.heygoldie.com/LocktiqueStudio

Follow: @locktquestudio on Instagram, Facebook, and TikTok

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Locktique Studio — Lakewood, New Jersey. General care information; every head of hair is different, so treat this as a starting point, not a substitute for an in-person consultation.