

Some Great Tips On Caring For Our Hair

- Section the hair and plait it before going to bed, this will almost completely rid you of tangles the next morning.
- Sleep with a satin scarf on your your head or with a satin pillow case, this helps to stop split-ends, by minimizing the friction between your head and the pillow.
- While conditioning your hair, gently comb it out with a detangling comb. This gets rid of a lot of tangles.
 - Oil the scalp, not the hair, then brush the hair from the scalp out.
- Don't use petroleum or mineral oil based products on the hair or scalp, they attract dust and don't really penetrate.
 - Always use a leave-in conditioner.
- You should wash your hair no more than once a week or every ten days, to avoid drying it out.
- After a workout at the gym, rinse your hair thoroughly with warm water, to get the salt out, which can be drying
- Black women should steer clear of anything that contains alcohol, which can be drying, and balsam, which does not contain the kind of moisturizing we need

NEVER USE A BOAR BRUSH !

BOAR IS ANOTHER NAME FOR HOG!

Tips on Brushing Combing and Picking The Hair

BRUSHING:

Dampen the brush bristles with a little warm water before applying it to the hair, this helps to soften the hair while brushing.

COMBING:

Combs are good for combing long hair or creating parts for braiding or twisting. Try not to use it when the hair is completely wet or completely dry, it can cause the hair to break. You should have a large toothed comb for combing and a small one for parting. Separate hair into four sections, then comb it section by section.

PICKING:

The pick is probably one of the most recognized symbols in natural black hair care. The pick is the natural hair's best friend. Picks can be used for just about any natural style. It's a great way to detangle hair. Before picking out your hair dampen the hair with a small amount of water or leave-in conditioner, this will help loosen up the tangles, be sure to concentrate on the ends.

An effective natural treatment for dry hair is a hot olive oil treatment. Warm olive oil in a saucepan or microwave oven and dab it on the roots of the hair and scalp with a cotton ball. Then wrap your hair in a hot towel and let it sit for 20-30 minutes. Wash it out thoroughly. For added moisture add 3 tablespoons of plain yogurt mixed with an egg, and follow above directions.

" Make It Yourself " Black Hair Care Products

Avocados make great moisturizers!

Mash the pulp of an avocado and add a teaspoon of olive oil to it. Prior to shampooing, section hair and apply the mixture to the roots and ends of the hair. Cover your hair with a plastic cap and sit under a dryer, the dryer helps the oils penetrate.

Mayonnaise is one of the best deep conditioners you can find!

Lightly apply the mayonnaise to the hair and scalp, cover your hair with a plastic cap then sit under a dryer, or wrap the head in a hot towel, then let sit for 15-20 minutes. Thoroughly wash the hair until the mayonnaise is completely gone.



Links To Natural Hair Care Sites

Nappturality is dedicated to all the women who proudly wear their highly textured hair naturally. Nappturality.com is the place to find photographs, Black natural hair journals, websites, forums, information and links about the care, maintenance and politics of natural hair. Natural napptural hair. Here you will find photos of all natural styles, comb coils, two-strand twists, afro puffs, afros dreadlocks (dreadlocks), locs and many other natural styles. Styled by napptural-haired women on their own hair.



A Nappy Hair Affair is best known for sponsoring grass roots hair grooming sessions called Hair Days. These are gathering where sisters come together with others who understand their natural hair care needs and their choice to embrace a style more in keeping with their culture. Hair Days, which have fostered a

spirit of bonding and support, have become so popular since I held the first one at my home in May, 1998

that they are being held in several U.S. cities. We also have a Hair Day network in other countries. But A Nappy Hair Affair (ANHA) is about so much more than hair. It is about reclaiming and respecting our culture. We have been conditioned to hate one of our most unique characteristics-our hair in its most natural state. We have been conditioned to accept European standards of beauty and to reject our own. ANHA exists to cause a shift in such negative mindsets and promote a positive image of people of African descent. We do it through support, affirmation and education. We deliver our message in several ways: this website, product sales, programming, and through Nappy News, the quarterly online newsletter for our members.



Information, discussion and products for people of African descent who've chosen to live a nappatural-headed lifestyle.



Sisterlocks.com 1-07-06

If you are considering Sisterlocks for yourself, you might want to click and print the Information Packet items below. These pages will give you an idea of what to expect from the Sisterlocks process and from your Consultant. You'll also find useful information regarding other Sisterlocks products and services. Our policy is to encourage clients to gather as much information as possible BEFORE having Sisterlocks done.

Sisterlocks is not a fad, or a short-term hairdo. Take the time to learn as much as you need to know. An informed client is the best assurance of satisfaction!

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Beginning to advanced techniques:
Cornrows, dreadlocks, box braids & more! [click here](#)

