



A Spiritual Guide  
to  
**Natural Hair  
Wellness**

by  
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***Spiritual Wellness  
leads to  
Natural Hair  
Wellness***

Hello and Welcome!

I created this resource because I believe that a truly successful natural hair journey (or anything in life) hinges not just on what you do physically but more importantly, on what you do mentally/spiritually.

This resource addresses your entire person in that you need to understand yourself spiritually/mentally in order to deepen your understanding of how to care for your natural hair (or anything else).

I want to help balance out concepts you can use in your hair care foundation with concepts you can use to strengthen your spiritual foundation.

While this pdf is divided into 2 parts, the parts are designed to work together as one unit.



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**Spiritual**  
*Wellness*  
**Tips**

This first part contains 5 principles that you can use in your spiritual/mental selfcare.



I present the following questions for you to reflect upon as you read through each spiritual principle:

**How does this principle show up in *your* life?**

**What meaning does this principle hold for *you*?**

**What does this principle show *you* about *yourself*?**



To get the most out of this mini-guide, I encourage you to write down all the thoughts, feelings and impressions that come to you as you think deeply on these truths.

Tip #1

*Your struggle  
is not with  
your hair*



your struggle is with the story you tell  
yourself about your hair.

Tip #2

*Your hair  
shows*



what you think of it



Tip #3

*Your hair is  
an extension  
of you*



how you view yourself will be  
reflected in how you view your hair

Tip #4

*Your natural  
hair doesn't  
change*



yet embracing your natural hair  
changes you

Tip #5

*This is not  
just about  
your hair*



this is a journey to discovering the  
truth of who you are



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**Natural Hair**

***Wellness***

**Tips**

This second part contains 5 “procedures”  
(hair care tips) that you can use in your  
physical haircare.



I share each tip in various fonts and  
typeface to emphasize the  
various techniques based on the mindset of  
heart-centered cultivation of  
healthy hair.



I encourage you to incorporate each tip into  
your haircare routine and take note of any  
improvements that take place in the  
appearance/manageability and  
understanding of your hair.

# Tip #1



*WASH HAIR in downward strokes  
and*

**NEVER PILE ON TOP OF  
HEAD.**

*This*  
keeps the hair organized and  
**MINIMIZES TANGLES.**

## Tip #2



*NATURAL HAIR LOVES WATER.*

*Wet it often. It is not always necessary to use shampoo each time you wet your hair as too much shampooing can dry your hair out so*

**BE MODERATE IN THE  
USE OF SHAMPOO.**

Sometimes it's okay to just water  
the garden of your hair and  
scalp.

**YOUR HAIR WILL LOVE IT!**

## Tip #3



*IN THE EVENT you use a strong (clarifying)  
shampoo*

**ALWAYS, ALWAYS,  
ALWAYS**

infuse moisture back into your  
hair with a  
**DEEP CONDITIONER.**



# Tip #4



*Afro-textured hair is more prone to dryness  
so*

**ALWAYS**

use  
a **MOISTURIZING SHAMPOO**

## Tip #5



*Always DETANGLE gently.*

*Any detangling that leaves*

**BROKEN PIECES OF  
HAIR ON THE  
FLOOR/SINK**

*is too harsh.*

Consider EASING UP a bit or  
using another tool for GENTLER  
detangling.

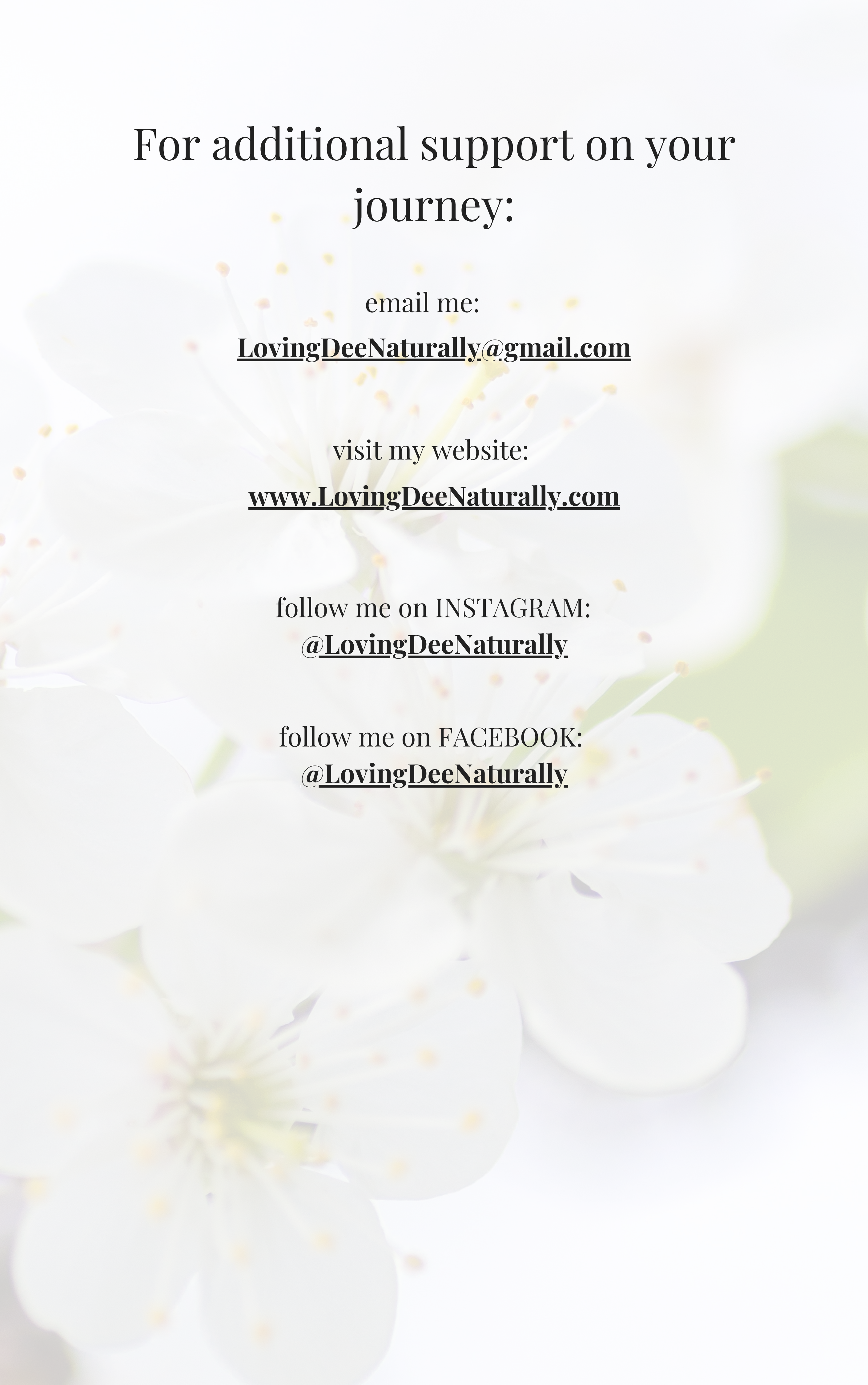
Thank you for taking the time to download and read these heart-centered hair care tips.

Write me and let me know how they have been helpful.



God bless you on your journey.

Dee



For additional support on your  
journey:

email me:

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