



K&D AFRICAN HAIR BRAIDING

Nawa "Kandee" Kamate, manager of K&D African Hair Braiding in Bay Shore.

## Caring for braids, natural hair

Nawa "Kandee" Kamate, the manager of K&D African Hair Braiding in Bay Shore, says many of her customers prepared for quarantine. "A lot of people came in to get protective styles before everything shut down like box braids and kinky twists," (she's wearing kinky Havana twists now), "you can add extensions to those styles, which promote longevity."

**HOW TO** Ah, but what if you didn't make it into the salon? One of her home recipes for people who do not have braids is as follows: A quarter of a butternut squash and one small sweet potato chopped and put in a food processor; about a quarter cup of coconut or avocado oil (she says, "you don't have to be super specific" with oil measurement). Add any other type of oil you wish, says Kamate, including olive oil, vegetable glycerin and castor oil, to achieve a consistency that you're comfortable with and process again. "Part your hair into four to six sections and slather it on," she says. Massage into your scalp and hair and anything left, she says, use as a skin mask.

Still have your braids? "In a spray applicator bottle of your choice, mix one part apple cider vinegar to three parts distilled or purified water." Gently massage into scalp, and then rinse with a damp, warm washcloth. Follow up with braid oil treatment (you can use this on non-braided hair too).

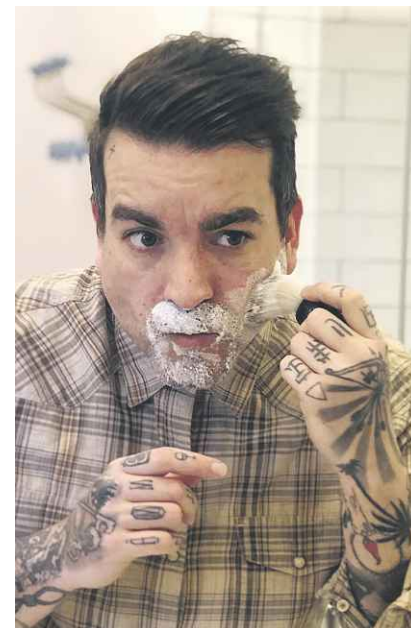
## Men's beards and grooming

Fellows, you too can fall prey to appearing overly shaggy and sloppy during this time at home. The notion of "being pampered and taking care of yourself is not exactly spiritual, but it can be considered a mental health thing. It's good to do something other than just worry," says Edward Dennehy who co-owns the hip yet elegant MadMen Barbershop in Wantagh and Williston Park with Jessica Dennehy.

**TOOLS OF THE TRADE** Small scissors, comb, shaving cream, towels, honey, razor, glass, microwave.

**HOW TO** Eyebrows should get a quick clip around the natural outline of the brow and you can use a tweezer or a razor. It takes a little practice to trim the hair around your ears, but you can do it by folding the ear back or, says Edward, if you're unsure ask a "loved one to do it."

And for the luxury of a hot shave that is also a skin care treatment, Edward's grandfather came up with this one while serving in the Army: Mix honey and shaving cream in glass, heat it up in a microwave for 30-45 seconds and apply with shave brush or clean hands. Apply hot towel (also heated in the microwave) to open pores and shave as you normally would with any type of blade, keeping the razor clean and wet. "Honey is an antibacterial so it does wonder for acne treatment and prevention. It's also filled with antioxidants which slows the aging process and is a natural moisturizer," says Edward.



MADMEN BARBERSHOP

Edward Dennehy, who co-owns MadMen Barbershop, says taking care of yourself can be a "mental health thing."



JAMIE MAZZEI

**ON THE COVER** Nadia Fleres, of Garden City, takes her bangs from shaggy to fresh.

## Trimming those bangs

If your bangs have become a "bangdemic," there are ways to do them yourself without making a tragic mistake, according to Jamie Mazzei, creative director and owner of nuBest Salon and Spa in Manhasset.

**TOOLS OF THE TRADE** Hair-cutting shears (Note: Do not use regular scissors meant for paper, nails or kitchen work); mirror.

**THE PROCESS** "First of all, your bangs have to be overgrown," he says. "Looking in the mirror, comb the hair down, pinch it to the center between your index finger and thumb toward the bottom. Then clip the little ends

off, but be conservative. You can always go back to take another run at it." For more texture, follow the same steps but twist the hair.