

From Africa to the world



I started a healthy journey in 2009 after becoming very ill from fibroids, due to weight. After undergoing an operation to remove the tumours, which were growing so fast, the doctors feared they were turning cancerous. I started to look more closely at what I was eating and what ingredients were in the cosmetics that I was using.

At the time the mainstream cosmetics industry was under pressure to release their ingredients to consumers, who were asking similar questions as I was.

It led to my looking back at African traditional beauty treatments, particularly with the use of butters like Shea, Kokum and Mafura, herbs like Chebe, Marshmallow Root and Hibiscus, and oils like Baobab and Marula.

Having spent some time in Senegal and Gambia, I noticed that a lot

of women had the most beautiful naturally dark skin and afro hair I had ever seen. I did notice that Baobab featured very heavily in the diet, with a breakfast/party juice made from its powdery seeds.

I also discovered that oil produced from the Baobab fruit is rich in Vitamin A, vitamin E and Omega fatty acids, which make it perfect for use on the hair and skin.

Turning to my ancestral origin in Nigeria, where Shea Butter is used a lot, it is no secret that Shea butter is incredibly moisturizing. In places like Chad and Niger, where a Chebe hair mask is used, we at TallChic Naturals have borrowed from the Indian practice of Ayurveda, infusing ingredients found uniquely on the African continent. ■

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