

# NATURAL HAIR

*Brought to you by: TheHealthyHairChic*



## BLOWOUT TIPS

### *Beautifully Blown Away*

**Wash Infrequently:** Wash hair regularly, but don't feel the need to adhere to specific "wash rules." You should wash your hair when it appears visibly dirty. The less you wash, the longer your blowout will last. Listen to your scalp, it will tell you when it's time for a wash. It's best to try and go about 2 weeks (occasionally, 3 – at which point milkmaid braids or a headband help to cover up things a bit). Over washing is a real blowout killer!

**Cleanse and Condition Gently:** The wash and condition process is the first step toward

### THE WAY TO HEALTHY, HAPPY HAIR:

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setting your hair up for an awesome blowout. How you treat your hair while washing and conditioning it sets the stage for how it will dry. If you're too rough, hair expands and gets frizzy...making it nearly impossible to get it smooth and sleek. Curly hair tends to be a bit drier but a light touch keeps hair manageable without the extra weight so your blowout lasts longer.

**Protect While Applying Heat:** Create a buffer between hair and heat, ALWAYS! Before blow drying and before flat-ironing.

**Add Lots Of Curls:** The more curls you add while doing your blowout, the less you'll have to rely on heat styling over the next few days.

**Protect Hair While Sleeping:** Use a silk scarf or silky bonnet to keep the side of your hair in place while you sleep.

## **PREVENT BREAKAGE & SPLIT ENDS**

### *Protect Your Tresses*

Your hair is dead material, which is the reason why you can treat it with strong chemicals, cut it with scissors or apply heat to it without feeling a thing. The only problem with that is – since your hair is not alive, it cannot repair itself. Damage to the hair must be trimmed away or grown out. For example, there is not a permanent cure for split-ends. There are some conditioners that can essentially patch split-ends and make them less visible, but over a period of time those split-ends will reappear. The only way to permanently get rid of your split-ends is to trim them away. You

should absolutely never burn away your split-ends.

Hair breakage is the most common cause of hair loss. Tight hairstyles (ex. tight ponytails and braids) can break off the hair and damage the hair follicle. If your hair constantly breaks you will need to identify exactly what's causing the breakage and eliminate the culprit to prevent further breakage.

## **The Perfect Twist Out**

### *Don't Get it Twisted*

The perfect twist out can be achieved with these few tips:

**Section Hair:** section hair into quarters so that it's easier to work with, secure your sections with a clip only leaving out the section that you're working with.

**Hydration and Moisture:** damp hair is easier to work with, so make sure to have a spray bottle with water to evenly dampen each section as you go. Just because the water gives your hair hydration that doesn't mean that you can skip moisturizing. With a good leave-in-conditioner pair your favorite moisturizing cream or oil and work it in from your ends to your roots.

**Detangle:** to make sure that you'll have smooth shiny curls detangle each section with a wide tooth comb or your fingers.

**Twist:** the style of twist that you decide on should depend on the look that you're trying to achieve. Single twists or finger coils uses a lot of product(curling gel) as you have to do small twist in small sections, which is time consuming. It's time consuming. Two strand twist is most common. Sub-sectioning your hair twist in an over under movement while stretching downward, using a small amount of gel twirl the ends with fingers. Flat twists which is basily a two strand twist cornrow. Section a row of hair, separate the top of the row into two strands and begin twisting over and under, collecting more hair into the two strands while maintaining the twist flat on the scalp.

**Drying and Maintaining:** you want to make sure that your hair is fully dry, if not it won't set correctly. either sit under a hooded dryer or allow to dry over night. Make sure to wrap your hair with a silk or satin scarf or bonnet.

**Untwist:** make sure that after your hair is completely dry that you oil your fingertips with your favorite oil and begin unraveling your twists. play in your curls and use accessories to add a finishing touch.

## **The Truth about Hair Shedding**

*What's the 411?*

Experts estimate that shedding more than 100 hairs per day is perfectly normal. About 10% of the hairs on your head are in a resting phase (telogen) and those hairs shed (exogen) after a period of time (generally 2 or 3 months). The other 90% (roughly) of your hairs are growing at any given time.

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