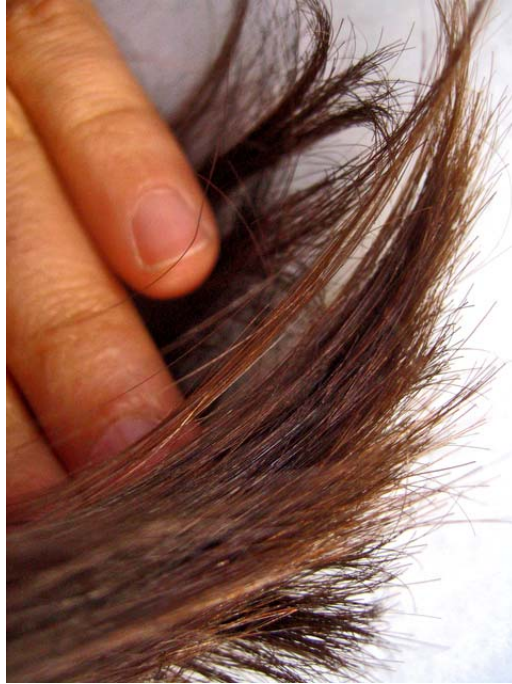


Hair Growth Survival Guide – The Do's and Don'ts of Growing Healthy Hair



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Don't forget, your health and your body are your responsibility. Listen to your hair and your body. Respect it, take care of it, nourish it, and you will enjoy it for a long time. Love your body and it will love you back!

Feel free to pass along this ebook to your friends and family.

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...Inspire Your Curls!

The best way to reduce breakage, maintain the hairs moisture and PH levels and promote hair growth is by doing and avoiding the following things:

Stop Shrinkage & Damage

One of the best ways to avoid shrinkage and maintain the hairs moisture is to use a hair diffuser. If you are wearing a curly style and want to avoid a lot of shrinkage a diffuser helps to gently dry the hair but still maintains the hairs length while it is wet.

Detangle the Hair – always handle your hair with care. Never pull or tug on the hair especially when it's wet. If your hair is tangled take one hair at a time and slowly and gently pull the hair so it slides smoothly out of the tangle. If you get too impatient and pull the hair it can easily tear causing unnecessary breakage. Detangle gently from the ends upward using the fingers first followed by a wide-tooth comb. An excellent detangler is Infusium 23 or Terax Crema Conditioner.

What You Should Know!

Did you know that over 80% of women have dirt, cholesterol or bacteria built-up on the root of their hair due to sticky products used throughout their lifetime? It's very difficult to get rid of this residue build-up on the hair. And of course we all want our curly hair to shine. Check out this home recipe that will leave your hair shiny and free of the ugly gloom of product build-up.

Natural Home Conditioner

To maintain shiny locks and to remove any residue, follow this hair maintenance recipe. Don't forget to try a patch test first to ensure you have no allergic reactions.

- Wash hair with a clarifying shampoo.
- After shampoo is rinsed and is squeezed to remove as much water as possible, soak your hair in a diluted mixture of water and apple cider vinegar (ACV). Use 2 cups of water with 2 table spoons of apple cider vinegar.

Pour the mixture of ACV and water on the scalp from the roots then down to the tips of the hair or use a spray bottle.

Leave diluted mixture on the hair for about 5-10 minutes. Cover your curly cues with a plastic cap and wrap head with a warm towel.

Rinse hair with warm water thoroughly to ensure all or any build-up has been removed from the hair. This hair treatment can be done every two weeks or possibly once a month - depending on the condition of the hair. This handy recipe adds sheen and softness to your hair.

Used as a hair rinse, vinegar neutralizes the alkali left by shampoos. This recipe can be used for all hair types to add sheen and softness to your hair.

THE BIG NO NO!!!

Hair Stylist Dwayne Pressley says combination shampoos (i.e., two-in-one shampoo/conditioners) should be avoided at all costs. No two-in-one can clean, soften, strengthen, and shine the hair in one application, says Pressley. Shampoos and conditioners perform two separate tasks and there is no product out there that does both in one application...don't waste your money.

Well, he's the expert.

SPECIAL CURLY HAIR TIP!

Make sure you get enough protein in your diet. Dairy products and red meat are essential to having bouncy curly hair. A lack of protein in your diet will affect the color of your hair. For example, if you do lack protein, your hair color will change in color from black to orangey red.



Steam Treat Your Hair:

Steam treatments promote easy absorption of water and moisturizers from conditioners to deeply penetrate the hair shaft. Use a steam treatment especially when deep conditioning your hair. Simply use a warm towel to cover wet hair after a shampoo wash or a steam cap for 20-30 minutes. Follow it with a warm then a cool rinse. The warmth of the steam will open up the pores and help remove any dirt on the hair and scalp. The cool rinse will close the pores and hair shaft to further protect the hair from any damage. This is an excellent routine to do every two weeks.

Extensions need pampering too...

If you are wearing artificial or human-hair extensions it's very important that you care for your scalp during this period. These extensions can wreck havoc on the hair because they remove the

hairs natural moisture content but also they stop moisture from reaching your hair. While wearing extensions (regardless of whether they are artificial or not) always treat your scalp with a gentle massage using a scalp moisturizing cream or natural olive oil. A great scalp massage cream that's not too oily or expensive is the *Head and Shoulders Soothing Lotion for Dry Scalp Leave-in Treatment* or the *Jane Carter Solution Scalp Nourishing Serum*. Carol's Daughter also has a line of scalp treatments available as well.

Deep Condition Braids!

If you are wearing braid extensions don't forget to condition them. Since braids can remove the natural moisture content from our hair underneath, it's essential to moisturize. A great tip is using a bottle with a diluted mix of water and a few drops of vitamin E oil. Spray this mixture on your braids to promote moisture penetration. This will help prevent knotting of the hair as well as shedding when the hair is taken down. A good moisturizer is also important on the day you're going to take out your braid extensions. *Take Down Hair Moisturizing Cream* is an excellent braid remover.

Also, after washing your hair always be sure your hair is completely dry to avoid bacteria and mildew from forming. A great tip is using a micro-fiber towel to help absorb water quicker.

Essential Ingredients for your Curly Hair:

Naturally curly hair requires moisture to restore it and keep it looking shiny. Ethnic curly hair especially needs to have lots of moisture. However, most ethnic products contain low end oils that weigh down and coat the hair, while non-ethnic products dry the hair - not adding enough moisture keeping it looking dull.

Here are some essential ingredients to look for when shopping for your curly hair products....

Amino Silk Acids (protein), Whole Oats, Wheat Germ, Jojoba, Avocado and Coconut Oil. These natural ingredients add and maintain the hair's natural moisture balance keeping it looking shiny, bouncy and manageable.

HAIR TIP: If your scalp is itchy or flakey, pour some diluted mixture of water and Sea Breeze or Witch Hazel on a cotton ball and dab it on your scalp to take away the itchiness or flakes.



Best Brushes for Your Hair!

Many people don't realize the importance of having the right hair brush. According to the national sales director of Mason Pearson brushes, Robert Sansone suggests using a boar bristle brush because the material used in the brush is the closest in structure and composition to human hair, so it won't cause any damage to the hair.

A Mason Pearson Brush is great for short curly hairstyle – especially thick curls like the TWA (teeny, weeny, afro) or any other short curly style. For best results use it on wet hair along with styling products. It helps to mold the hair in the desired style while still making your hair look natural and soft.

1) Use the pure bristled brush for short hair.

2) Use the nylon-spiked bristle brush for textured or thick hair.

Remember to opt for the highest grade bristles you can get. Although these may be more expensive, it's worth it!

*****It's recommended that for thick or curly hair, try a brush made of a combination of boar and nylon bristles. This makes it easier for the brush to penetrate highly textured hair.*****

IS YOUR HAIR HEALTHY?

HOME HAIR TEST

Did you know that you can identify how healthy your hair is by doing an at-home hair test? Try this! Pull a strand of your hair out and put it through a sewing needle. If the hair slides through it's fine or probably straight. If you have problems threading the needle or if it gets caught along the way, your hair is probably thick, wavy or curly.

Another test is to fill a glass with water. Take a strand of your hair and place it in the glass of water. If your hair floats, it's healthy or may be a bit oily. As you know, oil floats when added to water.

If your hair sinks, the hair is absorbing a great deal of water. This means that your hair lacks moisture so it must be dry.

Like to Snack?

Necessary Foods for Growing Long Healthy Hair



Well, instead of grabbing a bag of chips or a chocolate bar, how about grabbing a snack that will grow your hair!

Never thought it was possible? Well, it is!

Here are some healthy snacks guaranteed to add length to your curls. (But you have to eat them on a regular basis).

- Almonds
- Raisins
- Oranges
- Whole-grain Snack Bar
- Strawberries
- Fish liver oils
- Liver
- Dark green vegetables
- Yellow Vegetables
- Pumpkin
- Dairy Products
- Fish
- Eggs
- Prunes
- Chicken
- Beef Salmon

Blow Drying Tip

When blow drying your hair, it's important to know that heat encourages static causing hair to become frizzy and fly-away.

The best way to reduce static is by misting your brush with serum or a leave-in conditioner to calm your hair down. Do not use hairspray as this will dry the hair more.

Curly Towel Tip

Did you know that **the fabric you use to dry your hair makes a huge difference in the way your curls look?**

Do you ever question what towel fabric you use to dry your hair? Most people use a basic cotton towel on their hair after each wash. The hairs wet, they roll up their hair in the towel to get out most of the wetness, but what they fail to realize is this cotton towel is an enemy of curls. It makes hair frizzy and flyaway.

The best towel to use is the micro fiber towel. When your hair is wet, hold the head upside down and scrunch the micro fiber towel on your hair. Whether you air dry your hair or use a diffuser or blow dryer, the micro fiber towel cuts down the drying time which is especially good during the winter months.

The micro fiber towel absorbs seven times its weight in water. It's thick and soft and absorbs moisture, drying the hair quickly. They also have micro fiber turbans that sits even more comfortably on your head. A must have accessory!

NEVER leave in braid extensions or weaves in the hair more than 3 months! Why? It can cause atrophy or cause the hair to lock. If you don't want your extensions growing into dreadlocks, remove them prior to 3 months.

Always use a wide-tooth comb with curly hair. But also make sure you're altering your conditioning treatments. This ensures that your hair receives the right balance of moisture and protein. Consider *Redken's Extreme CAT Protein Reconstructor* or *Barry Fletcher's Major Moisture Deep Penetrating Conditioner*.

Best Natural Oils for the Scalp

Wondering what the 411 is on oiling the scalp? Some say it is essential while others claim it's not necessary. According to hair stylist Ellin LaVar, she recommends staying away from

products that clog the scalp, LaVar suggests grape-seed and pequi oils – two highly nourishing products in her *Nourish Oil*. These oils are lightweight and won't weigh the hair down.

VEGETABLE GLYCERIN:

Glycerin has been used for centuries throughout history as a natural wonder for hair and skin. It has been discovered as a byproduct of the soap-making process. However, it's also excellent on naturally curly hair.

Glycerin has been shown to hold moisture when applied to wet skin and hair. Choosing a shampoo with glycerin as an ingredient will help to keep naturally curly hair moisturized. It can also be used on its own as an all-natural non-irritating shampoo.

Vegetable glycerin is excellent for tightly curled hair, especially in multi-ethnic women. It is a natural moisturizer that helps tame frizzy hair.

It is also very good for use on the body. For those with sensitive skin, it's a nice natural cosmetic alternative.

You can find glycerin at any health food store.

OATMEAL DELIGHT! – DRY SCALP REMOVAL RECIPE

Like eating oatmeal, well how about wearing it!

With the spring season here a great exfoliating recipe is what I call, Oatmeal Delight!

Oatmeal scrubs and soaps are known for their ability to exfoliate dead, scaly skin cells that can accumulate on the skin. It's especially effective on the hair and scalp.

Just cook up some oatmeal in boiling water and let it cool. Then add it to the scalp and hair carefully massaging with your fingertips. The oatmeal actually removes dry, itchy skin and dry scalp while adding moisture to dry hair.

Hydrolyzed oat protein is very effective as a volumizer to tired curls because it penetrates the hair shaft and reduces frizzies.

HAIR TIP! ** Never use elastics on the hair! Never pull or tug at the hair when pulling it back in a ponytail. If you choose to put your hair in a ponytail don't do it too often to avoid damage, friction and breakage.



Natural Hair Conditioner

If your curls are feeling a bit dry, check out this natural hair conditioner using natural plants. Don't forget to do a small patch test first to ensure you don't have an allergic reaction to any of the ingredients.

Rosemary Hot Oil Treatment (For Dry Hair)

- 1/2 cup of dried rosemary leaves
- 1/2 cup olive oil

Mix ingredients on warm heat. Let cool until the temperature is warm then strain.

Coat the entire scalp and ends of hair with the oil mixture. Wrap hair in a plastic cap and a towel over the top and leave on for 15 minutes.

Wash hair with a clarifying shampoo to remove the oil. Use this treatment every two weeks or when your hair needs a deep conditioning.

It leaves your hair shiny and re-hydrated.

Hold Up on the Heat! Don't use heat like dryers and flat irons on the hair more than twice a week to protect your hair. If you want a smooth finish consider a night time hair wrap with a silk scarf or hair wrap to leave the hair looking smooth and shiny in the morning.

How to Maintain Your Hair Color

If you've recently colored your hair, here are some great tips for maintaining your hair color and avoid fading:

As you probably already know, hair color can be very drying on our hair that's why extra conditioning is always necessary.

But what's also necessary is to avoid shampoos made with castile soaps or oils that can strip the color from your hair. The best shampoos are those with extra conditioning properties like Aveda, Revlon or Thermasilk.

These shampoos offer color-maintenance... and you know great color always adds that extra touch of pizzaz to any look!

Pomegranate Hair Secret!

Find out why pomegranates are a must-have for your hair! I know it sounds strange but pomegranates really do make all the difference in having great hair.

Pomegranates are one of nature's most powerful antioxidants!

Did you know that pomegranates contain the most potent antioxidants called flavonoids that guard the body against bacteria, harmful molecules and prevent premature aging?

The best part of it all is that you can eat it and wear it! Pomegranates are great at adding shine and removing dryness from the hair.

Try this Pomegranate / Cranberry Infused Shampoo:

- 2 ¼ fl oz liquid castile soap
- 1 tsp liquid glycerine
- 2 tsp pomegranate juice
- 4 tsp cranberry juice

Combine all ingredients and pour into glass bottles. Make sure to shake well prior to use.

Rinse hair and then lather in shampoo. Do not keep this mixture for more than 10 days. This natural shampoo should also be kept refrigerated.

Top 10 Healthy Hair Foods!

Eat the right foods for your hair!

Here are the top 10 Healthy Foods for Your Hair!

1. Seaweed
2. Citrus Fruits like oranges and grapefruits
3. Blueberries
4. Sardines and Salmon
5. Lentils
6. Eggs
7. Wheat bran and Wheat germ
8. Watercress, Spinach, Kale
9. Brown Rice
10. Cantaloupe

Vitamins C and Vitamins E are essential to good hair too!

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