

Silky Smooth Hair

A GUIDE TO
HEALTHY HAIR

by Jodie

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First Edition

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INTRODUCTION

Healthy hair is every woman's dream. The feel of long, lustrous, voluminous and beautiful hair is the ultimate achievement for most women. Unfortunately, not every woman enjoys this luxury. The good news is that you don't need to have a million bucks before you attain gorgeous healthy hair no matter the texture. Seeing this first hand as a professional hair stylist and trainer for over 20years, compelled me to write this book on healthy hair. This book is your A-Z guide on everything that can help you reach healthy hair goals. Topics of interest will include; hair maintenance, silk presses, protective hair styles, wig making and knowing your hair type.



TYPES OF HAIR

Hair varies and knowing your hair type is the first step to having healthy hair. Each hair is different and has certain issues that are peculiar to each of them. Hair is usually classified based on two factors: Texture and density or thickness. There are no hard and fast rules concerning types of hair and you will usually find that every woman has a different combination of thickness and texture. We have 4 main types of hair textures:

STRAIGHT HAIR

If your hair has no wave or curl, your hair is straight. Women with straight hair tend to have oily hair because the natural oils can easily coat the whole strand of hair. All the other types of hair are beautiful but a lot of women with straight hair wish they had more curls and waves and the only way this can happen is with a curling iron or perm.



Straight hair is relatively easy to care for, but it usually lacks volume and can be hard to style. There are three variations of straight hair.

- **Type 1A**

This type of straight hair is very fine. It is wispy, soft and shiny. It often feels “perfect” but lacks volume.

- **Type 1B**

This hair is a little thicker than fine hair. It also has more volume and is a lot easier to manage. This hair is not too thick and not too thin.

- **Type 1C**

This type of straight hair is the thickest and coarsest of all. It can be difficult to manage and quite hard to give it curls.

WAVY HAIR

Naturally wavy hair has a slight bend to the hair shaft and hair strands resembling more of an “S” shape pattern that lay closer to the head. However, the more defined your “S” shape pattern is, the wavier your hair will appear. Wavy hair is typically not too oily and not too dry. Below are few types of wavy hair.



- **Type 2A**

This hair has an effortless look which most women would love to have, mainly because it's easy to maintain and nearly “frizz free”.

- **Type 2B**

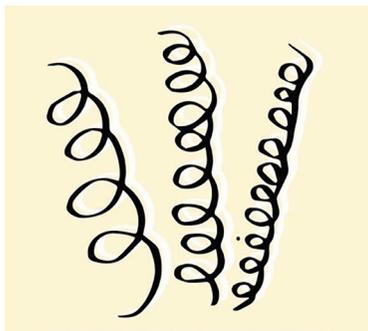
The waves of this hair are tighter and more defined than the 2A hair which can result in more frizz. To help maintain this type hair, leave-in conditioner is recommended for easier maintenance.

- **Type 2C**

This hair resembles curly hair but with loose spiral curls that easily becomes frizzy. This is attributed to the “S-bend” coarseness and thickness which is well defined at the root. All three types of wavy hair can be accomplished with the right use of products and styling tools.

CURLY HAIR

Curly hair is more defined than wavy hair. Women with this kind of hair have loose ringlets or tight spirals and find it less hydrated most of the time. Curly hair can be difficult to manage sometimes but should not be washed every day as it takes longer for your natural oils to replenish the hair shaft. There are various types of curls which can be defined, by the thickness of the curl size.



- **Type 3A**

This type of hair curl texture is fine. The size of the curls is generally big and loose which makes it easier to manage but still can frizz.

- **Type 3B**

This type of curly hair has ringlets that most women envy. The curls are not too thick or too delicate. With proper moisturizing, you can maintain your picture-perfect curls.

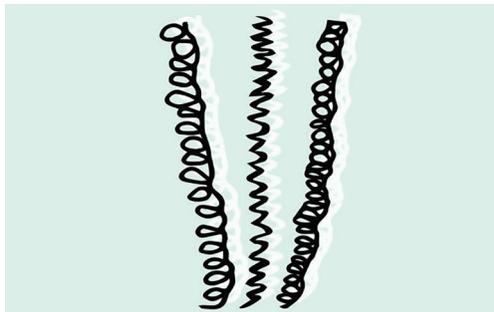
- **Type 3C**

This hair is a bit of a hybrid of bouncy and tight corkscrew curls. The curls are coarse however with the right moisturizing product, your hair can maintain its soft, shiny natural look.

COILY HAIR



Also known as kinky-curly hair, have a mixture of “S” and “Z” shaped curls. Women with coily hair are most likely to get a relaxer (chemically straighten) while others tend to go natural. Most women with this hair type can be hesitant to wear their natural curl because it takes patience and time. Regular moisturizing treatments can make your hair soft, shiny and easier to manage. Here are the different types of Coily hair (Type 4A-4C):



- **Type 4A**
This hair has a fine texture and can often look wiry. It also appears thick due to the tightly coiled s-curls. Many women with this hair may be hesitant to let their curls stay the way are due to dryness and shrinkage.
- **Type 4B**
This hair has more of a Z-shaped pattern instead of the S-shape. It is soft to touch but also fragile and varies in thickness.
- **Type 4C**
This hair is very similar to 4b but different when the strands are combined. Very few have a rounded appearance as this type of hair can take many forms including a Z-shape. One best practice is to work with the natural curl pattern of the hair as opposed to manipulating it.

HAIR DENSITY

Many women assume that if they have a lot of hair on their head, they have thick hair. This is not true always due to the density factor of the hair which highlights the number of single strands you have. The higher number of single strands translates into thicker hair whereas a lower number will result in thinner hair.

Although thick hair is the envy of many women, it can feel very heavy and can be hard to manage. A haircut with layers or a bob can highlight all the best features of thick and thin hair while making it more manageable and stylish for some hair types. If your hair is thinning and you are concerned, consult your physicians as this could be of another cause.

RETAIN MOISTURE

Hair care comes down to one simple word: hydration. In most cases, you don't need anything fancy to ensure that you are taking care of your hair. The most important thing is that the products you buy are suitable for your hair type.

Each shampoo has specific ingredients that will give your hair just what you need the most.

USE A HAIR MASK

Hair masks are totally wonderful for the hair and a lot stronger than a conditioner. This is very handy for women with hair prone to frizz. A hair mask made with olive oil or coconut oil, egg, and honey is great for restoring shine and health to your hair. Oils like coconut oil, olive oil, almond and avocado oil are excellent for strengthening and adding volume to your hair.

DETANGLING

Although your hair is extremely vulnerable and when wet, it is best to detangle your hair before you rinse out the conditioner. Detangling your hair can take time and patience. Start with a vent brush or wide tooth comb. Do not rinse out conditioner as this will help the vent brush or wide tooth comb to slide through. Gently part your hair into 4-6 sections. Twist each section and use a clip to hold the twist in place until ready to detangle each section. Remember to keep your hair wet, do not let dry. Take down one section gently, start combing or using the vent brush to start detangling your hair from the ends, working your way up to the root. Be sure to take your time so you don't damage your hair. Twist and clip each section out

the way to keep control of your section as you go along. When you are finished detangling, rinse in cool water and be sure to rinse conditioner out thoroughly.

Invest in a good comb. Wide-toothed combs are ideal for your hair and will not pull your strands. Always comb your hair gently and regularly to enable the oils to be evenly distributed to the strands of your hair.

STAY AWAY FROM HEAT

Exposing your hair to too much heat is not good for your hair. Try as much as you can to air-dry or towel dry your hair. If you must, use a blow dryer, and make sure you use it a cool setting. Do the same with a flat iron – you could always get a heat-protecting serum for your hair if you are going to style it using a flat iron.

SLEEP

There is a reason why it's called beauty sleep. Your hair regenerates itself when you sleep so you need to get an adequate amount of sleep. Use a silk pillowcase or silk scarf to prevent friction while you sleep.

EAT GOOD FOOD

Eating a healthy well-balanced diet prevents hair loss and breakage and is totally essential for maintaining healthy hair. Eating proteins, legumes, raw vegetables, whole grains, fruits and foods with omega-3 fatty acids will keep your hair healthy. Beautiful hair starts from the inside so do not neglect what you eat.



YOUR DIET AND YOUR HAIR

You are what you eat. Healthy and beautiful skin, as well as healthy hair, all starts from the inside. You cannot overlook your diet and rely solely on using hair products no matter how good they are.

A lot of factors influence the overall health of your hair – genetics, age, hormones, nutrient deficiencies, etc. but what being careful about what you eat would help control how your hair behaves. If you have thin hair, you wouldn't want to make things worse by eating the wrong foods. Even if you are celebrated for having great hair, you would also like to maintain that reputation, right? This is exactly where picking the right foods that boost your hair's health comes in.

Eating foods that are packed with essential nutrients and avoiding those foods that can harm your body has been scientifically proven to influence your hair's thickness, shine, growth and even the likelihood of greying. As you go through this list of foods, examine your current diet and see if you are doing your hair any good by what you're eating.

- **Almond butter**

Almond butter contains a large variety of nutrients including protein, healthy fats and lots of vitamins that have been linked to hair health. Almond is an excellent source of vitamin E which

researchers say is particularly good for keeping your tresses thick and lustrous. Just a tablespoon of almonds provides almost two-thirds of your RDA for vitamin E. You can also benefit from using almond oil for your hair. It is light, packed with nutrients and is perfect for moisturizing your hair and will enrich your hair with vitamin E.

- **Tangerines**

The vitamin C content in citrus fruits like tangerine, orange, guava, etc. make it easy for your body to absorb iron and iron is essential to hair growth and development.

- **Amla (Indian gooseberry)**

Amla is a sour fruit that is native to India. It is very high in antioxidants which are responsible for glowing hair and skin. Add them to your diet and watch your hair and skin glow.

- **Spinach**

Most times, a mineral deficiency is the cause of hair loss. Dermatologist, Dr. Carolyn Jacob says *“it is important to make sure that you don’t have a lack of something in your diet that could be leading to hair loss. We check protein levels, iron and iron storage, vitamin D and a number of other labs to make sure you don’t have deficiencies.”*

Spinach is very rich in iron, omega-3 acids, potassium, magnesium, calcium, and iron. All of these nutrients are responsible for healthy hair growth because they help to keep your hair lustrous and shiny. Spinach also contains sebum which acts as a natural conditioner to your scalp.

- **Greek yogurt**

If you have observed ancient Greek statues, you must have noticed that they all have thick, full and wavy hair. It may be an artistic choice or also may be as a result of the thick protein-rich

yogurt that Greeks have been eating since 500 BC. Greek yogurt is rich in vitamin B5 (pantothenic acid) which helps blood flow to your scalp and increases hair growth.

- **Salmon**

Salmon is saturated with omega-3 fatty acids which is one of the nutrients that our body can only get from external sources like the food we eat. Omega-3s are anti-inflammatory and can combat hair shedding caused by inflammation. Omega-3s also help you to grow your hair and keeps it shiny, silky and full; they are best gotten from natural sources like salmon and other cold-water fish such as mackerel and sardines. Salmon also helps the body to process insulin more efficiently. According to Dr. Joseph Debe, insulin resistance has been linked to balding in men and hair loss in women. Don't eat farmed salmon, instead, opt for freshly caught salmon.

- **Cinnamon**

Apart from the fact that it smells like the holiday season, it improves blood circulation and allows oxygen and nutrients to your hair follicles. You can add this to your diet by sprinkling it in your toast, coffee, oatmeal and even use it as a spice in your soups and desserts. You could also take cinnamon tea.

- **Oatmeal**

Oats are very rich in iron, fiber, zinc, omega-3s and polyunsaturated fatty acids that stimulate hair growth also makes it thick and healthy.

- **Eggs**

Eggs are full of biotin which helps hair grow and also strengthens brittle fingernails. A deficiency in this vitamin can lead to hair loss. Other sources of biotin are almond, avocados, and salmon.

- **Lentils**

Lentils have plenty of folic acids, protein, iron, zinc, and biotin. Folic acid helps the body to restore the health of red blood cells that supply the scalp and skin with hair improving oxygen.

- **Lean poultry**

When you don't get sufficient protein, your muscles shrink and fail to grow; the same thing happens to your hair. Without enough dietary protein, the hair would not reproduce so less new hair replaces the strands that fall out (50 - 100 strands a day). This leads to an overall loss of hair. Good sources of lean meat can be gotten from chicken, fish, grass-fed beef or pork loin.

- **Potatoes**

Potatoes are rich in beta-carotene which protect your hair from dryness and adds shine to your hair. It also stimulates the production of sebum, a natural oil produced by the hair and skin. Beta-carotene is also found in orange-colored fruits and vegetables like carrots, tomatoes, pumpkin, cantaloupe, and mangoes.

- **Fruits and vegetables**

Fruits and vegetables like oranges, avocados, pawpaw's, bananas, carrots, spinach, etc. could do wonders for your hair and nourish it from the inside.

- **General Tip**

Avoid excess sugar as well as fast foods if you want your hair to be healthy. White bread, diet cokes, carbonated beverages, burgers, cakes, and other snacks contain heavy doses of refined sugar which are severely damaging to your hair.

Make sure you drink enough water to cleanse your system of toxins and hydrate your hair.



5 STEPS TO WASHING HAIR

If you are completely confused about the right way to wash your hair, you are not alone in that category. Washing your hair correctly can make a world of difference in your hair's health but if you make a mistake, you could be damaging your lovely hair unknowingly. Here are my expert tips and five steps on how to wash your hair the right way.

Step 1.

Before washing your hair thoroughly brush or comb your hair gently. Begin at your ends then work your way up. Be sure to get all the loose hair out to minimize tangling when washing. If your hair is already tangled before washing, you should add detangling conditioner. Simply add detangler and comb gently to remove all the dust, dirt and loose hair.

Step2.

Rinse and saturate your hair in warm water as a prerequisite to adding shampoo. Warm water helps to open up your hair cuticles which is the gateway to removing any dirt, particles and other residue.



Step3.

Apply the appropriate amount of shampoo then gently massage with your fingertips until there is lather. This process could take a few times depending on the amount hair product buildup such as oil, hairspray or gel. This further outline how important it is to ensure the cleanliness of your scalp and the removal of impurities and buildup. This is why picking the appropriate shampoo is important. Here are my 5 tips on choosing shampoos.

1. If your hair feels dry use a moisturizing appropriate shampoo.
2. If your hair is damaged use a damaged repairing shampoo.
3. If you have chemically treated hair, use a chemically treated shampoo.
4. If you have oily hair, use a clarifying shampoo.
5. If you are not sure what shampoo to use, try a sulfate free shampoo to clean your hair without stripping the natural oils.

There are many options that are suitable for your hair type and needs. Just make sure you read all the labels to help with choosing the best product for your type of hair.

Step4.

Continue to lather your hair from your roots to your ends. Be sure to avoid common mistakes such as balling your hair up. This will cause tangling and the opposite effect you want from washing your hair. Using vertical strokes with medium pressure not only increases the blood flow to the scalp but also help to stimulate hair growth. Smooth the lather over the ends in a straight stroking motion and do not scrub your ends or use a back and forth motion.

Step5.

Rinse shampoo then repeat two more times. Make sure you get all the buildup off your scalp.

These steps are important for many reasons. Bad things can happen if you over or under wash your hair. Washing your hair too many times a week can dry out your scalp and strip your natural oils off your hair. This will make your hair weak and brittle causing dryness and split-ends. If you wait too long to wash your hair, build up and soars can take over your scalp. This can cause long term damage to your hair. Damage can consist of hair loss and breakage with the slightest neglect of your hair needs.

It will be important to keep track of when you wash your hair to help maintain its healthiness and luster. Some of us have been taught to wash our hair every day. Depending on the type of hair you have, will determine how often you wash your hair. As an estimate, if your hair is naturally oily, you should wash your hair every other day. If your hair is dry, you should only wash your hair once a week. Also, consider condition treatments to compliment a great wash.

FIVE STEPS TO CONDITIONING HAIR

After rinsing out your shampoo, squeeze the water out of your hair before adding your conditioner. Here are my five steps on conditioning hair;

Step1.

Apply conditioner to your ends first. Most damage and dryness are at the end of your hair. Starting with your ends will allow the conditioner to sit on longer, while you work the rest of the conditioner throughout your hair. Remember to focus on your hair as your scalp does not need conditioning.

Step2.

Let the conditioner sit on your hair for twenty to thirty minutes. If you have a hooded dryer, you can sit under heat for 15-20 minutes then change the setting to cool for 10 minutes. This will allow your cuticles to close and take in all the nutrients from the conditioner.

Step3.

Finish it up with a cold-water rinse. Cold water closes the cuticles and seals on moisture. It also seals the outer layer causing the hair to shine and reflect light.

Conditioning is essential and adds value to maintaining healthy hair. Conditioner is used after shampooing to give extra moisture to the hair. Some hair requires the use of conditioner after each shampoo. Knowing your hair type and the frequency you should apply conditioner, is the secret. Women with straight hair don't need to condition often because their hair produces oil faster. For curly hair, you can get a leave- in conditioner. This will give your hair a good moisture boost. Normally, you can find the right product over the counter but sometimes it's best to find natural conditioning treatments.



NATURAL CONDITIONING TREATMENT'S

Natural conditioning treatments are just as effective as over the counter treatments, if not better. Over the counter treatments sometimes make your hair feel waxy and oily. This type of conditioning gives you the illusion that it is repairing your hair but instead, it's coating your hair with a wax build-up. This is one of the main drawbacks of using over the counter conditioning treatments. Let's dive into my top three natural conditioning treatments that properly moisturize wavy, curly and coily hair.

MAYONNAISE CONDITIONING TREATMENT

Mayonnaise treatment for conditioning hair has been around for many years. Mayonnaise has amino acids and nourishing oils. The Mayonnaise treatments are some of the best all-natural treatments ever. Some people have even added honey to this treatment to achieve a more natural outcome. It is best to leave in conditioner over night when using honey as it will leave your hair soft and shiny. Here are steps I use to apply a mayonnaise treatment.

1. Shampoo hair
2. Apply 1 cup of mayonnaise throughout your hair

3. Place a plastic cap over your head and let sit for 15-30min. You can also sit under a hooded dryer for 10-15 or desired time. The best thing about all-natural conditioning treatments is there's no timer to watch out for.
4. Shampoo mayonnaise completely out then use small amount of conditioner for your hair type.

I highly recommended this treatment at least 2-3 times a month for maximum protection again dry and brittle hair. The result will leave your hair softer, shiny and gorgeous. This treatment has shown more than positive results for growing hair faster and making it easier to manage. Start your mayonnaise treatments today if you haven't already.

RICE WATER TREATMENT

Women in South East Asia have been using rice water treatments for generations. After soaking the rice in the water, they would use the water on their hair and face as the rice water contains vitamins B and E, minerals and anti-oxidants. The benefits of rice water make your hair feel smoother, increases shine and provides a base for stronger healthier hair. The rice water treatment is my second best favorite natural conditioning treatment because it's easy to apply, inexpensive and it helps to detangle hair in the process. Applying rice water treatments will take some prior preparation. Here are steps to prepare for a rice water treatment:

Soaking

1. ½ cup of organic white rice
2. Rinse rice then place in a bowl with 2-3 cups of distiller water
3. Cover rice then soak for 24hrs.
4. Strain the rice water into a clean bowl the next day.

How to use rice water on hair

1. After washing hair with sulfate free shampoo, rinse thoroughly then pour rice water on to hair.
2. Massage into hair
3. Leave in hair for 20-30 min
4. Rinse thoroughly using warm water
5. If needed, add a little bit of conditioner and rinse.

The best hidden secret about this treatment is that, it can effectively stop hair breakage. Some of my newer clients had issues with hair elasticity and breakage upon initial consultation. This was my go-to treatment as the carbohydrates immediately provided relief to their hair strands, making them more robust than ever, hence stopping the breakage. Now my clients enjoy a more lustrous, softer but stronger hair roots that add unbelievable volume and beauty.



PRE-POO

This is a method where you put oils, honey, eggs or a conditioner on your hair before shampooing. Oils like coconut, olive, almond, avocado and castor oils can do wonders for your hair.

1. Gather your ingredients for your pre-poo
2. Section your dry hair into 4 or more sections
3. De-tangle each section with a wide tooth comb
4. Apply any of the oils mentioned above ensuring even distribution throughout the four sections.
5. Cover with a plastic cap, then sit under a hooded dryer for 10-15 mins.
6. Shampoo and Condition

This method packs a lot of moisture into your hair follicles. While it's true that the shampoo will strip your hair of oils, doing this will prepare your hair for the harshness of the shampoo especially if it's a sulfate shampoo.

Here are some pre-poops that I absolutely love to make because they add so much value to your hair.

1. **Jodie's Avocado Pre-Poo Treatment**
 - a. Mix avocado, papaya, and yogurt
2. **Silky Smooth Honey Pre-Poo Treatment**
 - a. Mix honey, coconut milk, and 3-4 of your favorite oils
3. **Jodie's Coconut Pre-Poo Treatment**
 - a. Mix peppermint oil and coconut oil

Pre – Poo Treatments conditioning adds a little extra protection and shielding from harsh shampoos that may damage your hair. Adding a pre-moisturizing hair mask such as honey, coconut oil, avocado oil and other ingredients mentioned will help the heat penetrate the shaft and raise the cuticles. This method allows your hair to retain

moisture days after styling. A pre-poo treatment should be applied at least 2-3 times a month especially during the cooler months to combat dry hair, shedding, and breakage.

STEAMING

This method adds moisture to your hair using steam. The hot steam raises the cuticles so that any product applied is easily absorbed into your hair shaft. For girls with low porosity hair, this should be able to ensure that the hair products you use are fully absorbed into your hair shaft. It is an easy way to add moisture to your hair without soaking it in water.

This is a vital step between shampooing and conditioning. Hydrating your hair can only be done with either a steamer or heated towel. First of all, rinse the shampoo out of your hair and then sit under a steamer or wrap your hair in a warm wet towel for at least 30mins. Steam opens up the hair cuticle and allows moisture to penetrate the hair shaft.

DRINK LOTS OF WATER

If your body is dehydrated, then your hair and skin will also be dehydrated. Our body is made up of 75% water and healthy skin and hair is a good indicator of hydration. It is ideal to drink 7-8 glasses of water every day to stay hydrated.



ALL YOU NEED TO KNOW ABOUT CO-WASHING

You have probably heard of Co-washing but not many women know what it means. Co-washing is the process of washing your hair with just a conditioner. If your hair is afro, very curly or extremely dry, there is a good chance your hair could benefit from this.

A lot of shampoos are formulated with sulfates which strip away moisture and natural oils from the hair strands leaving them dry and prone to breakage. By cutting down on the use of shampoo and using a Co-washing regime, your hair can retain its natural moisture levels allowing it to grow healthier and more resilient. Co-washing does not mean just skipping your shampoo and reaching for your conditioner, it actually assumes that you use your conditioner in place of your shampoo.

You will need a good conditioner that doesn't contain silicone and sulfates. Some ingredients that will benefit your hair are

- Emollients such as shea butter, oils, wheat germ, etc. These help to soften and smoothen the cuticles and also reduce frizz.

- Proteins such as soy protein, wheat germ, and wheat, etc. These will coat your hair shaft and protect it.
- Humectants such as honey, panthenol, vegetable glycerin, etc. These will absorb water and lock in moisture.
- Moisturizers such as amino acids, aloe vera, etc. These will add softness and shine.

Once you have found a conditioner that you like, wet your hair, then take a small amount of conditioner (about a teaspoon) and massage your entire scalp using your fingertips to rub gently just the way you do when you are shampooing. The conditioner and the friction of your fingertips will loosen the dirt and residue in your scalp without stripping away any beneficial oils.

After that, take your regular amount of conditioner and condition your hair, as usual, carefully removing tangles with your fingertips and a wide-toothed comb and spread the conditioner throughout the length of your hair. If your hair is coarse or curly, you can leave the conditioner in or just rinse for a few seconds so that your hair will remain coated with a light film. Depending on the products you use to style your hair and how often you co-wash it, you might discover that you have a bit of product build up. If this happens, you can cleanse your hair with a clarifying shampoo.



THE PROS AND CONS OF PROTECTIVE STYLING

Protective styles are essential for your hair as they allow your hair to rest from any physical or chemical manipulation, protect it from the elements and also tuck the majority of your hair strands safely away from environmental damage. Protective styles range vastly in the amount of manipulation it takes to install them and after they have been installed. Here is a simple breakdown:



NO MANIPULATION

These styles don't require daily attention. They do take quite a bit of manipulation to install but once they are in, your entire hair is practically out of sight. Some good examples are box braids and weaves.

LOW MANIPULATION

These styles are very easy to install but they need some level of attention every day. Twists and buns are styles that don't take much time to install but they require some amount of manipulation on a daily or weekly basis.

Your hair needs a sufficient amount of rest once in a while and protective styles help to reduce breakage and protect your hair from harsh weather. Women with curly hair need to use protective styles more than others because of the vulnerability and fragile texture of their hair.

Ideally, you should wear a protective style for not more than two months. Your hair also needs at least two weeks of rest in between styles to rejuvenate itself. Wearing a protective style for too long can cause hair breakage.

CLEAN YOUR HAIR

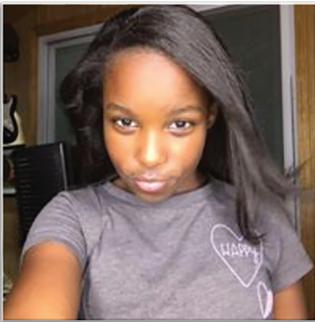
It is wrong to install a protective style on dirty hair. Make sure you wash and condition your hair before installing your protective style. It is also important to keep your hair clean after you have installed any style of your choice. You can make use of dry shampoo if you need to keep the style away from water.

MIND YOUR EDGES

I know a lot of women like to snatch all their hair up especially in braids, but this is dangerous for your hair. The edges of your hair are very delicate and can be difficult to grow back. Hairless edges are not attractive at all, so make sure to tell your stylist to leave out your edges and not to pull your edges too tight.

SLEEP WITH PROTECTION

Always wear a silk or satin scarf to sleep or use a silk or satin pillowcase. This will help your style to last longer and prevent damage caused by friction.



A silk press is a nice heat style for women with naturally textured hair. A silk press transforms curly hair into perfectly straight and smooth strands for weeks on end. Today's silk press is an entirely different process and outcome. Although the results of getting a silk press is something to be envied, silk presses are not an option for chemically treated hair or relaxed hair. Relaxed hair is straight, so this style is considered as a regular flat iron for them.

The main focus of a silk press is to infuse hydration back into the hair, allowing it to flow freely. A silk press is done in two parts. The first part focuses on moisturizing the hair while the second part focuses on using heat to smooth and straighten naturally curly hair into bone straight hair but just temporarily.

In order to do a silk press, your stylist will use a series of steps and heat tools to temporarily straighten your hair and smooth out your

curls. A good silk press is one of the best ways to fully experience the length you have grown out throughout your natural hair journey. It gives you a soft and silky relaxed feeling while allowing your curls to bounce back within a few weeks.

Here are my steps to a obtaining great silk press;

1. During a silk press, you need to use a clarifying and hydrating shampoo. The clarifying shampoo will remove dirt and build-up from your scalp and strands while the hydrating shampoo will give moisture to your hair. Clean hair is essential to do a silk press.
2. Use your comb to gently remove any tangles from your hair.
3. Condition your hair to replenish the moisture, nutrients and proteins your hair will need.
4. Dry your hair. The drying process is important when doing a silk press because your hair cant be wet when using hot tools. There are two ways to dry your hair. You can either sit under a hooded dryer in large rollers or you could use a comb and a blow dryer.
5. Once your hair is completely dry set your flat iron to the heat setting that is appropriate for you hair type.
6. Apply a small amount of hair surum throughout your hair evenly.
7. Start flat ironing your hair. You should only make a single pass from the root to the tip.

ROLLER TIPS

1. Smooth your ends onto the roller, gently rolling downwards toward your scalp. It is important to pull your

hair tight; the smoothness of your hair depends on how tight the roll is.

2. Secure the roller by putting the roller clip at the base between the roller and your hair. Do this until your entire hair is in rollers. It is important that your hair is very wet for this process. The more soaking wet your hair is, the better it will smooth onto the rollers. You have to sit under the dryer until your hair is completely dry. This process is slower and takes longer than blow drying but your hair will suffer a lot less heat damage. As soon as your hair is completely dry, remove the rollers and comb out your hair with a wide-toothed comb.
3. Use a soft bristle brush and wide-toothed comb to wrap your hair around your head.
4. Use a satin scarf to wrap around your head and sit under the dryer for 30 mins.
5. Remove the satin scarf and add a small amount of hair serum throughout your hair.





JODIES TIPS FOR BLOWDRYING

- a.** Follow the first two steps from the section above.
- b.** Part your hair into sections and start blow drying. Make sure your hair is soaking wet.
- c.** Set your flat iron to the heat setting that is appropriate for your hair type.
- d.** Make a single pass from the root of your hair down to the tip. A roller set done in the proper way will not require more than a single pass with the flat iron. Make sure you do not burn your hair. If you hear a crackling or snapping sound, then the temperature is too hot for your hair.

If you want your silk press to last, follow the steps listed above and your smooth bouncy press with last long.

WIG MAKING 101

Wigs have become the most efficient way to consistently switch up your hair without having to cut or color it. Unlike weaves, wigs tend to need minimal styling and don't take as much time to install and uninstall. Wigs give you easy access to your scalp allowing you to condition, treat and even wash your hair. Another amazing thing is that you can actually make one from the convenience of your home. Here are some recent wigs I've had the pleasure of making for clients.



TYPES OF WIGS

You need to know the various types of wigs and their differences before making your own. Below are four popular types of wigs: Lace frontal, 360 lace frontal, closure and a Full lace wig.

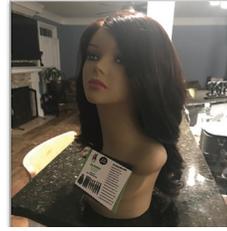
Lace frontal wig

This wig has really grown popular in the last year. Lace frontal wigs give the appearance of a natural hairline and there are several options with the way you can part your hair as well.



360 LACE FRONTAL WIGS

This wig has lace all over the perimeter of the hair and even in the center. This creates a natural hairline look around the perimeter of the hair allowing you to wear a ponytail.



CLOSURE BASE WIGS

This wig is a small piece of hair, with a part that is lace or silk-based, making it really smooth and flat on your hair. These wigs are usually made with 4x4 closures –



FULL REGULAR LACE WIGS



This is the most common type of wig. It comes in many styles and colors. Knowing the differences amongst these wigs, will give you an idea of what type of wig is suitable for you. One other factor to take into account is the type of hair you would like to use, to make your wig.

Synthetic hair is the least expensive type of hair and comes in potent colors. This hair lasts for a few months. 100% human hair is more expensive however it will last a year or more if properly cared for. Heat and color can be applied to human hair but keep in mind, both can damage the hair if not applied properly. Let me share with you some of my coveted techniques for making wigs.



MAKING A WIG

Before starting your wig, you will need a wig cap. Wig caps are used to ensure that your natural hair lays completely flat while securing your wig in place on your head to look realistic. Wig caps offer great protection for your hair and scalp while preventing your wig from slipping off. When you make your own wig, it allows you more flexibility and proper custom fitting to your head size. Here is one of my secrets to making wigs and giving my clients the outcome they desire.

JODIE'S 4X4 LACE CLOSURE WIG

One secret to making wigs especially a closure wig is Now that you know the various types of wigs and these are the tools you will need to make a standard wig.

Bleach the knots on the lace closure

Let's the powder lightner and 20 volume creame developer sit for 15-20 or until knots are lightned

See directions powered lightner and developer for the proper mix.

When you get the desired result, shampoo lightner off closure.

Measure head ear to ear including circumference and forehead to the nape of your neck. Most people circumference is between 21-23 inches.

1. Put your wig cap on maniqen head then measure from ear to ear to find the top of the middle of the wig cap.
2. Place the closure on top, in the middle of the wig cap then slide the closure down to your hair line. ***Jodies secret for success:*** Slide the closure ½ inch past the cap line then secure the closure with t-pins.
3. Use a needle and thread to sew the closure down flat. Utilize a gray sharpe to add even lines from ear to ear depicting where you would like to place your tracks.



4. Take your needle starting at the bottom of your wig cap, avoid going through the elastic band, then sew in your first track.
5. Secure the track by knotting the thread and cutting the excess thread. Cut the excess track close to your knot.
6. Repeat steps 4-5 until you reach the closure then check each to be sure all tracks are secure and lay flat to the head.
7. Cusotomize then style your wig,

CUSTOMIZING YOUR WIG

You can customize your wig by tweezing the closure to make your hair line look real. You can also cut, color and style adding wig clips and a wig band to make your wig more secure.

SUPPLIES FOR MAKING A WIG

- Two-Three Bundles of 100% Human Hair and one Closure from the Mia Madison Hair Collection
- Wig head (mannequin head)
- Wig stand
- Curved needle and weaving thread
- Wig clips(combs)
- Dome wig cap
- Wig band
- Craft Scissors
- T-Pins
- Tweezers
- Soft measuring tape
- Grey Sharpe
- Power lightner
- Lace frontal glue (optional)

Wig creation can be intimidating the first time but can become easier each time you make one. This could even put a few extra dollars in your pocket.



JODIES TAKE ON CHEMICALS

Sometimes, we want what we don't have. If you have curly hair, you desire silky and straight hair or if you have straight hair, you wish you had luscious curls. Either way, we want healthy but sometimes a chemical is needed to reach the desired style. This is a great segue to a common misconception that; you can't have healthy hair, if you have a chemical treatment. Yes hair will always be at its healthiest when it is completely natural but if the chemical treatment is done by a licensed professional, your hair should remain healthy. These treatments are great for those wanting minimum styling time and last roughly three months. But do we always have to do this?

If you have ever tried any of these treatments, you should understand how much of a nuisance your hair becomes once it starts growing back. When the roots start to show up, they are completely different from the rest of your hair in texture. What was once hassle-free becomes extra trouble because now you have to make sure your hair looks uniform.

There comes a time when you might decide to stop chemical treatments altogether because you are tired of the damage or annoyed with having to deal with your roots or you are just plain sick of the price. The next hurdle is always the never-ending process of growing your hair back.

Here are my tips to help you restore your hair.

CHOP OR TRIM

The only way to totally get rid of “permanently” damaged hair is to cut it off. Any time you are voluntarily trying to grow out your hair, getting regular trims is essential. Do this with your stylist every 6 - 8 weeks to snip off dead ends. This will cut down the time it takes to see a difference. If you can dare it, you could go for the big chop. The more drastic the cut, the quicker it takes for the chemically treated hair to be gone.

STAY AWAY FROM HEAT

It's very tempting to reach for the hot styling tools when your roots start to come in but don't do it! The chemical treatment has already caused a ton of damage to your hair so the last thing you want to do is to add to it. Using heat will harm your hair and make the growing out process take much longer.

TRY BRAIDS

You are probably thinking about how you are supposed to deal with your roots if you can't use heat. Braids are a good way to match your roots to the rest of your hair and there are a million ways to style them. While your hair is damp, braid it from the top of your hair all the way down and sleep on it. When you take it down in the morning, your hair will have effortlessly beautiful waves and your roots will be hidden. This commonly known as a braidout. Be sure your hair is dry before you remove the braids. Or you can leave the braids in and wear to your liking.



USE HEATLESS STYLING TECHNIQUES

There are so many ways to curl and straighten your hair without heat. Use these methods in order to avoid damage and ensure your hair still looks great. If you are in a hurry, try updos like sleek ponytails or messy buns.

BE PATIENT

Growing out your hair can seem like forever and you will get frustrated and lose patience. You need to realize that it is going to take a while for your hair to get back to a healthy and natural state. Depending on the length of your hair, it could take a year or two to get back to your natural texture completely. You need to relax, be patient and look forward to the end result.



HAIR VITAMINS – THE GOOD AND UGLY

Hair loss is caused by a lot of things and the most common of them is a vitamin deficiency. When your body runs low on nutrients, it redirects nutrients from certain parts of your body to other parts like your organs which need the nutrients more. Unfortunately, your hair is one of the first areas where the body sources these nutrients and this disrupts the growth cycle of your hair leading to hair loss.

Hair vitamins help to promote hair growth and can prevent hair loss by treating vitamin deficiencies. The most common hair vitamins are Biotin and Silica supplements.

Biotin or vitamin B7 helps to strengthen the hair while increasing healthy cell formation and cell turnover. This results in healthy hair, skin, and nails. Silica helps to transport nutrients to the hair and speeds up hair regrowth. Some notable brands of hair vitamins that contain biotin and silica are:

- a. Hairfinity Healthy hair vitamins
- b. SugarBear Hair vitamins
- c. Phyto phase Hair and Nails Dietary supplements
- d. The Mane choice Manetabolism Healthy Hair Growth Vitamins

Note: It is crucial that you be careful while taking hair vitamins as some have side effects such as acne breakouts, hormonal imbalance, change in menstrual cycles, hair growth in unwanted places like the jawline, chest, skin, and sideburns. Pregnant women should get permission from their doctors before taking any hair supplements.



MEDICATIONS THAT CAN ADVERSELY AFFECT YOUR HAIR

Medications are usually designed to treat a variety of health conditions but sometimes they can have side effects especially on the hair. Some drugs can lead to excess hair growth, hair loss or changes in hair color and texture. These problems are usually reversed once you stop taking the drugs.

Drugs cause hair loss by interfering with the normal cycle of hair growth. During the anagen phase, your hair grows actively, and this period lasts for two to six years; the telogen phase is the period where your hair rests and afterward, falls out and is replaced by new hair.

Medications can lead to two types of hair loss: Telogen effluvium and Anagen effluvium.

Telogen effluvium is a more common form of drug-induced hair loss. It is usually seen within two to four months of taking the drug. This condition makes the hair follicles to go into their resting phase and fall out too early. Women who have this condition usually shed between 30% to 70% more than the normal 100 to 150 hairs a day.

It is advisable to be patient and not expect outstanding results within a few weeks. Stick to your hair vitamin for at least before making judgments. You must also take care of yourself, get enough sleep, eat a healthy balanced diet and exercise. These products are made to help you as you do your own part. Taking them alone without fulfilling your own responsibilities will not solve your hair problems. Finally, do not take multiple vitamins/supplements at a time as this could be dangerous. Pick one brand and stick to it.

Anagen effluvium is the kind of hair loss that occurs during the Anagen phase of the hair cycle when the hairs are in active growth. It stops the matrix cells which are responsible for producing new hairs to divide normally. This type of hair loss usually happens within a few days or weeks after taking the medication. It is very common in people who are taking chemotherapy drugs for cancer and is quite severe. It makes people lose all or most of the hair on their head, their eyebrows, eyelashes and other body hairs. The severity of the hair loss depends on the type of drug and the dosage, as well as the sensitivity of the body to the drug.

There are different types of drugs that cause hair loss including:

- Acne medications containing vitamin A (retinoids)
- Antibiotics and antifungal drugs
- Antidepressants
- Birth control pills
- Cholesterol-lowering drugs
- Anticlotting drugs
- Epilepsy drugs
- Hormone replacement therapy
- Drugs that oppress the immune system
- Drugs that treat breast cancer and other cancers

- High blood pressure medications such as beta-blockers, ACE inhibitors, and diuretics.
- Weight loss drugs
- Steroids
- Drugs that treat Parkinson's disease
- Mood stabilizers
- Thyroid medications

Chemotherapy drugs kill cancer cells throughout the body and in doing so can damage healthy cells including the hair matrix cells. The hair starts to fall out within two weeks of starting chemotherapy and progresses rapidly after one or two months. The hair loss is more severe with patients who use a combination of drugs.

Some examples of these drugs are:

- Docetaxel
- Adriamycin
- Cyclo phosphatase
- Daunorubicin
- Etoposide
- Fluorouracil
- Ifosfamide
- Doxorubicin
- Irinotecan
- Methotrexate
- Nitrosoureas
- Paditaxel
- Tamoxifen
- Vinorelbine
- Topotecan

Before taking any drugs, it is important to review the potential side effects with your doctor and pharmacist. Stopping the drugs that cause hair loss usually makes the hair to grow back but if it does

not, you will need to be treated with Finasteride or Minoxidil. These medications slow down hair loss and stimulate new hair growth.

After chemotherapy treatments, the hair usually grows back very quickly but it may change in texture. In some rare cases, the hair will stay thin even after the treatments have been stopped. Minoxidil can help you to regrow hair that is slow to return. Most cancer patients like to wear wigs or hats to conceal their hair loss.

Whatever sort of hair problem you may have, if you follow the guidelines in this book, you will definitely have healthy, silky, bouncy and beautiful hair free from frizz, breakage, and split ends.

FALL IN LOVE WITH YOUR HAIR

In a recent study conducted by Dove, it was discovered that out of 10 girls only 4 of them thought they had pretty hair. No matter the texture, color or style, everyone wants hair that looks like it has been preened, primped and perfected by a salon professional. You can take care of your hair at home by following some of my helpful tips to healthy hair. Most of all, embrace your hair and remember that no matter what texture or color it is, it is simply beautiful. So, get out there and rock your lovely tresses with joy.



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