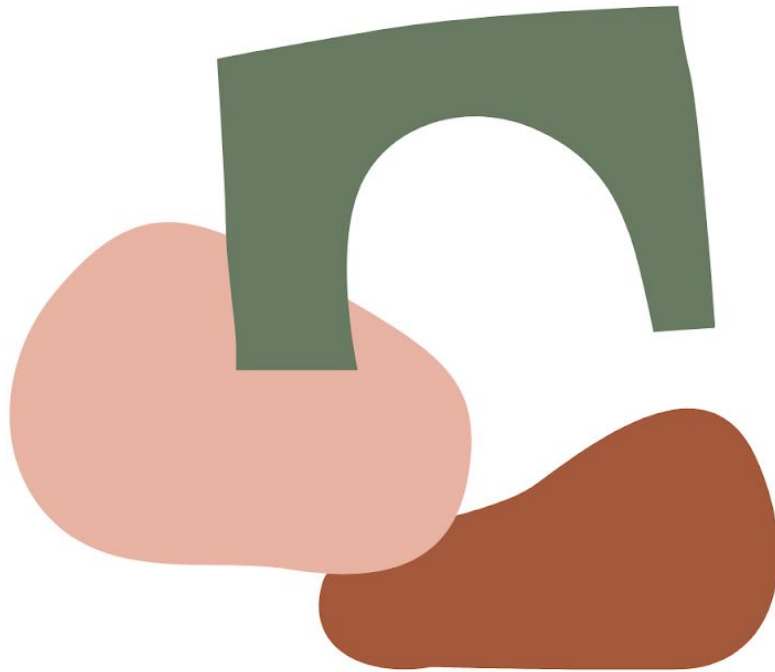


Natural Hair Resources



Get to know YOUR hair

Caring for curls, coils, and waves can seem overwhelming!

You've probably tried several techniques and products and been discouraged by the results. That's because each head of hair has unique characteristics that influence your curls' behavior: the shape and size of the hair follicle, hair strand thickness and length, and even its relationship to moisture.

Oftentimes when it comes to natural hair care a tuft full of us tend to follow trends and routines without actually learning about the specifics of our own hair before making hair care decisions. The thing I found most useful in growing out my hair was learning about what hair porosity type I had. This influenced the types of products and moisturising methods I used on my hair, as porosity determines the ability of your hair cuticle in absorbing and retaining moisture.

Here is a link to a hair type test which will provide more in depth information on your specific hair type: pattern, porosity, density etc and tips on how to care for it!

Type Test

<https://www.naturallycurly.com/quiz>

Manual Porosity Test:

Glass of water

Single Strand of hair

Add a strand of your hair to a glass of water to test the porosity of your hair. If your strand sinks to the bottom it is of high porosity- which means it has high levels of hydro-absorption. If the strand sinks halfway and remains suspended in the glass it is of medium or normal porosity, if it floats at the top it means your hair is of low porosity, so it doesn't let much water past the cuticle and into the shaft

Now I know this seems like a flakey test but I can guarantee you it is real science shit!



Keep it Organic!



Sticking to natural or organic products is my holy grail! My hair tends to respond better to products that are chemical free and non-toxic. Sounds like a given, right? A ton of natural hair products on the market are jam packed with synthetic compounds and chemicals which are often harmful to our hair. Opting for natural or homemade products ensure you're caring for your hair whilst steering clear of the inorganic and harmful compounds in shop bought products. I use oils and butters all throughout my routine, knowing your hair type will better equip you in choosing which hydro, oil and butter blends to nourish your crown.

Fermented Rice Water:

<https://myfermentedfoods.com/fermented-rice-water-benefits/>

<https://www.medicalnewstoday.com/articles/321353#how-to-make>

Benefits of Butters and Oils:

https://www.huffpost.com/entry/9-oils-butters-for-your-hair-_b_9155680

<https://www.naturallycurly.com/curlreading/butters/the-magic-of-hair-butter-3-diy-recipes>

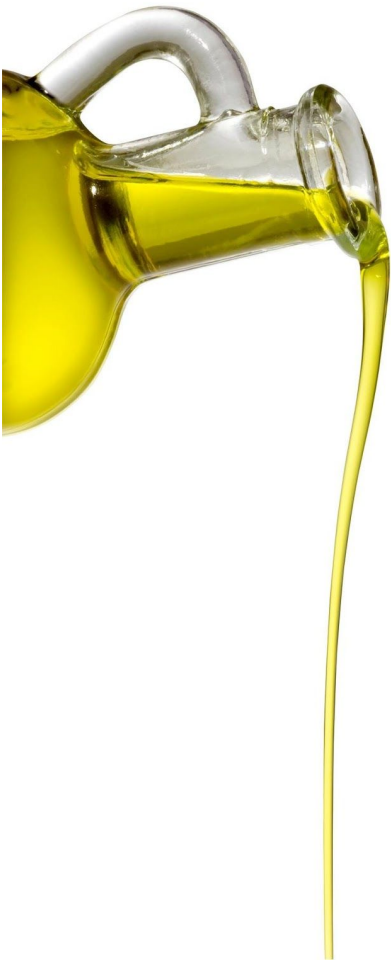
Oil Blending

<https://www.naturallycurly.com/curlreading/ingredients/benefits-of-blended-oils>

Keeping it organic also means keeping it local and keeping it sustainable!



Hot oil Deep Conditioning Treatment



I use a blend of oils I've carefully selected over the years which I heat up and use to deep condition my hair. The ingredients in this step will be different from scalp to scalp. Listen to your hair and hone in on the oils that it likes and that could fortify the health and strength of your strands.

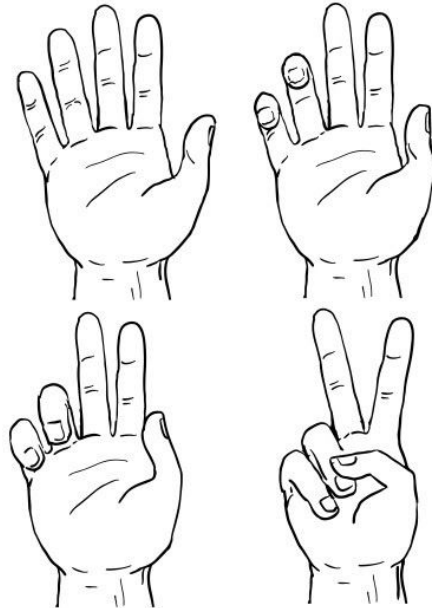
Jojoba Oil - This oil has similar compounds to sebum which is the naturally occurring and moisturising oil in our hair and on our skin. It is rich in vitamins and minerals that nourish hair, including vitamin C, B vitamins, vitamin E, copper, and zinc.

Tea Tree + Castor + Vitamin E - This blend targets mostly the scalp but also the strands. Tea tree is a natural antibacterial and can help with dandruff and dry scalp. Castor oil is a humectant so helps with the retention of moisture, it also contains omega 6 fatty acids which are ace nutrition for follicles. Vitamin E oil isn't a single vitamin but rather a fatty compound rich in antioxidants

Olive Oil - This is a wonderful moisturising oil which I use as the base of my blend. There is more olive oil in the blend than any of the other oils.



Don't fight with your hair!



Despite the big comb on the front page of this guide I have successfully stayed away from any kind of combing or brushing tools for the most part, if not all, of my natural hair journey and keep it strictly fingers! I find this a more gentle way to tackle knotted strands, stressed hair equals broken hair. The only time I have fingers in my hair is during detangling processes and styling processes and this reduces the frequency of manipulating your strands.

<https://www.youtube.com/watch?v=1XTXL2z2BB4>



Protective and Low Manipulation Styling

Keeping your fingers out of your hair is much easier when it's safely tucked away in protective styles. Protective styles are always going to be a matter of personal preference. Weaves, braids, locs, headwraps, durags etc are all ways of shielding the hair from brutal forces of the earth.

For the first part of my growing out journey my go-to was headwraps. Not only are they versatile in their appearance, they are one of the lowest manipulation styling methods. When my hair was extremely short I'd moisturize it using the LCO method and let it be, underneath the layers of my chitenge, silk or cotton fabrics. Now that my hair is shoulder length I two-strand twist it (varying sizes) after moisturising and before wrapping.

Another protective style I'm fond of is plain cornrows. They last a good 2 weeks, all the hair is securely and neatly tucked into the plaits and they're gentle on the scalp. No hectic pulling is needed. A variation of the plain cornrows is cornrows with extensions. I'm veering further away from this style and generally styles that use hair extensions. Over the last few weeks I have recognised the non-organic and non-sustainable nature of the process of manufacturing synthetic hair. In addition to this hair styles with extensions often cause more tension on the scalp, especially on the edges.

My ideal style at the moment are mini/medium two strand twists. They lock in moisture and nutrients absorbed during the hair care processes and still provide you with styling flexibility. This style is versatile so you can wear your twists loose, in a bun, in bigger braids etc.

How to twist your own natural hair

<https://www.youtube.com/watch?v=zOm3KE925hc>



Selecting A Shampoo or Cleanser:

Knowing which shampoo or cleanser works best for you is a key step in unlocking clean and moisturized strands and thus growing out your hair. I prefer to stay away from chemical based shampoos which often contain sulphates. Sulphates strip the hair of it's natural oils leaving it dry, brittle and prone to breakage. I opt for shampoos with natural ingredients which cleanse, moisturise and purify. Aunt Jackie's Curls & Coils Flaxseed Recipes Purify Me Moisturizing Co-Wash Cleanser is my shampoo of choice. Flaxseeds are a rich source of Omega fatty acids. Widely known for helping to prevent thinning and shedding, flaxseed, along with other natural ingredients and carrier oils including avocado & coconut, is used to help to improve overall hair health.

<https://un-ruly.com/choosing-a-shampoo-natural-hair/>

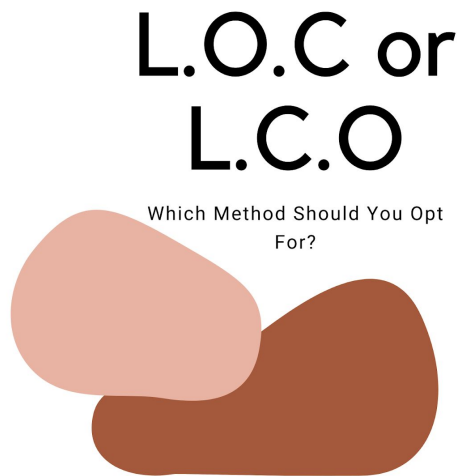
<https://shop.naturallycurly.com/aunt-jackies-curls-coils-flaxseed-recipes-purify-me-moisturizing-co-wash-cleanser-12-oz/>



Moisturizing your hair: LCO or LOC Method?

Keeping your hair moisturised is probably one of the more important steps in length retention. When your hair is moisturized it is flexible, bouncy and happy and thus can withstand external forces better. When it is not moisturised it does the exact opposite and breaks. Finding the right moisturising method is just as important as finding the perfect product combinations. Both the method and the products will, like most other natural hair processes, depend on your hair porosity, density and curl type.

I use the LCO method since my hair is medium or normal porosity. This means my layers of product go in this order; [leave in conditioner](#), [cream](#) and then [oil](#). Each of the products I use for this step are linked to their respective product name.



This video below is extremely informative when it comes to understanding what your hair needs in this step:

<https://www.youtube.com/watch?v=w376dvTM7Ow>



Eating A Nutrient Rich Diet

The chances are if you're consuming a nutrient rich diet your entire body is a healthier and happier mass of flesh. The theme of local and organic material comes into conversation again. Eating food which is free of chemicals and grown using sustainable methods means pumping your body with fresher food packed with more nutrients. I tend to eat a mostly plant based diet, and in this diet I have factored in certain types of food which aid in cell repair, protein and biotin building as well as vitamin, fatty acid and nutrient absorption. I also take additional supplements to make up for the gaps in the solids I eat.

Examples of things I eat quite often:

- Beans: High in protein
- Berries: High in Vitamins C
- Seeds: High in Vitamin E, Zinc and Selenium
- Green Vegetables/Spinach: High in folate, iron and Vitamins A & C

Supplements:

- Fish Oil Tablets - Omega 3 Fatty Acid
- Vitamin C and Rosehip

Links:

<https://www.healthline.com/nutrition/plant-based-diet-guide#overview>

<https://globalhealing.com/natural-health/choosing-the-right-supplements/>



I and your hair thank you for getting this far! If you have any questions please beam me up!

Love and light,

Banji

