

BEAUTY 411:
HAIR CARE
With
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NATURAL HAIR MOVEMENT

The natural hair movement is becoming extremely popular now a days. There are so many videos on YouTube (not professionals) telling you what to do and what not to do. You are just not sure which way to go.

Here is a list of Top 10 "Did You Knows & What To Do"

1. **Food & Medication:** Your hair is affected by what you put in your body. This also refers to medications.
What To Do: Eat healthy. Drink 64+ ounces of water a day. Inform your stylist of the medications you are taking because that can affect the products they use for your hair.
2. **Natural Loose Hair:** you are supposed to shampoo your hair.
What To Do: Use sulfate free shampoo.
3. **Coconut Oil:** Is not a moisturizing oil it is a sealant oil.
What To Do: When you apply coconut oil to your hair wet your hair first.
4. **Locs & Loose Natural Hair:** You should not detox your hair more than twice a year unless you're in an environment of (construction workers, etc..) is very dirty.
What To Do: If you find yourself detoxing your hair more than 4 times a year, I would consider using a different hair care product and or buying more hair cover for when working.
5. **Cold & Warm Water:** There is a time that when washing your hair, you should use cold and warm water.
What To Do: Rinse shampoo with warm water, Rinse conditioner out with cold water to close your pores and smooth your hair cuticles.
6. **Hair Vitamins:** Biotin is a good vitamin for hair growth.
What To Do: This is only when digested in the amount allowed a day.
7. **Protein:** Too much protein is bad for your hair. It will cause you hair to feel brittle.
What To Do: Book a consultation with your stylist to get a hair test, to see what your hair needs.
8. **Treating Natural Hair:** All-Natural hair is not the same.
What To Do: With all-natural hair cannot be treated the same.
9. **True or False:** Spraying water on your hair moistures it daily. "FALSE STATEMENT"
What To Do: Do not spray water alone on your hair to moisturize because water will dry your hair out.
10. **Sanitizing:** If you do not clean your combs and brushes after every use, you will be harboring bacteria.
What To Do: After every use clean your combs with alcohol .

I have Locs & Protective Hairstyles (add about Loc Bar from website)

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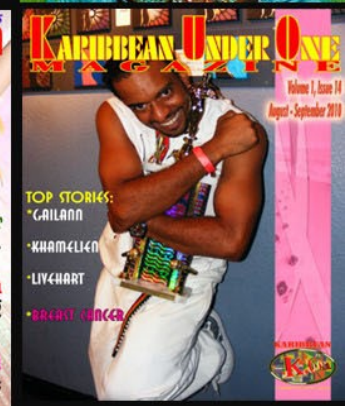


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