

USING CONDIMENTS FOR
YOUR NATURAL HAIR
IS CONIMENTS NECESSARY
FOR HAIR GROWTH

ATTORNEY OF
LAW

April Williams

An author of My hair is
Professional too , coloring books & more

STOP INVITING
EVERYONE TO THE
BARBEQUE

Are black hairstyles being
undercut.

LOCK'S OR LOC'S
The miseducation of Locks

Exclusive
MUA Tips!

FOOD & CONDIMENTS

FOR NATURAL HAIR

BY DR. GABY



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Mayonnaise and eggs are often used as hair treatments due to their protein and fatty acid content, which can help nourish and moisturize hair. Mayonnaise contains vegetable oil, which can increase hair softness, hydration, and strength when applied directly to the scalp as a conditioner. The egg yolks in mayonnaise are loaded with amino acids, vitamins A, E, D, biotin, folate, and fatty acids, all of which may nourish the hair. Eggs and mashed avocado can strengthen hair and add shine.

While there is limited scientific evidence backing the purported benefits of mayonnaise and egg hair treatments, some natural beauty experts promote them as an alternative hair treatment that can potentially leave hair shiny, soft, and smooth. However, mayonnaise is primarily made of oil, so it could potentially make hair oilier, which may not be beneficial for all hair types.

Some condiments like ketchup have been used to fix green hair caused by chlorine. It is also used to boost blonde color and remove odors. The acidity in tomatoes can help balance the pH levels in hair, making it a great natural color corrector. However, ketchup is not a substitute for hair care products and should not be used as a regular hair mask.

Dark tea can be used to boost brunette color. Yogurt can help hair grow. The lactic acid in yogurt can clear dead-skin buildup.

Other kitchen ingredients can be beneficial for hair and scalp health. For example, coconut oil and avocado oil are good sources of vitamins B and E and can be a good pre-poo, leave-in conditioner, or sealant for hair, softening it and providing great shine. Another beneficial ingredient is seaweed. Seaweed may help control oiliness on the scalp and promote hair growth. Algae oil and seaweed extract are also used in hair products to provide lightweight moisture and promote healthy hair growth.

Some people grow aloe vera at home. Aloe vera has antibacterial and antifungal properties, which can kill dandruff-causing fungus on the scalp and keep the hair hydrated, resulting in smoother hair.

FOOD & CONDIMENTS

FOR NATURAL HAIR



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Honey has antibacterial and antifungal properties that can stimulate hair growth and make the scalp healthy. Honey can act as a natural conditioner, fight dandruff, prevent hair loss, and add shine and luster to hair. Additionally, honey can promote hair growth by strengthening hair follicles and reducing breakage. However, honey has a high sugar content, which can make hair sticky and difficult to manage if not rinsed out properly. Additionally, some people may be allergic to honey and could experience an allergic reaction if it touches their scalp.

As discussed above, while some ingredients are useful, it is important to note that many condiments or food-based ingredients are not beneficial for hair and scalp health and may cause dryness and irritation. For example, applying lemon juice or lemon oil to the scalp may enhance hair quality and growth, but it can also cause dryness and irritation if used excessively. It is also important to be cautious when using onion juice, as it can cause scalp irritation and an unpleasant odor.

Mayonnaise can cause protein overload if used too often, which can make hair dry and brittle. Additionally, mayonnaise can cause build-up on the scalp, worsening a dry scalp. It is important to wash the hair thoroughly with a clarifying shampoo after using mayonnaise to avoid these issues.

While incorporating certain food-based ingredients into hair care routines can have benefits for hair and scalp health, it's important to be aware of potential side effects and use these ingredients in moderation.

For example, leaving egg on hair for too long can attract dust and other particles, resulting in unclean and greasy hair, and in rare cases, egg can dry out the scalp. Those who are allergic to eggs should avoid using them on their scalp. It's also important to note that food debris can get stuck in long hair and cause hygiene issues, and using food in your hair may not be effective and could potentially cause harm. For instance, using food coloring on your hair can ruin an expensive dye job. Lastly, it's crucial to remember that food-based ingredients are not a substitute for medical treatment for hair loss or other scalp conditions.

For more of Dr Gaby -
Absolutelyeverythingcurly.com

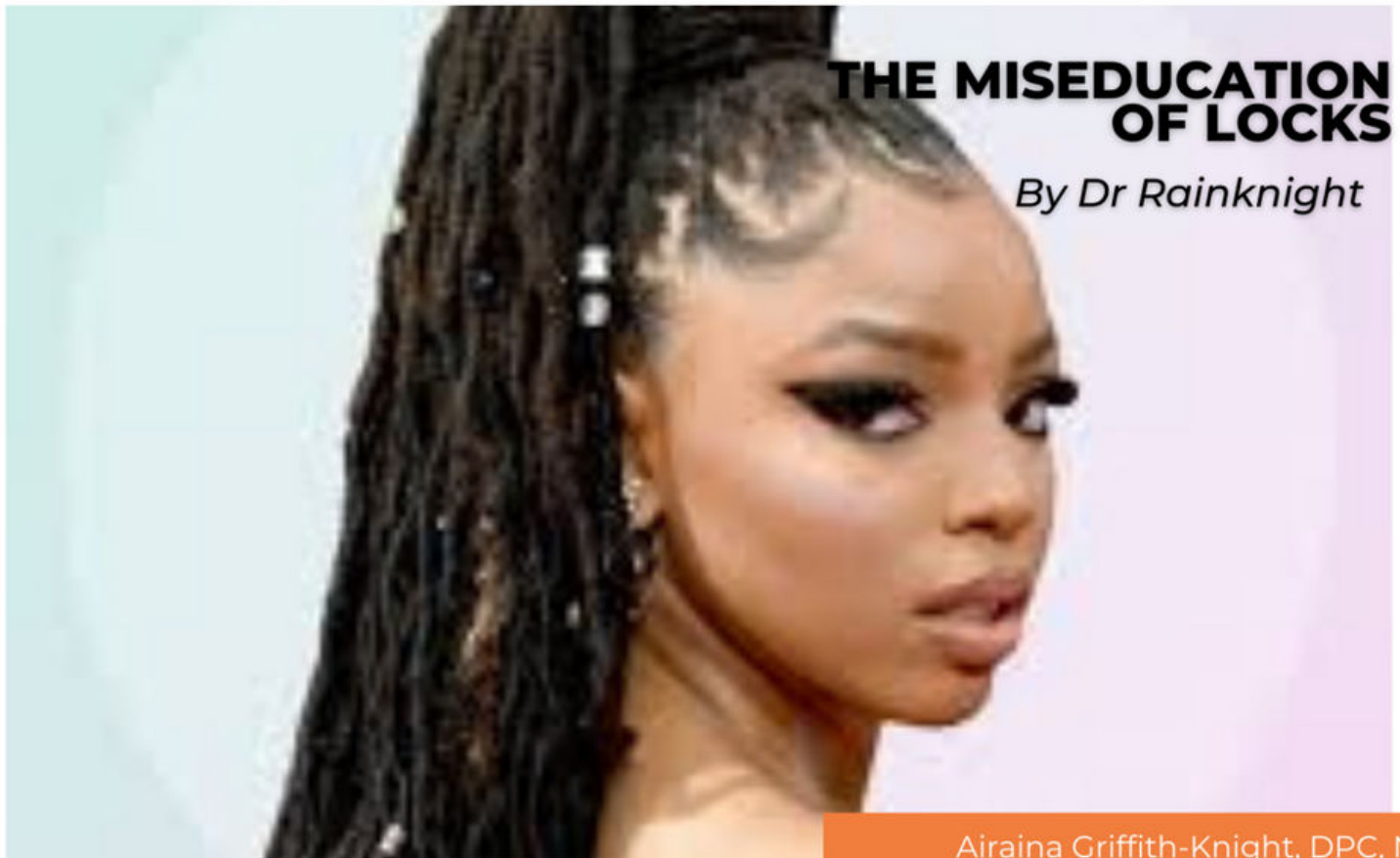


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Curly Hair Care
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Journal

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ABSOLUTELY
EVERYTHING
CURLY



THE MISEDUCATION OF LOCKS

By Dr Rainknight

Airaina Griffith-Knight, DPC, NCLC,
NCLCI, CHLS
Cosmetologist Psychologist and
practicing Trichologist

There are a lot of things that suggest what locks are but but let's start a discussion about what locks aren't. first of all Locks aren't spelled LOCS. Where did that come from? I have spoken to several people and they said well it's not locks like car locks or door locks so we just took the K off and we began spelling it with a C. Another philosophy suggests that it's cool to spell it like that Loc. I'm like yeah but there is no significance. I must admit it does look cool however what is the reference? Spelling Lock lends historical reference, a culture. The origin of Locks I speak of stems from the Bible. I do not know of an earlier account for Locks.

I read a story from the book of Judges 16:13 to be exact that spoke about a guy named Samson. This man had seven Locks. When I was younger my vision was consumed with an image of an Anglo male with a head full of hair. Never was I taught that the locks they were speaking of were massive, lush, and full of coils. When I got old enough to read for myself I uncovered a lot of truths.

One of the most profound was about the hair of wool. That is actually what solidified this story for me. To continue my research, I learned the original name for hair was Locks and it wasn't Loc. So this is why I ask
What exactly is a LOC?
What do you think about Samson? Can you imagine a man with 7 Locks being a bronze complexion? Yes you can, I know I have seen people with 7 Locks. There are several stories that reference hair being Locks. You can't stay strong forever, you will have to Lock eventually.

Kinkey Hair Kulture

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DRINKING WATER AND MINDING MY BUSINESS:

This summer the number one goal is to keep our skin healthy. We can cover up blemishes with the best foundations, lipsticks and eye shadows but without a healthy base for our makeup application, we just have a pretty house on a cracked foundation. To achieve that sun kissed glow you will first need to determine what skin type you have. There are four main types of skin types. They range from dry skin, oily skin, normal skin, to combination skin. Knowing your skin type as well and how much melanin your skin holds will determine what regimen you need to take when it comes to this summer's sun exposure. Here's an example below of how to determine how your skin will react when exposed to UV rays.



Dry skin:

Dry skin lacks oil and that can be a result of external factors, such as weather or extreme cold that can break down the skin's barrier. Some internal factors can also affect your skin's health as well. Dry skin just needs extra love and care. Dehydration can also be a cause for dry skin but it can be seen in all skin types. Remember, dry skin lacks oil and dehydrated skin lacks water! Here is an example of dry skin when it is correctly moisturized and hydrated underneath makeup!



Oily skin:

Oily skin has an excess production of oil/sebum. Oily skin requires more cleansing and exfoliating. Be sure not to over-stimulate the skin with cleansing because it then tricks the skin into thinking it is too dry. It will then produce more oil in response. This is important to know when you want a full face of makeup to last all day. Be sure to not strip the skin too much of its natural oil. Here we have an example of someone with oily skin, and how the correct cleansing technique will allow the skin to stay matte all day without stripping it of its natural oils.

Normal skin:

Normal skin is the mother of all skin types. There is the perfect balance of oil and water within the skin. It can also fluctuate between being more oily or dry. For this skin type, all you need to do is cleanse daily and have a normal nightly routine.

COMBINATION SKIN:

COMBINATION SKIN CAN BE BOTH OIL AND DRY SIMULTANEOUSLY. DEPENDING ON WHAT EVER IS PROMINENT IN THE SKIN. THE SKIN CAN EITHER BE COMBINATION-OILY (OILY MORE DAY THAN NOT) OR COMBINATION-DRY(DRY MORE DAYS THAN NOT). WHEN MAINTAINING COMBINATION SKIN, YOU WILL ALSO NEED A DAILY AND NIGHTLY CLEANSING ROUTINE TO KEEP THE SKIN BALANCED.

WE DON'T TALK ABOUT SENSITIVE SKIN ENOUGH BUT IT IS BECOMING MORE COMMON IN THE BEAUTY WORLD. ALTHOUGH SENSITIVE SKIN IS A CONDITION AND NOT NECESSARILY A SKIN TYPE IT CAN ALSO EFFECT THE SKINS APPEARANCE. BE SURE, NO MATTER WHAT YOUR SKIN TYPE IS, THAT YOU ARE CHECKING FOR INGREDIENTS IN WHATEVER PRODUCTS YOU ARE USING. A RULE OF THUMB WHEN CONSIDERING PRODUCTS TO USE ON THE FACE OR BODY IS THAT IF THE FIRST INGREDIENT IS NOT WATER, PUT IT DOWN. WE WANT TO MAKE SURE THE SKINS HYDRATED AT ALL TIMES.

NOW THAT WE KNOW THE DIFFERENT SKIN TYPES, LETS GET TO THE GOOD STUFF. EXTERNAL AND INTERNAL FACTOR CAN EFFECT THE SKINS APPEARANCE. ONE VERY IMPORTANT EXTERNAL FACTOR IS THE SUN. BE SURE TO PUT ON SUN SCREEN NO MATTER HOW RICH IN MELANIN YOUR SKIN IS THE SUN WILL SLOWLY BREAK DOWN YOUR SKINS NATURAL BARRIER AND WE DON'T WANT THAT. REFER TO THE DIAGRAM ABOVE.

INTERNAL FACTOR SUCH AS FOOD INTAKE CAN ALSO AFFECT YOUR SKINS HEALTH. DRINK WATER! BEING SURE YOUR EATING THE CORRECT FOODS AND HYDRATING YOURSELF WILL ENSURE THIS SUMMER TO BE THE BEST SUMMER YET. BECAUSE NOT ONLY IS OUR SKIN GOING TO BE GLOWING BUT YOUR BODY WILL THANK YOU! SO LET'S RAISE OUR MARGARITAS UP ONE HAND, AND A GLASS OF WATER IN THE OTHER BECAUSE THIS GLOWING GIRL SUMMER IS ABOUT TO COMMENCE!

►[CLICK THE LINK TO SEE SOME AMAZING MAKEUP FROM DESTINEE HIGGINS - MUA](#)

ARTICLE BY DESTINEE HIGGINS

April Williams

MY HAIR IS PROFESSIONAL TOO

1. Please tell us how you became so passionate about black hair especially in the field that you're in.

Since going natural in 2006, I have always struggled with my hair fitting into what society deems as beautiful and professional. Entering the workforce was no different. In my first year of law school at a Historically Black University, many of the Black women student and professors wore their natural hair. However, a presentation was given showing students what was considered professional attire and always gave examples of hairstyles. I was shocked by the presentation because the hairstyles that were considered not professional in the presentation were Black hairstyles. At the moment I had no idea what I was going to do about the idea that Black hairstyles were considered unprofessional, but I was on fire and was looking for ways to promote awareness. The next year I took an employment law course, and around that time the Pinnacle hair case that sparked the CROWN Act movement, came down in the 11th circuit. It was at that time I found the fuel I needed to start researching and writing on the topic. I discuss this in my book, *My Hair Is Professional TOO!*

2. Do you feel like the Crown act is actually making grounds?

How do people sign up to support the crown act?

Also, how do people get involved in their community involving the Crown act?

Where do you stand on the discussion of black hair in the corporate America?

Right now the CROWN Act is law in 20 states and many localities across the country. I think that there is much work to be done but we are moving in the right direction. There are a number of entities, including Dove which was one of the first major companies to back the CROWN, that have platforms that bring together supporters of the CROWN Act. But you don't have to limit yourself to major entities. You can contact your local council person or the mayor of your city and ask them to pass a city ordinance banning hair discrimination. I talk about my experience with reaching out to my local council members in Houston in *My Hair Is Still Professional TOO!, Where Are We Now?* We have to continue promoting awareness to the CROWN whether it be at work, at school or within our inner circles. There are many forms of hair discrimination, including hair texturism, women who have kinky hair may face a tougher battle with hair acceptance than others. Creating the conversation is important.



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HAVING THE
NEEDED
CONVERSATION!



Host

Alicia Wilson

HAIR TALK

CLOSING THE GAP IN BLACK HAIR

Ode to the Kitchen Beautician

I am from the age of gas stoves and pressing combs;
Royal Crown Grease and a blue-orange flamed heat.
With boar-bristle brushes, Pre-Con gel, and a coffee mug of warm water,
to smooth the fine edge and baby hairs before any edge control was discovered.
Setting up the shop in Mamma's kitchen on a Friday night, some getting curls, and some
getting braided,
Primmed and polished, some of your brothas getting cleaned and faded.
Now, some of you, too, were at home straightening your hair with an iron and a board,
Don't forget the color job we've experimented with, praying to the color gods we got it
right, receiving blessings from above.
Don't forget the Crème' of Nature relaxers to straightened our hair, while others use
Toni's perm to make their hair curl.
We took it further by piercing our ears with a needle and white thread,
Don't forget the ice cube and potatoes to make the lobes dead,
We slept in rollers and wrapped our hair to make our hair creation last all week,
Sleeping "pretty on our hands" and being careful not to destroy the masterpiece.
Looking great as we anticipate Reggie's backyard Bar-B-que and everyone we'll meet.
Just to hear the compliments of a job well done.
From the kitchen to the salon, is where we all are from.
This is the place where we were the most artistic to the core,
It was a corridor of doors opening into a world of Beauty and more.
These possibilities were endless,
and creativity at its finest.
It's nothing to frown about, in fact its truly an honor
To have the same start as the ancient ones whose spirit dwells
Throughout the ages in our bodies even in our deepest cells.
We carry on the inspired tradition of the task of beauty
We've been placed in charged to care for God's creation through, divine right, truly.
Without the "Kitchen," the styles we cherish would not be on display
The "Kitchen" is what has made most of the legends we salute today.
No matter what nationality, race, or ethnic background, we all have the same beginning.
We all have received our start, our beginning, in our Mamma's Kitchen.

I am PROUD to be a Kitchen Beautician

Jade the Blade



Stop inviting everyone to the barbecue

ARE BLACK HAIRSTYLIST BEING UNDERCUT?
WRITTEN BY TWINNATION(ALICIA)

Come on in class! This one is going to be a deep conversation. Different topics have been circulating in our community lately. These topics are making us forget our roots and causing disrespect! Today will only be discussing one in particular. The Hair Blogs have been going crazy about black women going to a Caucasian woman for braiding. They are saying that they're having a better experience, and they will be returning. I do not have a problem with the comments about the service. I have a problem with Caucasian stylists being compared to Black women.

We as a community love to welcome people in our space and forget how we are treated in other spaces. We love to teach people the things that we know. By giving them skills to thrive in our community. If black hair taught everyone, it will not stay in our hands. We must remember that Black hair just got popular. It was always been treated like a stepchild in the beauty industry. The only reason why people are interested in natural hair is that there is money in it now. Because we as a community, do not understand that black hair is a \$1 billion industry.



Gatekeeping is always used against us as a community when we try to say something is ours. Other cultures can come out and tell you not to do or say something because it is disrespectful to them. But if the black woman says cornrows and braids are our cultures. It is gatekeeping. So let me share some history with you, so maybe we can all understand why black hair is so important. Cornrows were used to hide food like rice while escaping slavery. Slaves' heads were shaved, so Caucasian people would know that they were slaves. Shaving the head of slaves was also used as a humiliation tactic. Also, black hair was used to stuff the pillows of slave masters. From the dawn of time, Black people have been told that growing their hair is a privilege, not a right.

Black people have suffered enough throughout the time that we have a right to gatekeep. Especially something that was deemed dirty or natural. The beauty industry has made millions off of trying to convince black people that kinky hair is unruly. Stop telling Black people when they stand up for themselves that it is gatekeeping. Black people have culture and rights!

Having respect!!! Let's be honest there is a lot of chaos in the natural hair industry. More stylists are retiring than ever. Do you understand that? Beauticians used to die doing hair. If we start to invite Caucasian people into black hair and start to value them more than black stylists. We may look up in 10 to 20 years and there is no black hair stylist. Getting your hair done is an experience and luxury. Why would want someone that knows nothing of your struggle or pain to do your hair? A person that knows what true shrinkage is? By the way, I also understand the struggle of customer service between the black hairstylist and the consumer. Over the past 20 years, the trust between Hairstyles and its customers has changed. Even with all of that, I refuse to invite someone into my space that I know I would be uncomfortable and there's!

We have a community need to start asking questions. Wow, all of a sudden are you interested in doing black hair? What made you pick up a comb and grease and say I want to braid hair? Also, stop letting people tell you because I was raised a certain way. It's all about the money and we as a community are the only ones they don't understand. Protect black hair! Black hair has the worst kind of trauma that has echoed through the ages. Stop inviting people to the cookout because they brought a side. Stop undermining black hairstyles because someone is cheaper. Stop comparing your people to another race, thinking that's not internalized racism. Why get your hair done by someone that does not look like you and doesn't understand your struggle?

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