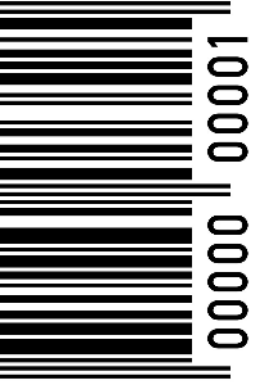


KITCHEN BEAUTICIAN

M A G A Z I N E

June
Edition



Co-Founder
**ALICIA
WILSON**

www.kbeautician.com



CONTENTS

Alicia Wilson will give you her story about Twin Nation and Magazine. Story on p. 7



7

Co-founder Alicia Wilson

Get to know one of the Co-founder behind Kitchen Beautician Magazine

4

What is this notion of breaking chains and are we really ready for it?

7

Meet the Co-founder

9

Puzzle

Check your knowledge

12

Hairstylist On The Go: What does it takes to be a traveling stylist?

Hair Fairy Godmother

15

The Power of Intention

Jade The Blade

Still have 8 slots open

h Airlooms
CADEMY

**SUMMER
CAMP**



DAY CAMP PROGRAM

JULY 10TH -15TH

For Ages 13 to 18

JULY 6TH -8TH

For Ages 8 to 12

910.568.3152



What is this notion of breaking chains and are we really ready for it?

Written by
Dr Airaina Griffith-Knight



This has been a challenging time in the Carolina's;; Happy Juneteenth everybody! While this holiday has been celebrated in many parts of this country for over so many decades, we are just now beginning to acknowledge it as a City within the last 5 years. It took so much to cultivate this freedom. There are a lot of celebrations worldwide to commemorate this cultivation of freedom. So many conversations and debates; Like what is really free, must we explain what freedom looks or feels like , who defines it? If I wear my hair in an Afro does that proclaim freedom or if I Lock my hair is that the freedom that I have been looking for? Welp, who is to say, all I know is we have to be ready for it. I had to relearn a lot of things before I was really ready to be free. Things like God created me in his own image and I am beautiful the way he created me. I had to learn I was no aberration or I was not a mistake but that I was wonderfully created. I had to learn to love myself from within, That meant relearning the meaning of we are all created equally. I found out that it wasn't just cliché and genetically and biologically we are all the same but on the outside we are all different and that was ok: It was by design. I relearned that the most important part of us truly lived inside of us and there was not a soul that could change our outer person and therefore we had to just live with that and stop judging people for what they look like on the outside and what is in their hearts. I learned that justice and fairness mattered and even more to us especially in our relationships with one another.

I learned it did not matter what I looked like going into that meeting but what was particularly more important was what was in my imaginary briefcase that I carried into that interview with me.

Over the past 28 years of providing Natural hair care services to the community, I have had the pleasure of getting them ready for the most important events in their lives; weddings, court, school, jobs, funerals, interviews, appearances, graduations, promotions, and inspections to name a few. Hair and acceptance of hair choices has been the common area of concern. So many people would shy away from wearing their hair because of fear of being rejected for having ugly hair. I have witnessed real tears by sistas wanting the big chop and coils only to burst out in tears once it was over. My heart goes out to the tons of women and men everywhere that want to be bold enough to wear their own natural hair but suffer so badly from hurt, trauma, and anxiety that they are forced to put on a wig as opposed to going out to be their authentic selves. Let this Juneteenth season find you in a place of acceptance and let that be your freedom. Accept people for who they are not as you see them externally.

Kinky Hair Kulture

Podcast

Follow, Subscribe, Listen in



Listen on

Apple Podcasts

facebook



G+

Spotify



TRANSITIONING TO GRAY HAIR FROM COLORED HAIR

Written by Dr Gaby



“I love my gray curls and the different shades of white and gray. Now I wish I had never colored my hair.”

T

ransitioning to gray hair from colored hair can be a psychological process that is different for everyone. I used to color my hair every 4 weeks for many years. I didn't think much about it but just kept covering up those grays year after year. I remember feeling self-conscious if even a few gray hairs were visible.

My best friend used to ask me why I colored my hair. She said that gray hair was gorgeous and that I should stop covering it up. Like so many other women, I only started listening to her during Covid. I was also under a lot of work-related stress, which we know has been linked to premature graying hair.

When I finally decided to quit the dye, it wasn't easy because of how slow the process was and the demarcation line. The first three months were tough but then every month after that, it became easier. And I loved how much money I was saving every month, not coloring my hair.

The entire transition to gray took about 32 months. I experienced a lot of emotions during the transition to gray hair. Here are the stages:

Months 1-3: I felt so self-conscious and anxious about my gray hair showing.

Months 4-9: Once I got used to it, I felt empowered by embracing my natural hair color. I discovered my scalp was healthier and a lot of new hairs started sprouting. I had no idea that the permanent hair dye blocked new hair growth.

Months 10-24: I completely accepted my gray hair and felt good about my body positivity and self-acceptance. I also noticed that my gray hair requires different hair care routines and products than colored hair. For example, it needs more moisture and weekly deep conditioning. I followed a lot of silvers sisters (#silversisters) on Instagram and joined groups on Facebook. There is so much support out there for women embracing their grays.

Months 25-current: I had fun replacing my entire wardrobe and fashion choices to complement my gray hair. I love my gray curls and the different shades of white and gray. Now I wish I had never colored my hair.

In conclusion, transitioning to gray hair can be a personal and emotional journey, but it is also a powerful form of self-expression, freedom, and self-acceptance.



Co-founder

Alicia Wilson



Tell us about yourself?

My name is Alicia Wilson. I just turn 30 years old. I am co-owner of Kitchen Beautician. I am the host of Hair Talk where we talk about all the myths and taboos of black hair. I am a black hair activist and Herbalist.

Why did you start twin nation?

To be completely honest I want my own community to feel comfortable with. I wanted to build a community that did not judge you for not having the knowledge but insisted to teach you. TwinNation started out as Tshirt company then and evolved into making body products. I started to research more about making natural products. I start to get to herbs more. with all this research, it causes me to start looking at my hair. I have always been frustrated with my hair as a adult. So I started experimenting on myself. I had amazing Neighbor called Mrs. Eva and I started bouncing ideas off and boom. TwinNation was now hair product company. What inspires you to keep going?

Black people! My goal is to create something that causes the black people to grow and learn the history we are missing. To remind black people that it not just hair! It our culture, history, and strength! Also this is a family recipe and secret that I keep alive. Every time I sell the twin nation product, it keeps my great-grandmother's memory alive.

Why did you start hair talk?

To be honest I'm noseey and full of questions! Originally the show started off as Worst Hair Wednesday. I would tell all my bad hair stories. Trust me I have a lot! Then I grow to discuss different things I saw in the hair community. I join Clubhouse an app and met Hair Fairy Godmother. I ask to do the show and now we 4 seasons in. Kinky Hair Kulture is now part the show. I also do a special edition Hair Talk we're I interview a lot veterans of the hair industry to pass the knowledge on to you. For your interviews which one did you love the most?

all of the interviews are my favorite. I can't just say one. Because all of their interviews serve a certain purpose to the conversation about black hair. That I can just single one interview out. Some of the interviews that just shocked me. Like I was so surprised that I actually booked a interview. It was the King Of Loca. He was my very first legend, and really kicked off the special edition of Hair Talk. That interview made the show what it is today.





How important is hair porosity to you and if it is important to you what item do you recommend to help with nourishing the hair? Hair porosity is very important! It is the base of the products I made. Also, one of the first things that I learned about hair. It was like once figure out that I had low porosity hair. My hair bounty became easier.

I would recommend the cup test to find out your porosity. That's when you take a strand of your hair and drop it in a cup. If it floats to the top that means that you have low porosity. you were born with small cuticles and it's hard for you to get the product into your hair. Your hair is usually very dry and you deal with a lot of buildup. If it floats to the bottom, that means you have high porosity hair.

When I haven't had porosity hair, you have a lot of gaps and holes in your hair that cause your hair to soak it all up. If it lingers for a meeting at the top and then floats to the middle, then you have normal porosity hair. For low-porosity hair stay away from heavy oils like coconut and olive oil. Avocado and grapeseed oil are great for low-porosity hair. Coconut and castor oil are great for high-porosity hair.

What is your favorite product from your line? The Emerald Dream Hair Cream aka Hair Crack. This is the product the y got me the name Hair Crack Lady! I have made a couple of the products, but this is the one that put me on the map. This is the one that grew (TwinNation) to everything that it is today. It is my first science project that worked. Also, this product led to my granny, telling me that my great-grandmother made the products. my granny told me I was very close to the original recipe that my great-grandmother took to the grave.

Tell us about Kitchen Beautician and how it started?

It started when I was a kid looking at Jet and Ebony magazine with Granny. I would always tell her that one day I was going to be on the front page of a magazine that out. Then I met Kinky Hair Kulture on clubhouse (a app) and had a couple of conversations. I built up the courage one day to finally ask her. Would you help me bring my dream to live? The surprising thing about it she said yes. I thank her every time I get a chance because without her my dream would still be a dream. Now we have this amazing magazine that is going to change the hair industry.

What would you tell the next generation when it comes to starting a brand from scratch? to listen to your heart. To make your own table and find people that actually want to see you win. I've worked with a lot of people over the years and they always had an agenda or motive. It took a long time for me to find my tribe. I'm so happy that I finally found them. to keep moving and drop people off when they need to be. If they are meant to be at the end of the road you, there's nothing that can change that. If people really are rooting for you, they would never want you to wait for them. Be honest with yourself and your goals.

Meet the Co-Founder

S	U	N	F	L	O	W	E	R	S	Y	R	A	T
H	I	G	H	A	P	O	R	O	S	I	T	Y	F
W	R	Y	N	N	A	R	G	I	R	O	I	T	A
E	L	P	O	E	P	K	C	A	L	B	E	L	M
K	U	H	L	O	I	L	W	E	O	R	T	L	I
I	R	A	A	M	A	E	R	C	U	R	U	L	L
N	C	I	M	S	C	R	A	T	C	H	N	I	Y
K	U	R	R	S	O	F	L	T	I	T	O	Q	R
Y	R	F	O	E	C	U	K	E	C	C	C	U	E
H	L	A	N	E	K	O	U	R	N	L	O	I	C
A	S	I	O	D	A	C	O	V	A	C	C	D	I
I	P	R	C	E	D	A	M	E	M	O	H	T	P
R	I	Y	N	K	C	A	R	C	R	I	A	H	E

- HAIR CRACK
- AVOCADO
- KULTURE
- BLACK PEOPLE
- GRANNY
- KINKY HAIR
- HOMEMADE
- OIL
- HAIR TALK
- NORMAL
- CURLS
- SUNFLOWER
- POROSITY
- FAMILY RECIPE
- HAIR FAIRY
- COCONUT
- LIQUID
- SCRATCH
- HIGH
- CREAM



THE COMPLETE
Curly Hair Care
& Wash Day
Journal

[Absolutelyeverything curly.com](http://Absolutelyeverythingcurly.com)



ABSOLUTELY
EVERYTHING
CURLY

Hairstylist On The Go: What does it takes to be a traveling stylist?



Hey Guys and Gals! It's the Hair Fairy Godmother passing a little fairy dust along once again!

I've heard that few of my fairies wanted to know what it takes to be a traveling stylist...well, let's talk about it!

First things first, plan your goals and what that looks like to you. Figure out what kind of traveling stylist you want to become. Do you want to educate? Take your talent on the road? Or both? It can be done, however, this takes planning. Here's where your Vision Board comes into play.

Next up, when you figure out what you will be offering, start researching the subject at hand. If you're going to educate, find out the need that you want to bring awareness to that you're comfortable sharing. If you're styling on the road, do some trial and error run throughs, and find out how you can perfect something that's already here, or bring your own technique to the table.

After do that, make you a budget, and stick to it! Traveling itself can become expensive, outside of products, styling tools, materials for your class, lodging, etc. Please, make sure you can handle what you are trying to achieve. Don not create debt. If it is not the right time, then it's not the right time. It definitely ok.

Lastly, enjoy yourself. Stylists are creatives. If you're not your best, then you won't produce your best. Get plenty of rest, eat healthy, hydrate well, and make sure you visit your physician often due to you being in different places. Become conscious of your destinations and prepare accordingly. You'll be amazed at the smallest things makes the biggest difference. Oh...and refer to the Hair Fairy Godmother's article "What's In My Bag" to keep those tresses together.

Written by
Hair Fairy Godmother

***Kitchen
Beautician
Magazine***

JUNE 2023 / ISSUE 6



Sahara Knight
(Age 16)

Dr. Airaina Griffith-Knight
Director

COHORT PROGRAM

**TAKE CLASSES WHILE
ON SUMMER BREAK**

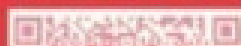
MAY 30TH 2023 @ 6:30P

Enrollment

MAY 31ST 2023 @ 9:00A

Starts June 1st

Classes Offered Are Natural Hair, Manicuring & Esthetics



@nuwbns_inc

Kitchen Beauticians

Comic coming soon



The Power of Intention

Written by Jade The Blade



Hello to our lovely readers and thank you for your support. As I pondered over what to submit to this latest article, my spirit urged me to continue to give our readers more keys/tools to play the game of Life. Most people think life is a battle, but it's not! Believe it or not it IS a game. The emphasis on the two letter word "IS" is very powerful and this key to life is intentionally given to you in elementary stages. Why? Simple because one's transformation is gradual never overnight. Whether you plan to pursue a career in the beauty industry, serial entrepreneurship, or whatever you decide for you to live a life of peace, joy, prosperity, abundance and wealth, as a life coach and a Master Reiki Practitioner, I am committed to giving you the tools necessary to reach your Higher Self and live the life you desire to manifest.

Did you know?

Intention is the pure creative energy that we focus on and channel to get what we want. Intention fires up our lives. Everything we aspire to starts with it.

We can strengthen any practice like meditation, dance and art therapy with our intention. You can say it to yourself or out loud or share it with the participants of the practice. That way the energy will be directed into bringing your intention to life.


We can strengthen any practice like meditation, dance and art therapy with our intention. You can say it to yourself or out loud or share it with the participants of the practice. That way the energy will be directed into bringing your intention to life.

In difficult periods of life, you can rely on the basic intention to live harmoniously and happily even if it is unbearably difficult and painful. It can be simple but have the most important meaning: "I want to live", "I want to be happy". "I want to love and be loved", "I want to be healthy". "I want to enjoy my life".

If negative programs of anger, fear, envy take over us, we can fight them with a strong intention to live for the benefit of ourselves and all living beings. Like a ray of light, this thought guides us through the darkest time.

We can set the intention to connect with our soul, to cleanse our Karma programs, the traumatic experience of previous incarnations and our past. It gives us inner support for reprogramming and cleansing out the structure at the molecular level.

Externally, we can help ourselves by consulting a therapist, masters, healers and partaking in different practices and retreats.



When it comes to intention, it's important to have absolute deep trust in the environment around us. It's not always possible to come up with a clear plan of action, so it's better to let the Creator play its creative role in the implementation of your intention.

For the environment to support the intention, it must be healthy and clean, not harming other people and the planet. If it comes from your heart, the reality will slowly start to change. New opportunities, paths and clues will present themselves.

The intention is fulfilled when this scenario corresponds with our Great Destiny - the number of variations that have been set out for us in this incarnation. Your intention can change throughout life. It reflects the current situation and relevant tasks of that period of life. It's okay to change your intention before you reach it - no need to strive for something that is no longer important for you.

When it comes to intention, it's important to have absolute deep trust in the environment around us. It's not always possible to come up with a clear plan of action, so it's better to let the Creator play its creative role in the implementation of your intention.

For the environment to support the intention, it must be healthy and clean, not harming other people and the planet. If it comes from your heart, the reality will slowly start to change. New opportunities, paths and clues will present themselves.

The intention is fulfilled when this scenario corresponds with our Great Destiny - the number of variations that have been set out for us in this incarnation. Sometimes we struggle to achieve what is not meant for our current life path and suffer from it.

Wisdom lies in seeing the bigger picture and being ready to take a different path that will lead to happiness and fulfillment. We struggle to achieve what is not meant for our current life path and suffer from it.

Wisdom lies in seeing the bigger picture and being ready to take a different path that will lead to happiness and fulfillment.

You can use various tools and rituals to fulfill your inner intention of the soul. You can use this basic practice: set the intention, write it down on paper or draw it. To gain an intention, you can start by saying specific affirmations. Even if it seems unnatural, after a while it enters your consciousness and turns into a sincere intention.

The practice of meditation to create your own reality is described in the book *Breaking the Habit of Being Yourself* by Joe Dispenza.

The author cites the results of the research carried out by HeartMath Institute in California; it proves that pure intention and clear visualization of what is desired change a person's DNA.

"When we make a decision and set an intention to achieve the desired reality, our thoughts become clear and our feelings just adjust to them. It changes the biochemistry of the body, the neural structure of the brain, and even the gene expression.

Vadim Zeland describes a lot of practices in his book *Reality Transurfing*. He defines intention as the unity of desire and action. To realize it, one needs to treat it calmly, decisively, without doubts and overestimated importance, as if this is an inevitable development of events. That is how we can choose the reality that we need in the number of variations.

**Add this affirmation to your morning ritual immediately,
" Thy will be done this day! Today is a day of completion. I give thanks for this perfect day, miracles shall follow miracles, and wonders shall never cease." Make this a habit and one will see wonders and miracles come into his/her life. Journal your results.**

HAVING THE
NEEDED
CONVERSATION!



Host

Alicia Wilson

HAIR TALK

CLOSING THE GAP IN BLACK HAIR

Product of the month:

The Emerald Dream Hair Care set

<https://www.twinnationfamily.com>



KINKY HAIR KULTURE PRESENTS.....

HARSH WATER



**7/2/2023 @5PM EST
STORTIME WITH
THE HAIR MOM
CANDICE
JOIN ME AS I TALK
HARSH WATER FOR
NATURAL HAIR
ON ALL
PODCAST
PLATFORMS**



Listen on
Apple Podcasts



Kinkyhairkulture.com

Texas CROWN Act, HB 567, Signed into Law by Governor Abbott



AUSTIN, TEXAS – House Bill 567, also known as The Texas CROWN Act, has been signed into law by the Governor, effective September 1st, 2023. The CROWN Act, which stands for Creating a Respectful and Open World for Natural Hair, would prohibit discrimination on the basis of hair texture or protective hairstyle associated with race. It passed out of the Texas Legislature with overwhelming bipartisan support, earning a vote of 143-5 in the Texas House and 29-1 in the Texas Senate.

Adjoa B. Asamoah, the CROWN Coalition Co-Creator who leads the policy and social impact work, brought the CROWN Act to Representative Rhetta Bowers, Author of HB 567, as part of a national civil rights and anti-discrimination movement in 2019, before the DeAndre Arnold case in 2020. Rep. Bowers chose to champion the landmark legislation despite having just recently flipped a swing district.

Representative Rhetta Bowers, Author of the bill, had the following to say:

“I am incredibly thankful to the Governor for signing the CROWN Act into law. I also owe a great deal of gratitude to Senator Borris L. Miles, our Senate Sponsor, for shepherding the bill through the Senate. I must express my gratitude for CROWN Coalition Co-Creator Adjoa B. Asamoah, for all of her hard work and support, here on the ground and from afar.

“The CROWN Act is a civil rights law that will improve the lives of countless Texans, and it will be appreciated by more people than we can imagine.”

Senator Borris L. Miles, Senate Sponsor of the bill, added the following:

“I am pleased that the CROWN Act has been signed by Governor Abbott. I want to personally thank the CROWN Act Champ, Adjoa B. Asamoah, the architect of this bill for leading the charge, not just in Texas, but the nation, to protect Texans of color from discrimination. I also want to thank Representative Rhetta Andrews Bowers, the Author of the CROWN Act, for spending years promoting this legislation and earning bipartisan support. This new law would not have been possible without these two outstanding and outspoken Black women.”

Adjoa B. Asamoah, CROWN Coalition Co-Creator, added the following:

