

KITCHEN
BEAUTICIAN

Beauty & Hair

February 2023 | Monthly Magazine

DR GABY

*Getting to know Dr Gaby Nijbroek
and some hair knowledge*

*Relationship between the black
community and hair products.*

**New York- Natural Hair
License -**
How will it affect everyone else ?

TRANSITIONING
Is the big chop necessary?

Love of Hair

Black Hair History

HAVING THE
NEEDED
CONVERSATION!



Host

Alicia Wilson

HAIR TALK

CLOSING THE GAP IN BLACK HAIR



ABSOLUTELY EVERYTHING CURLY

DR GABY



Getting to Dr Gaby and everything absolutely curly.

We got the opportunity to speak with Dr Gaby and get to know her. Here are a few questions we got to ask her.

Could you tell us all the things that you are certified, and have a degree in: Trichology-Certified Hair Practitioner from the International Association of Trichologists (2021)

Ph.D. in Human Genetics and Molecular Biology from the Johns Hopkins University (1998)

J.D. (law degree) from Georgetown University (2003)

B.S. in Molecular Biology from the Florida Institute of Technology (1992)

What is the most frustrating thing in the hair in history that you feel like that needs to be tackled?

The deceptive marketing practices and the lack of curly hair education.

How many Salons do you have in your database?

At the moment, we have about 1250 salons.

How do you conduct experiments on products?

I read tons of reviews from other women, and I test some of the products myself. Many products have similar ingredients, so testing one product tells me a lot about another product with similar ingredients.

When a consumer is reading the labels of a product, what is the main things they need to look for?

They first need to focus on the first six ingredients because those are present in the highest amounts. What are those ingredients? Are there sulfates, water insoluble silicones, beewaxes and paraffins, petrolatum, lots of parabens, drying alcohols, and many polyquats in the product? These are no good.

Also, if it is a shampoo, which surfactants are in the product.

For conditioners, look for slippery ingredients such as humectants (such as aloe, marshmallow, slippery elm) and fatty alcohols

For deep conditioners, pay attention to the type (size) and amount of proteins and slip

For leave-in conditioners, look for moisture vs protein or both

For gels, strong hold or light hold? Are film forming humectants (such as okra gel) or simple humectants (such as glycerin) present? If you live in humid or very dry environments, or if it is winter time, avoid glycerin!

For mousse, avoid the drying ingredients they sneak in such as denatured alcohol and water insoluble silicones



What marketing skins (?) are always use towards the black community? Tricks you mean? It's all in the naming of the product and describing it as "natural". Beware of murky claims and persuasive branding. Hair products marketed to the black community have bad ingredients to lower the price to be widely sold. Know that manufacturers are sneaking toxic chemicals into "natural" products made for black hair. Relaxers in particular are loaded with harmful ingredients and the most harmful product on the market.

The placement of hair products in stores is also frustrating: black hair products are in the "ethnic beauty" aisle (or section) and White beauty products are in the "beauty" aisle.

Could you write down to as what breakage actually looks like? Breakage of the hair is best understood visually...check out the attached photo of the different levels of hair breakage and damaged cuticle layer.

Why did you start your company? What caused you to go in a different direction and talk about hair?

I have been a patent attorney since 2003 and a law firm partner since 2008. That is still my career. My blog Absolutely Everything Curly began as a passion project and hobby but then became more serious. The blog launced in October 2021.

What is the main goals that you plan to achieve on your journey of education of hair?

My main goal is for everyone to achieve that "aha" moment where they understand exactly the why/what/how/when products and techniques work for their hair characteristics and texture.

What is your favorite hair moment?

My favorite hair moment is when random strangers tell me "M'am, I love your curls".

Could you write down the pH level chart?

There are excellent graphics out there. Please see this post and attached pH chart.

<https://absolutelyeverythingcurly.com/apple-cider-vinegar-for-curly-hair-how-to-use-it-the-benefits/>

What steps can a consumer to do when picking out a product?

First, understand the brands worth purchasing and those brands that have cheap and terrible ingredients to stay away from.

Then, understand what your hair needs. If you get an itchy scalp, you may need a clarifying shampoo and/or a detox product. If your hair is chemically bleached or damaged, your hair needs protein to repair itself so you would need more products with protein. Deep conditioners are a must for everyone (the frequency of use varies). If your hair is dry, you need more moisture and less protein. If your hair is thin and not dense, choose more water soluble products (fewer oils and butters). Alternatively, if your hair is very dense, and thick, choose heavier products. A gel is a must, choose light hold or strong hold, depending on your curls.

A curl expert and a good blog can help you understand all of this and more.

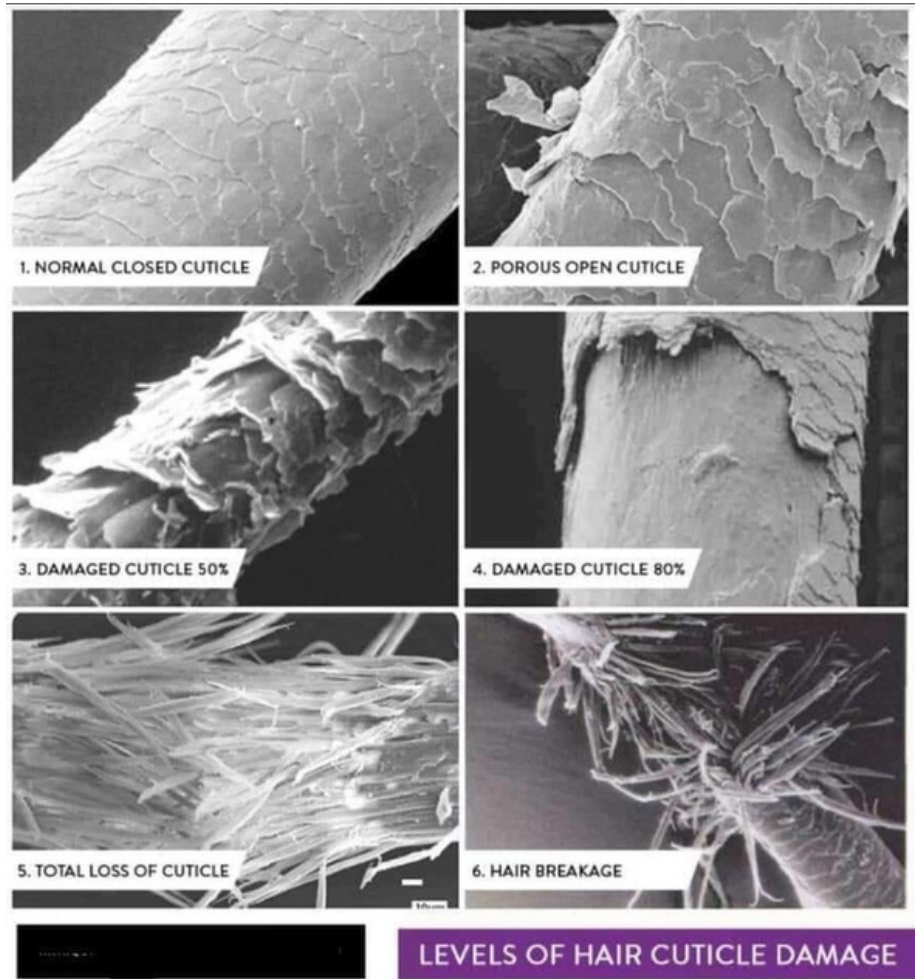
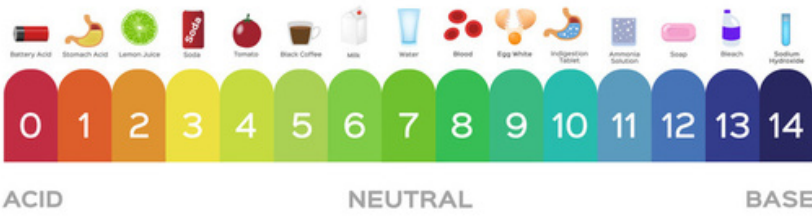
What are any hair regimens that you recommend to do at home to maintain your hair between salon appointment?

My number 1 is a deep conditioner treatment. Weekly or every other week. If your hair is high porosity, then you don't need to use any heat. If your hair is low porosity, use a heat cap, steamer or hooded dryer to add heat when you deep condition.

My number 2 is a prepoo treatment the night before wash day, if your hair gets very tangled and has a lot of knots on wash day.



PH SCALE



Kinky Hair Kulture

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NEW YORK STATE

New York- Natural Hair License -

How will it affect everyone else ?

By Alicia (Twinning)

Hair Lab



TM

Welcome back to Hair lab we have a juicy topic to dissect. It is something that is causing the industry to be split in half. Licensing natural hair in New York. Is this something that the culture needs or is this something that will destroy the culture in the end? What is going to happen if New York decides to license natural hair? Is the rest of the country gonna follow? These are some of the questions I have. And to be honest with you, we might not get the answer to these questions for a while. But we can discuss the pros and cons and Hair lab today. So let's break it down in class is the rest of the country gonna follow? These are some of the questions I have. To be honest with you, we might not get the answer to these questions for a while. Although, we can discuss the pros and cons and Hair lab today.

So let's break it down starting with the pros. I think we should start on the positive side of the conversation or should I say with some people who see it as positive about the conversation.

Pros

- Natural hair will be on a national level.
- Natural hair will have more rules and structure.
- Cosmetology is a natural hairstylist would have to stand together, instead of fighting over what is right and wrong.
- They would be more educational classes on the subject instead of leaving consumers in the unknown.

-The state board would have to recognize a . natural hair as the actual part of the hair industry.

-There would be more opportunities in the hair industry behind the scenes now that natural hair has been recognized as something to license.

- it could open up more opportunities for natural hair salon to be respected at the same level white five-star hair salons.

Cons

- Are we opening the door to have more white hands in natural hair?

- We are now regulating our culture.

-we are now saying that a natural born talent is something that needs rules and regulations to be considered art form.



We are closing the door on a lot of legends I have made the way for natural hair by forcing them to go back to school that never wanted them in the first place.

-We are slapping the legends before us in the face by saying that natural hair can only be respected with the license.

Now class this is going to going be a short and sweet one because this is an ongoing project. In the next couple of months, I'll actually be interviewing people on both sides of the fence. And gather in more information so we can actually tear it apart. We have to understand that when we take strides towards the future, how much are we are a erase the past? Are we forcing our legends out of commission by asking for natural hair to be license?

So I would like to as you class what do you think? Is this a good step towards the future?

I will tell you this in the next month. I'll have an answer for you. Always remember what somebody thinks is a good idea for the community may not be. Also fighting against the future and heard the community to.

KING OF LOCS

Photo by Denny Moe



"I AM JUST JANICE'S SON, I AM JUST TYLER LOCTICIAN, I AM JUST KAFELE. " ~KING OF LOCS~

Written by Candice(Kinky Hair Culture)

Thando Kafele (King of Locs) is a pioneer of Locs. With his intricate hairstyle, knowledge of natural hair, and poised personality, the king of Locs is a force to be reckoned with. I had an opportunity to speak with the King of Locs and this is how our conversation went.

I asked Kafele how it feels to be a legend. Of course in his most humble voice, he said " I guess it flattering the community sees me like that, but I don't see myself like that. I just see myself as someone who has been in the game for a long time and put in the work. If the community sees me as such that is wonderful, but I am just Janice's son, I am just Tyler Loctician, I am just Kafele. " ~King of Locs~

Kafele talks about how it was not his desire to be a hairstylist. Kafele mentions how he was getting his locs twisted and the person who was doing his hair made him fascinated with how he was handling the comb to do him locs.

This caused Kafele to start studying his stylist technique and bring it to his neighborhood.

The community loved how he was styling their hair. Kafele knew he had a gift that he wanted to share with his community and education. Kafele wanted to teach his people to love, honor, and respect the hair that God gave them. Natural hair is not about style it is about healthy hair. Kafele mentions how strong our hair is, how versatile our hair is, and how misunderstood our hair is. It takes a lot of courage to wear your natural hair.

While interviewing Kafele, I was able to also speak to his client Tyler. Kafele has been doing his hair since he was 5 years old. Tyler has even had his locs cut and went back to get his hair retwisted over again. The reason Tyler cut his locs was because of bullying. People not understanding the beauty of Locs. Since Tyler is older he has grown his Locs back.

Listening and seeing Kafele's work has millions of people looking to get their Locs loved on. It is always a pleasure talking to the King of Locs and seeing his amazing work. Yet before we end this article Let's wish the King of Locs a Happy Birthday 2/25. We Love and Appreciate you!

As We Lay

BY CHAKRA THE CHOCOLATE GOD

As we lay, forgetting morning after and tomorrows yet to come, I'm reminded how we started again and met the sun. Ample busting like a gun, legs contorting like a run, it was Disney world to me as it was overwhelming fun. Please forgive my tongue, it has a mind of its own, plus your body was calling, so I felt inclined to answer the phone.

We're both grown, and it's known that consenting adults, can partake and indulge without debating the abrupt. You erupt...my Vesuvius, covered in your lava, Lick the ash from your ass... eyes rolling saying nada. There's a lotta elements to being horizontal next to you, Not worried bout the fallout.... I just want the best of you.





Angela Bassett and Courtney Vance

Love In The Air



Rihanna and Asap Rocky

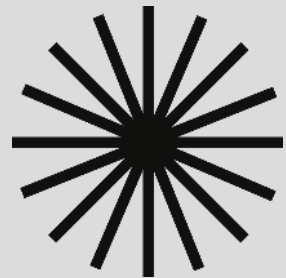


Patrick and Jessica Washington
Ceo of Dallas Weekly



Alicia and Udon

BLACK *Love*



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How to become ATTRACTIVE in a few steps

By Jade the Blade



Have you ever met someone that wasn't that great looking, maybe they were about a 5 on an attractions scale but there was something so attractive about them that you couldn't help but to become interested. Like they turned on the charm and put you in a trance. Yet, on the other hand you probably met someone that were a 9 or 10, "movie - star" quality but there was something about them was rotten, mean, their energy killed the attraction. Did you know that energy and charisma can be taught to make you appear and become more attractive. Most attractions are energy dynamic. Let's go over a few tips to make anyone more attractive. When you're done with these suggestions I want you to take one or two of these tips that resonate with you and apply them to your life this week.

Point #1 Try New Things

Try new and interesting things and become passionate about them. Not to monetize it or build a new business, but because you're curious about it. Have you ever found yourself trying something new because your friend or someone you liked was so passionate about it? By doing new and interesting activities this gives you something to talk about. Have you ever gotten into things because your friend or partner was into it. I remember going out with a guy and he was so passionate about holistic health and grounding lifestyle that it opened my eyes to becoming one with nature and to enjoy the present moment. I was so interested, I researched and researched until I found myself going down "Alice in Wonderland's" rabbit hole". I find myself now meditating, walking barefoot through my yard and absorbing the rays of the Sun (and tree hugging) because of the many health benefits awarded to me, but that's another topic for a later discussion. Trying new things will help you to become more interesting.

Point #2 Smile with your eyes

I'm glad this tip is here. I have been told that I do not have a poker face, (that'll explain why I don't play poker). I wear my thoughts on my face. I have been told on many occasions, "you look pissed". But, I knew I was in deep deep thought but I never knew my concentric look resembled me looking pissed off or uninterested. I'd actually thought I was appearing yo look nice, pleasant and really into what one was saying. Boy, was I wrong. My expression was quite the opposite. So I started Role playing in the mirror or on Snap Chat recording myself having a conversation and smiling with my mouth, and, oh yes my eyes. Now we are not talking about a force smile. Like, "I really don't want to do this" A smile conveys warmth, comfortability and it's very welcoming. Who doesn't want to feel welcomed. Studies have shown that a more realistic smile is one that's expressed when the mouth expands and the eyes squint and the eyes smile just as well. So the next time you're holding a conversation, and you're on the receiving end listening, smile with your eyes also.

Point #3 Your Style Fit

Changing your appearance is about the easiest way to become more confident and attractive. When you look good you'll feel fantastic. Why? Because this is something you have the most control over. By the way, YES, what you wear matters. (For those that says it doesn't matter) You don't have to have a lot of money to enhance your appearance. Nor do you need a personal stylist to dress you, even though they are great to have, especially when revamping your entire image. Face it, as we get older we don't want to look like we are still trying to live in our 20s when we are in our 40s and 50s. Some times a wardrobe stylist is handy. Keep it simple. One of the best ladies apparel stores I have come across is Unique fashions in Desoto, Texas. They carry some of the most fashion forward clothing, they have a very unique selection that you won't find at any nearby boutique store. Men's are a little more simpler to transform especially when men keep up their hygiene (regular showers, hair cuts and shaves, working out) half of the battle is won. The most you have to do now is buy a few shirts, white, grey, black, and some pants, dark denim, blue jeans and dark shoes, brown shoes and a great cologne and make sure your clothing is clean and pressed. Nothing kills a great look more than dirty, wrinkle clothes.

Point #4 Confidence Did you know that when you have self awareness you become self confidence. What is self-confidence: a feeling of trust in one's abilities, qualities, and judgement. When you really know something you can truly elaborate in a discussion because you are exceptionally competent in that subject area. There are many personal development books out there to teach people to become more polished and this alone can contribute to you becoming self confident. In my early 30s I was introduced to many people from many walks of life and in their presence I felt uncomfortable because they carried a high level of prestige behavior I realized I didn't have. I struggled with the feeling of not being polished enough or have better personal etiquette and dialogue. In fact, one gentleman told me, your fork will always give you away. OMG. My mind exploded. I had enough manners to just get by, but it wasn't enough to become a part of a country club with the wealthy. So I started taking classes on personal development, etiquette, wine tasting. I started reading many personal development books in fact over 200 books. I had a sincere desire to develop myself to have more class and etiquette and ethics. By taking these steps will develop your confidence and help you to become more attractive.

Point # 5 Vibe Highly Be the energy you wish to attract. Who ever has the most fun wins. Living in a world that seems to bring you down and beat you up sometime drain you to the point to where you vibe low. Maybe you find yourself comparing your life to the delusional lifestyle airing consistently on Instagram and it sends you into a downward spiral feeling like you're missing something from your life. I know how this can feel. I struggled a lot in this area until I unplugged from social media and decided to go out to comedy shows and be in the present moment. What do I mean? I decided to stop watching other peoples lives on social media and started to create my own. I would go and see live comedy acts because I love to laugh, by the time I looked around I was in an upbeat mode and people were drawing to me. Definitely did you know laughter releases a feel good chemical in your brain called endorphins, it also helps to improve your immune system. You can't vibe low if you're laughing and having a good time. I also listen to Soca music. That high Vibin music keeps you happy and amped. Everyone wants to be around people having a good time. When you're enjoying life, vibrating high and others are around you, you lift them up. Many people don't laugh enough or they aren't playful enough. There are so many they s that seems to have the world in a state of doom and gloom. So if you're able to channel back to that inner childhood manner of playfulness and get people to laugh more and enjoy life more, that is addictive and you're going to be magnetic.

Point #6

Body Language What does your posture, walk, hand gesture, says about you. Sometime we are misunderstood by the way we carry ourselves. When you walk are you hunched over? When others talk to you do you find that your arms are folded across your chest? When you're speaking to someone are you pointing your finger at a person in an intense manner. Believe it or not these body positions send a signal of lack of confidence, closed off, and a state of being irate or placing the blame on someone. These are all preventable. I am the youngest of seven and I learned a lot from my brothers and sisters. My siblings all have different characteristics,. Some were confident and others had a severe lack of confidence. Believe it or not I picked up on both traits. I remember when I went to my very first job interview and let me share this with you, I crushed it. I knew how to answer the interview questions because I purchased a book call the Best 100 interview questions. Needless to say, I did very well in that position for that time being. A little later a "Team Lead" promotional position was up for the taking. I'm thinking they would do a one on one interview again but instead it was a group/panel interview. I discovered something new about myself this day, I was highly intimidated by some of my peers in the room. The energy was incredibly intense. I was so uncomfortable , I slouched in my chair, my arms were folded across my chest and when I gave an answer to the interview questions, I was very insecure. Needless to say, I bombed that promotion. In fact my new supervisor who gain the position higher up from the initial advertised lead (yes she was from the panel interview also) fired me the following week. She stated I didn't represent the company well. Wow, I didn't expect that. I remember calling my mother crying, she suggested that I get a full length mirror and start rehearsing conversations I would like to have with others and observe my full body language. And this my friends has helped me in so many situations. When you get to see how you interact , you will have the ability to improve your bodily gestures.

Point #7 Be a good listener

What is more attractive than someone that is genuinely interested in your life, hobbies, development, career,you get what I am saying. Have you every came across someone who hogs the entire spotlight? When it was time to have another engagement did that person get invited back? Of course not. There's nothing more irritating than a self absorbed person. So how can one avoid being that person? First, start by listening to important details about the story the person is telling. Next start asking questions that will allow them to elude to more insights or expand their story a tad bit more. When this method is applied it sends a message that you really care about not only what they have to say, but you've taken a genuine interest in what they care about.

Point #8 Be Authentic most important

I chose this to be the last of tips, simply because its the most important one to me. It wasn't until I discovered that I have the ability to do, be, and get, whatever I want in my life because I already had the power existing inside of me. Have you ever felt that you must become someone else because the "YOU" now is not enough? I have so many times. I felt like I had to be super proper and stiff , poised and I thought that this was what the world would like more. Boy, was I wrong (smh) I carried this behavior on for so long until I began to dislike that person I was portraying. It's hard for others to connect when you are not being your authentic self. Most time when you can be you, others find themselves like you, and the steps you take to improve your life gives them permission to take the following actions to better themselves also. When you're too fake, to upright, too polished, its hard for people to relate because now the bar is set so high it has become unrealistic for others to get there. It wasn't until I could laugh at my goofiness, the natural ability to dance off beat(news flash: all black people don't have rhythm) and accept it, this is what others had found attractive in me. I now hear a lot of compliments from my followers that I seem so graceful and regal in my videos, but people don't understand that I use to be clumsy, rough, unpolished and it has taken a lifetime, day by day to become who I am today. But it didn't happen overnight, realistically it happened day by day compacted over time. Always be yourself, anything you don't like can be changed over time.

You don't have to pick them all but try at least one or two and apply them to your life and let's see how more attractive you become.

RELATIONSHIP BETWEEN THE BLACK COMMUNITY AND HAIR PRODUCTS

By Candice



CANDICE THA HAIR
MOM

Do you feel the relationship between the black hair community and hair products has become an issue? This is one of many questions that is circulating through the natural hair community. The trust of whether the product is going to mainstream or if the product is going to lead to a health issue in a long run. In this article we are going to discuss mainstreaming, health issues, and our thoughts. Growing up there was not too many products for natural hair. Most products were designed to fit the European standard look. So many people either decided to relax their hair or did what they could with their natural hair. The products that were being used were products that we thought we could use every day. What we found out is some products were not meant to use every day because they weigh your hair down or did not give your hair what it needs.



Do you feel the relationship between the black hair community and hair products has become an issue? This is one of many questions that is circulating through the natural hair community. The trust of whether the product is going to mainstream or if the product is going to lead to a health issue in a long run. In this article we are going to discuss mainstreaming, health issues, and our thoughts. Growing up there was not too many products for natural hair. Most products were designed to fit the European standard look. So many people either decided to relax their hair or did what they could with their natural hair. The products that were being used were products that we thought we could use every day. What we found out is some products were not meant to use every day because they weigh your hair down or did not give your hair what it needs.

Now here comes the middle 2000's we're we are learning to love and embrace our kinks, curls and coils. This embracing our natural hair allowed so many people to be able to come up with so many ways to take care of your natural hair. Through trials and tribulations of learning, their natural hair, allowed so many brands to produce natural hair products. You would think this is amazing right! Yet what we thought was a new day in embracing our natural hair turns into use feeling away.

The products we thought we found that would help your natural hair contain ingredients that are not good for your hair or causes health issues like- Diethanolamine (DEA) Triethanolamine (TEA) , Formaldehyde, Methylisothiazolinone . These are some of the harsh ingredients. So when you are looking for your natural hair products stay away from these. Also if you can't understand what you are reading look it up.

Some companies decided to change their ingredients and more people have started to come out with their own products. We thought we were on the right path again, but a bomb shell hit the natural hair community. Natural hair products went mainstream. Everyone could use it no matter the hair type. That was not the only thing that happened natural hair industry- companies were sold to big corporations. The consumers were being told the products were going to be the same. Did it stay the same? No, people are noticing that the product that they love is now not working for their hair. You think that maybe their hair is not taking to that product anymore. This can happen, but what we found out is the products are changing because of the ingredients needed to keep shelf life and mass production. The consumer are starting to feel upset at the people who came up with the product. Consumers just don't understand why. If it is not broke don't fix it. Leave the good products that they love alone. Yet the creators of the brand is letting the consumers know they still have control over the company. Is the relationship between the black community and natural hair products companies falling apart? How can we fix this?

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Hair History



Annie Malone

Inventor, entrepreneur, philanthropist, and one of America's first female self-made multimillionaires, Annie Malone revolutionized the hair care industry for Black women, paving the way for future beauty entrepreneurs.

In 1918, she built a million dollar complex that housed a factory and cosmetics school. Poro College served as training grounds for Black women, offering employment, lodging and education in their quest for financial independence. The space also provided a meeting place for Black organizations and individuals who were unable to access most public areas at the time.

Madam C. J. Walker

Born "Sarah Breedlove" to parents who were formerly enslaved, Madam C. J. Walker once worked as a washerwoman making a mere \$1.50 a day. Persisting, she became a self-made millionaire through her wildly popular line of hair care.

Motivated by healthy hair growth, Walker developed a special hair care method featuring her shampoo, hair grower, oil, hot combs, and more to deliver soft, conditioned strands.

Madam C. J. Walker Manufacturing Company employed about 20,000 women as sales agents. She offered sales training as well as guided women toward building their own businesses and becoming financially secure.

Christina Jenkins

Christina Jenkins developed the sew-in hair weaving technique, a giant leap for the hair industry.

She believed that combining commercial hair and natural hair would yield longer, more voluptuous results. Jenkins' hair weaving technique involved braiding cornrows on her clients, then affixing commercial hair to a net, which was then sewn onto the cornrow base.

In 1951, she received a patent for her historical method still used by stylists worldwide.



MRS. ANNIE M. MALONE

<https://www.beautylish.com/>

or citations

Oct. 25, 1906 C. M. JENKINS 3,280,826
 HAIR PILES AND METHOD OF MAKING AND PERMANENTLY ATTACHING SAME
 Filed June 16, 1903 2 Sheets-Sheet 1

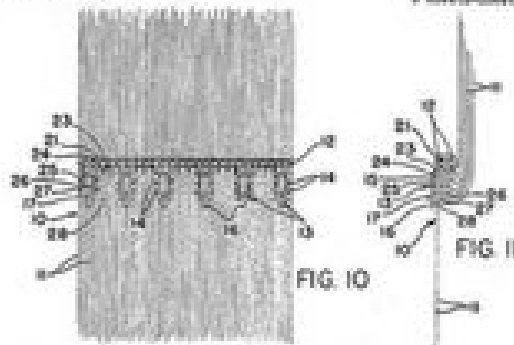


FIG. 10

FIG. 11

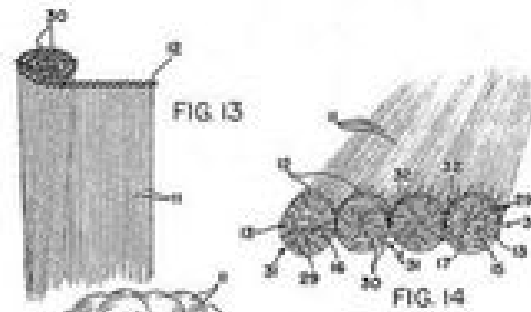


FIG. 13

FIG. 14



FIG. 15

INVENTOR
 CAROLINE M. JENKINS
 BY
Jay & Jay
 ATTORNEYS



TRANSITIONING

Is the big chop necessary?

By Candice (Kinky Hair Kulture)

When transitioning back to your natural hair we make decisions about whether or not to do the big chop. It is a hard decision to make. It is a decision where we think we need to pressure ourselves to do so. Not realizing that we need to stop and think before we do anything

Some people are worried about their length, how long it will take their hair to grow, or just don't know what to do. Your mind will have you doing something crazy to your hair. My advice to all that don't know how to transition to your natural hair from being relaxed is to get a consultation from a licensed stylist. Although we think we know our hair, sometimes if we just go seek professional help we can have a clear mind about what to do.

This doesn't stop you from doing the big chop or not yourself. It will give you guidance to do it yourself if you are comfortable in doing so. I took the time to get to know my hair. I learned the needs and wants of my hair. Did I go to a professional to get a big chop? No! Did I doubt myself in cutting my hair? Yes! What I did was take my time mentally to see if this was something I wanted to do. What I ended up doing is cutting bit by bit off until I felt comfortable. Now I did learn terms like what demarcation, low, medium, and high porosity mean to make my decision.

So is big chop necessary? It depends on your mind set and if you're not sure please seek professional help

Join our email list -
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