

# Kitchen Beautician

BEAUTY & HAIR

MAY 2023  
ISSUE. 5



**DISCRIMINATION IN THE  
WORK PLACE-**

WHY IN 2023  
LOCS IS STILL  
HOLDING US  
BACK

**5** BEST HAIR OILS  
FOR NATURAL  
HAIR

**HAIRFAIRYGODMOTHA**  
**WHAT'S IN THE BAG?**

THE MUST HAVE  
HAIR PRODUCTS  
TO HAVE ON THE  
GO!

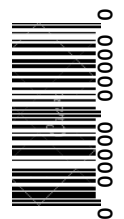
**EXCLUSIVE**

MUA -DESTINEE  
HIGGINS

**HAIR LAB**

COSMETOLOGY LICENSE  
IN TEXAS

**RADIO PERSONALITY**  
**DEE (lild)**  
**PORTER**



KBEAUTICIAN.COM

# CONTENTS



Get to know LIL D  
and her journey as a  
Radio Personality on  
K104 Texas  
pg 7

7  
Radio Personality lil D  
K104 Hip Hop & R&B

4  
**Hair Fairy Godmother**

7  
**lil D**

11  
**5 best hair oil**  
For natural hair

14  
**Hair Lab**  
Cosmetology license in Texas

15  
**Spring in the Air**  
By Destinee Higgins

17  
**Locks Discrimination**

OPEN  
CALL

# GOT TALENT? NOW ENROLLING

OPEN  
TO ALL

WHERE

CALL 910  
568-3152

ASPIRING LATHER  
TECHNICIANS, NON-SURGICAL  
HAIR REPLACE ARTISTS,  
TRICHOLOGISTS, BRAIDERS,  
LOCKTICIANS, NATURAL HAIR  
EXPERTS



1126 PAMALEE DR  
FAYETTEVILLE, NC 28303

May 2023

# “WHAT’S IN MY BAG?!”

Written by  
Hair Fairy Godmother



Hey guys and gals! It’s the Hair Fairy Godmother coming back with an EXCLUSIVE! “What’s in my bag?!”

I know, I know! It’s been a long time coming, but now I’m ready to tell some of my go-to I cannot leave behind. First up!

•Hair Moisturizer: When traveling, one can’t always tend to their hair as they normally would. So, a light moisturizer can, and will, make a difference. It will liven your tresses, as well as, replenish the follicle.

•Head wrap/satin bonnet: When bed time approaches, one needs to cover the luxurious coils. It is a healthy way to preserve your hairstyle. I recommend satin, and/or silk. It’s lightweight, and reduces heat sweats.

•Satin pillowcases: In the event one cannot stand anything on their heads at night, I have the perfect solution. Satin pillowcase! You can achieve the same result as if you had a satin headscarf or bonnet on.

Last, but not the least...SEABREEZE!

Seabreeze has many of perks. You can use it to cleanse your scalp, and clear your skin! It has a light scent, and you can also use them on other surfaces as a disinfectant. EVERYONE should have it!

Well ladies and gentlemen, there you have it! You’ve finally been I. The Hair Fairy’s Godmother’s bag! I how this helps you navigate through your travel needs!

Remember to Sparkle!  
~Hair Fairy Godmother



# Kinky Hair Kulture

Podcast

Follow, Subscribe, Listen in



Listen on

Apple Podcasts

facebook



G+

Spotify

a





LOVE'S

2023

*12 Months*  
Without a Comb

Celebrating the Gift:  
Nothing dreadful about  
my Locks

---

# LIL D



**Kitchen Beautician**

K104 Hip Hop & R&B

---

Radio Personality

**Volume 122**

# LET'S MEET LIL D

Walk us through your relationship with your hair.

Growing up, if you weren't "light skinned with long hair," you weren't pretty. Everyone was obsessed with long, straight hair, and so my hair only felt pretty when I had a perm. I only went natural because I was homeless and couldn't afford perms. But the more I accepted myself, the more my natural hair grew on me. It wasn't so bad. But then I was once again too broke to get my hair done, so I learned how to two-strand twist. My hair had never been prettier to me! Then I learned how to wash my hair, what products to use to bring out my curls, how to do my edges...I had an entirely new appreciation for my hair. Trying different natural styles on a regular basis, is what lead to me conquering my fear of starting my locs. My biggest hang-up was having to constantly get my hair retwisted, as I was used to doing it myself. Today, I feel I look exactly how I'm supposed to, and my hair is a big part of that.

GcrG

Was there a time that you ever felt like you had to choose your hair over

Career move?

I experimented once, when I was in Cleveland. I got my first sew-in, just to see if there'd be any different response. I had a job 3 weeks later. Of course I can't say it was because of my hair, but I can say I didn't get any callbacks until I released new photos of me with those bundles.

Have you ever struggled in the industry because of your hair?

I can't definitively say my hair was the reason for my struggles, but looks matter in this industry. If they're looking for a "pretty girl," the skinny girl with the long hair and big butt would most likely get the call before me - the funny girl with the short afro. I'm glad times are changing, but in a lot of ways they're the same.



# LIL D



In 2023 do you feel like Radio and media has come a long way when it comes to the look of their personalities?

I think they've come a ways, I don't know about "long." I love that plus-sized girls are on morning shows, girls with locs are on nationally syndicated morning shows...it definitely feels like there's a lane for everyone. But, as long as there are people in charge who hire simply based on their flawed views of general beauty instead of talent, we'll still have a ways to go.

Why do you feel like representation of natural hair is so important, especially in the radio and the media world?

I believe representation matters across the board. When Tashara Parker first moved to Dallas, I was so happy that someone who looked like me with hair like me was on the news everyday. This told me, and who knows how many other black girls and women with natural hair, "YOU can be a star as well." Something I hear way too often in Dallas is "I hate doing her hair" or "I don't know what to do with her hair" in front of their daughters. Imagine the shame a child must feel knowing their mom hates her hair. So seeing public figures with natural hair can instill pride in these girls, and hopefully show their moms that ALL hair types are beautiful and should be celebrated.

Can you tell us a time that you felt like you did not get a job because of your hair? What did you do to survive in that moment?

So as I was saying earlier about getting my first sew-in, it was because I was tired of being turned down. So I did a photoshoot, and had a job a few weeks later. I took it out a few weeks after signing my contract. As far as survival, in radio, you get used to hearing "no," so you don't hype yourself up for a "yes." (Like I tell my students, you don't have a job until you sign the paperwork.) I was working on my confidence, so I tried my best to remember that the "no" doesn't mean I'm not good enough or that I'm ugly. It just wasn't my job. But I won't lie like it didn't make me resent my hair. It was a constant struggle between "you ARE good enough" and "I'd be further ahead if I just wore my hair straight."

If you could sit down at the beginning of your natural hair journey, what would you say today?

Learn to do your hair. The more you learn about what products to use and what styles look good on you, the more confidence you'll have. Wait until people tell you, you're hair goals! Learn about your hair lil baby, it's connected to who you are.

Are there any regrets about going natural while working in the Radio industry?

I always say I didn't go natural, I just stopped getting perms. My only regret is not learning about my hair sooner. While there will always be people who have Eurocentric beauty standards and hire according to who fits it best, I've found that the real key is confidence. When you are genuinely yourself, and you stand on it, it shows. So no matter what style you decide, love it enough to make it uniquely yours.

As a successful radio personality, author, host what would you say to the next generation about staying honest about what they want their image to be?

Know who you are, or the industry will tell you, and you'll believe it. The more you love your genuine self, the better you can form your image. You're the only person who has to look back and be proud of your journey, so act accordingly. Remember that perception is only reality on the internet and when they pay you for an appearance. And if perception pays the bills, that's who people will expect you to be. And most importantly, don't tell everyone all of your business; leave some of you, for yourself.



# Five of the best oils for natural hair



By Dr. Gaby



There are several oils that are beneficial for natural hair, but here are five of the best oils for natural hair with their benefits:

1. Coconut oil: Coconut oil is a popular choice for natural hair because it can penetrate the hair shaft and prevent protein loss, especially fractionated coconut oil. It also helps to strengthen hair, reduce breakage, and add shine.
2. Jojoba oil: Jojoba oil is similar in structure to the natural oils produced by the scalp (sebum), making it a great choice for moisturizing the hair and scalp without leaving a greasy residue. It also helps to repair and protect hair from damage.
3. Argan oil: Argan oil is rich in antioxidants, vitamin E, and essential fatty acids that help to moisturize and nourish the hair, while also reducing frizz and adding shine. It can also help to protect hair from heat styling and other environmental factors.
4. Olive oil: Olive oil is a natural emollient that helps to soften and smooth the hair, while also providing deep hydration. It also contains antioxidants that help to protect hair from damage and promote healthy hair growth.
5. Castor oil: Castor oil is a thick, viscous oil that is rich in fatty acids and vitamin E. It is also high in ricinoleic acid, which has anti-inflammatory properties which can help to soothe an itchy, flaky scalp. Castor oil helps to moisturize the hair, prevent breakage, and stimulate hair growth.

Essential oils such as rosemary oil and tea tree oil are also very beneficial for natural hair because they help to moisturize, protect, and promote healthy hair growth. Rosemary oil has been shown to improve hair growth and thickness. Tea tree oil has antifungal and antibacterial properties, making it useful for treating scalp conditions like dandruff.

HAVING THE  
NEEDED  
CONVERSATION!



Host

Alicia Wilson

# HAIR TALK

CLOSING THE GAP IN BLACK HAIR





THE COMPLETE  
Curly Hair Care  
& Wash Day  
Journal

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



ABSOLUTELY  
EVERYTHING  
CURLY

# Hair Lab

---

## Wild West Texas : what is going on with the licensing

Written by Twin Nation



Texas has lot opinions about it right now. The laws are at the top of the list! On top of that Texas gets called the Wild West, especially when it comes to hair. If you didn't know, I'll tell you braiders are not required to have a license. Also, opticians are not required to have a license in the state of Texas. So, with all this going on, you would think that would be enough controversy.

Starting back in 2021 September a bill stated that no additional classes or requirement was for you to become a cosmetologist instructor. House Bill 1560 was put in place to eliminate the barber/cosmetology instructor license Now I told you Texas is very controversial, especially with hair. Now to anybody outside the industry that's not really a big deal right? Well, let me explain to you why it is a big deal. You used to have to finish the cosmetology school and have 300 hours or more of instructor training in 6month time frame. let me show you how other states for example, North Carolina requires of their instructors. According to [beautyschooldirectory.com](http://beautyschooldirectory.com).



**"To become a Cosmetology Teacher in North Carolina. 800 education hours are required to become licensed. You must renew your license every 1 year. 8 continuing education hours are required to renew your license."**

So I have a couple questions for you. Because this is a lot to swallow. Is Texas give you more freedom or is it causing more chaos within the hair industry? Why was the instructor license taken an away? Why was it such a requirement to have that many hours in the first place? Even when we had the law why was it so relaxed when other states are strict?

To be honest with you, Hair lab students. This is a conversation that is going to have to be continue. The same questions I asked you. I'm going to go find the answers. Will Texas forever be the wild west or will it eventually follow along with everybody else?

# Spring in the Air

Written by  
Destinee Higgins



With spring coming to an end and summer soon approaching, we are also welcoming wedding season. With that being said, for some brides figuring out your makeup style can be tough. There are so many different brides and cultures there's no limit on inspiration. From classic, to modern, cultural, and somewhere in between there are a plethora of options.

- **Classic/Vintage** (Little to no makeup and can be built up to be a soft glam application)
- **Modern** (This is beauty glam- what you would normally see in bridal magazines this year)
- **Cultural** (very glamorous/colorful- does not only apply for cultural weddings)
- **MOB/MOG** (mother of the bride and the groom- makeup for mature skin, very lightweight)
- **Bridesmaids** (usually soft glam but can also be glamorous- this honestly just depends on the brides preference)
- **Flower girl** (mostly blush and a cute gloss- not much needed for children)

♥ Add to favorite

**First and foremost prepping your skin for the big day is key. Absolutely, no matter how good a night out before the wedding sounds, do not go out the night before. Not only will you be drained but your body could be dehydrated from drinking and partying the night before. This is a nightmare for a makeup artist and will make the application difficult. Take the night before your big day as a mini spa break, and calm those nerves. Prep for your skin should start months before the wedding day. Cleansing, exfoliating, toning and a mask will not only help your skin but also benefit you long after wedding. This routine is not only for brides but for anyone wanting to better their skin.**

♥ Add to favorite

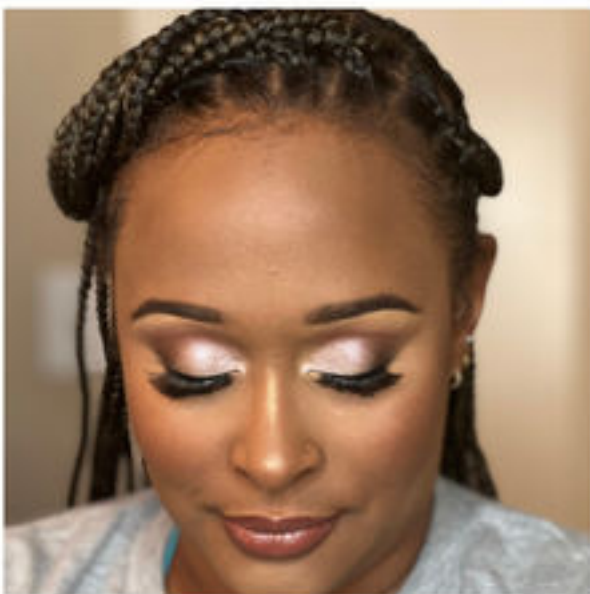


**Secondly having a consultation with your makeup artist is very important. No one wants to get to the day of the wedding and decide at the last minute what makeup look they desire. As the saying goes, practice makes perfect. That is why we have a consultation. In this time, with your MUA, you will ask any questions and raise any concerns you have about the wedding day. Tell your makeup artist any issues you're having with your skin and together make a cleansing routine that fits. Be sure to have picture or magazine cut outs of what you want your makeup to look like.**

**Thirdly, having a honeymoon makeup kit is something fun you can add to your experience. Some people forget that the wedding might be over but the celebration of your new life has just begun. Converse with your MUA about preparing a honeymoon kit to keep the routine going. This kit can also include foundation, concealer, mascara and blush or bronzer if needed. This isn't a necessity but is beneficial to keeping that "just got married" glow.**

H

♥ Add to favorite



KINKY HAIR KULTURE PRESENTS.....

TEE-OWELS



JOIN US 5/7/2023

@5PM EST

AS WE TALK HAIR AND  
BRAND WITH CEO OF  
TEE-OWELS  
TOWEL BRAND  
LIZ GIROLAMO

ON ALL  
PODCAST  
PLATFORMS 



amazon



Listen on  
Apple Podcasts



[www.teeowels.com](http://www.teeowels.com)

# LOCKS



# DISCRIMINATION

Why are Locks discriminated against?

Hair was created for three reasons one protection, 2. adornment and 3. a term not spoken about until maybe 2023 and that is to be an antenna for our internal organs. Hair indicates that the internal organs are in homeostasis. If you notice a difference with your texture, color, or feel of your hair nine times out of 10 there is something going on internally: Not that you are having a bad hair day. You see your hair al let us know everything that's going on within our body and our scalp is the mirror. So if your body is dehydrating it is going to present in the scalp, If we get an allergic reaction it's going to present in the scalp, and if the body is not in homeostasis is going to present in the hair. This is why you have condition such as seborrheic dermatitis, dandruff, and dehydration, all of these are outward indicators that something inside of the body is going on and we need to pay attention to it. It shouldn't come across to others that you cannot manage your hair. It is not a reason for someone to discriminate against you however, also many times people use it as a measure to discriminate against someone. Hair discrimination is the unjust or prejudicial treatment of hairstyling. It is recognition and understanding of the difference between one thing and another in addition Dreadlock wearers are discriminated against Their free choice tresses or locks become the topic of conversation for folks seeing there is a negative stigma that precede Locks.



Just the other day I was in consultation with a woman in her early 70' s. She assured me she did not want locks. She was referred to me by her church sister, and proclaimed how she was enamored by her hair. She also made reference to her boss stating that her boss had long braids and she really liked them we assure her we knew who the women were that she was talking about and the hairstyle as well I told her the style were locks and it was more than just a hairstyle but a journey. She did not agree she even introduced artificial hair to the conversation and said she didn't want locks so after a long drawn out conversation I educated her that the woman started the journey over two years ago with braids and we have been transitioning her slowly and then February we cut the last bit of the artificial hair off and what can be seen now is all her hair. Yes it is now all hers and locked not to mention she had to walk her own path. Then she finally came around but her thought prejudice had her discriminating against Locks.

So yeah let's talk about Locks and the journey first of all it's not an overnight journey. Secondly, there's so many different ways of locking it just depends on personal preference; size, density, and the timeframe for maintenance as to how the journey will unfold for you. Some people choose to Freeform as it is closest method as opposed to have a cultivated look. Still no reason to discriminate against and it's OK that it's not your preference, it doesn't have to be, does it mean that it's not beautiful and it's your right decide your own hair style don't discriminate against someone else let's leave the negativity in the rear view mirror.

A person may choose a more aesthetically sound or cosmetic face look : This doesn't mean that it's less than the first option it is the choice and should not be compared. It just means can afford more frequent maintenance programs As opposed to the cultural more natural way and not liking frequent maintenance. When it comes to this notion of discrimination it's just that, we will not give people their own respect . The Thought process instead should be everyone develop confidence within the skin we are in because until we remove this discrimination from our minds we will never remove it from the atmosphere. There are certain terms that should not be used with Afro hair care but because we use them we develop measurements of discrimination. but it does begin with us. What are you going to do? Let's remove the discrimination!

By  
*Dr. Knight*

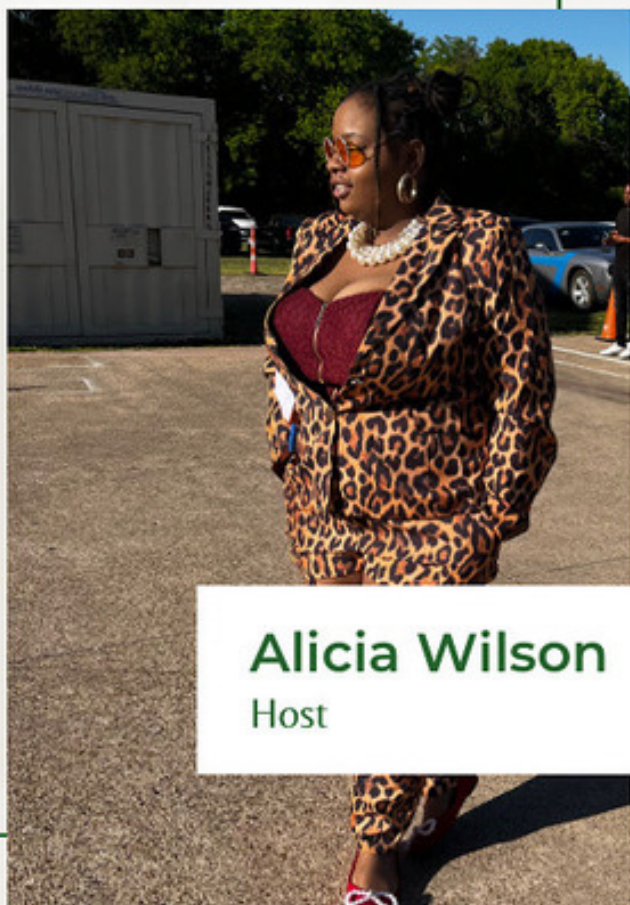


# HAIR TALK SPECIAL EDITION



# LIVE

with @twinning15



**Alicia Wilson**

Host



**Yah -Tay The Barber**  
Stylist

Featured Guest



**May 16**

7:30PM CST

**THE ROAD TO EDUCATION,  
AND UPGRADING YOUR  
CAREER !**



