

# KITCHEN BEAUTICIAN

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HAIR  
LAB  
HAIR HISTORY

# JADE THE BLADE

Wellness Premium Products  
Artistic Director & Global  
Platform Artist

*GOT TO BE  
DEAD, RED!  
HAIR FAIRY  
GODMOTHER*

MUA TIPS



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# About Kitchen Beautician



Kitchen Beautician: Honoring the Past, Shaping the Future  
We are thrilled to present Kitchen Beautician, a magazine that pays homage to the rich history of the beauty industry while also shaping its future. We want to shed light on a vocabulary word that has unfortunately been lost in history: "beautician." Once a term that commanded respect, it has since been burdened with negative connotations. However, we believe it is time to restore its true meaning and reclaim its significance in the hair industry.

Candice McRae and Alicia Wilson, the visionaries behind Kitchen Beautician, have joined forces with a shared mission: to bring back the prestige of the beautician title and to preserve its historical importance in the hair industry. Throughout history, being a beautician meant being an activist, a community leader, and an educator. It was a title that commanded respect and carried immense influence.

We want to clarify that Kitchen Beautician is not solely focused on hair. While we certainly celebrate the beauty of hair, our magazine represents the beauty industry in all its forms. We delve into the psychological aspects of beauty, exploring the impact it has on individuals' self-perception and overall well-being. Additionally, we delve into the business side of the beauty industry, providing insights and guidance to aspiring entrepreneurs. We strive to initiate conversations that need to be had, addressing important topics such as representation, diversity, inclusivity, and social responsibility.

Through our content, we aim to empower our readers to embrace their beauty, ignite their passions, and make a positive impact on their communities. We showcase stories of resilience, success, and inspiration from beauty industry professionals who have overcome obstacles and made significant contributions.

HAVING THE  
NEEDED  
CONVERSATION!



Host

Alicia Wilson

# HAIR TALK

CLOSING THE GAP IN BLACK HAIR



Hey guys and gals,

The Hair Fairy Godmother is coming back with another EXCLUSIVE: How does the Hair Fairy Godmother get to be and stay so red?! Well... let's talk about it!



First things first. I. Am. Natural! If you are a recipient of relaxers, then you may want to sit this one out. I believe in keeping the integrity of the hair, and playing two major chemicals against each other is not safe for your hair.

Now that we've gotten that out of the way, here's the recipe for "The Hair Fairy Godmother's Ruby Red"! First, I use lightener (bleach), and 30 volume developer (peroxide). I measure 1:2 if I'm using powder, and 1:1 if I'm using liquid, also adding an agent to protect bonds in my cortex. i.e. Olaplex.

I section my hair into two parts, and touch up my roots. Now, if you're a first timer, you start applying the mixture to the shaft, because it is the portion of your hair that is the most resistant to penetrate due to it being exposed to the elements and other previous products the most.

Apply to the ends second, and the roots last for the ends are the weakest, and the roots are virgin hair., so those two areas will lift faster. Monitor your hair and lift your hair to a level 7...which is a bright brassy yellow.

Shampoo with a moisturizing shampoo. Preferably, one that caters to color/chemical treated hair. Once you've shampooed and rinsed thoroughly, then towel dry.

Now let's get into this color. This can go two ways. If you would like this color to be permanent, then you can use the color of your choice with a 10 volume. Also, I recommend that you let your hair rest for 24 hours before applying. If you've going temporary, such as myself, then let's get into it. My shade of red is a blue-based red, so it's more rich and vibrant in tone. You can still achieve this same red with an orange-based red, however, you will have to be a little scientist.

## *You Got To Be Dead, RED!*

To achieve a blue-based red with an orange-based red, (and my top secret ingredient), is to add pink to the color. Yes honey, you heard The Hair Fairy Godmother...PINK! Pinks, especially fuchsia/hot pinks are all blue-based. Incorporating the color wheel, blue cancels out orange. Your mixture should always equal parts, unless you prefer some shades of pink to show. You mix without developer, apply to damp hair, and let it sit to 30 to 45 minutes...or add directed.

Rinse with cool water to seal that cortex, along with a great moisturizing conditioner, and I may add a drop of oil to it just for more moisture. Rinse again, and style! You can maintain your color with shampooing with cool/lukewarm water and your color/chemically treated shampoo and conditioner set, and if need be, refresh your color with your color, or mixture. If your choice of color has an orange-based red, I highly recommend using the same color company for your pink color.

Well? There it is! How to achieve "The Hair Fairy Godmother's Ruby Red"! Take these tips and apply them to any color journey that you take. They will make your experience easier, and long lasting. Happy Coloring!

Remember To Sparkle

~Hair Fairy Godmother





# Jade The Blade

We had the opportunity to have a hair conversation with Jade the Blade and this is how it went.

Tell us about how your career started and why you started to do hair?

Like everyone who has had their start, I started in my mother's kitchen. But before that, my mother had me and my four sisters in the salon once a week, ensuring we were groomed. I learned by watching the owners of the most popular salon in the West Suburbs of Chicago called Mystique. Sam and Diane were by far the most talented stylists and barbers I have ever seen. I also had friends that weren't fortunate to go to a salon on a regular basis, so by watching the professionals doing hair, I would take back what I was seeing and practice on my friends. Before I knew it I relocated to the basement after my oldest brother moved out and fixed it up with a stylist chair, hot stove, marcel irons, etc and started to do hair after school on a regular basis. I realized I was pretty good at it, in 1988/1989 my dad paid for me to go to cosmetology school in Chicago and that was my start.

when doing hair on the big stage, what are some steps that you had to take?

When I was a teenager I used to look into Black Sophisticated Hair magazine and I would see some of the greatest legends in the industry like Barry Fletcher and Floyd Kenyatta on a stage or giving tips in this magazine and I knew that was what I wanted to do. Although I didn't get there immediately, God did send it at the right time. I was scouted by my local Armstrong McCall Distributor in 2000 to take a training called AMCET, Armstrong McCall Certified Educator's Training. I was under the impression that I was going to a colour course, but to my surprise, I was taking a 3-day training course to be selected to become an educator for a well-known company called FAROUK SYSTEMS. USA the makers of CHI and BioSilk. This 3-day training was vigorous with a 100-question assessment on the third day. I scored a 100 on my assessment and out of 180 people during this time I was the number 1 pick. After that a lot of field training, facilitating classes and working on small shows got me prepared to audition to become a platform artist. a lot of planning and rehearsals and concepts to rock out a stage.



We know that your skill in coloring is amazing. How did you achieve that skill?

Thank you for the compliment. How I achieved the success in colouring that I have is due to the fact that I was tired of hearing that the so-called Black race didn't know how to color or highlight hair. I wanted to be able to colour ALL hair types and textures without any limitation and I desired to be the Best at it. With that being said, I have taken a lot of classes, and I have also taken the American Board of Certified Colorist courses and exams to ensure I had the necessary knowledge to be as skilled as I am. A lot of trial and error has something to do with it too.

You have travel and taught so many classes. What was your favorite class and favorite show?

I desire to see people win and thrive in life and in everything they do, I love teaching and sharing any information in the hair industry but by far colouring and cutting are my babies. I have a sincere and true passion for those two subjects. My four favourite shows to rock out at are the IBS New York Show, ABS Chicago Show, Orlando Premiere Show and the IBS Las Vegas Show. The attendees at these shows are coming to really learn new techniques and see what products will be beneficial for the culture of their business.

what can you tell us about the industry that the upcoming stylus does not know?

There's an old but true saying, "There's Nothing New Under the SunT!" The industry is the same, the only thing that has changed is the players. T The industry is the same. The new game changer is "Wellness" mind, body and spirit. There are companies out there that have the same 50, 60, 80-year-old formula (cheap ingredients) in a new bottle that says New & Improved. How can it be New and be improved? That's an oxymoron within itself. It's the same old crap disguised in new packaging. Yet there are new companies that have better ingredients and do a better job for the hair, yet they don't have a "Brand Name" that is popular. My advice is not to be a Brand Conscientious lover, seek out products that actually work.

explain to us what is your favorite technique and why?

When it comes to designing hair by way of cutting, my favourite technique is a method I call "Condense cutting" I learned from my mentor of 18 years Joe Anthony Pena aka "XAXA". Condense cutting is a method of cutting hair with fewer steps by incorporating it into 1 to 5 steps. This allows me to get rid of what I don't need quickly and spend more time on detailing the look.



You are a pro with the scissors! what are some of the steps that you took to become a pro?

I have always been able to sculpt looks using shears or clippers, that has been a natural knack for me since I started doing hair. I earned the name Jade the Blade at a youthful age. When taking martial arts lessons I was able to pitch knives, stars and other sharp objects and was able to hit my targets with accuracy, besides, I have a fetish with sharp objects. My best advice to anyone and everyone is to find someone that has the skillset you would like to possess and train with them. You'll become more skilled the more you're exposed to the finished looks and practising. We can only do what we are exposed to, so get out there and take a lot of classes and become intentional about getting better.

In this industry they always tell you to find a product that you back and that you wanna promote. Can you explain says how you select that product?

This is the Age era for partnerships. Always, always, always go with the product that works and that you love. I am known for putting my name on the "real deal". I look for a product line that really works and has great ingredients and does exactly what it says it will do. If you're looking to promote a product or represent a product and company, do your research, and buy and use the products according to the manufacturer's instructions. If you feel it's the product for you, the next step is to contact the education department or sales department and see if they have upcoming educator training or an ambassadorship/partnership program available. From there you must get yourself in a position to become thoroughly educated and trained to properly represent the company according to that company's culture, mission, and vision.

You used to do a wellness show every week on Instagram. When will there she'll be coming back and why did you start doing that show?

I am an advocate for wellness. After being a licensed professional for 34 years I have seen a lot of things. From poor eating habits to making poor choices they all have a common root cause, a lack of wellness and good health. In starting the Wednesday Wellness Live, my goal was to help people to Vibrate High and living their best life starting with food, but I needed to fall back and revamp to hit a broader audience, to offer more value for the public by giving them the necessary tools to thrive in this game called life. You see, when we eat poorly, speak poorly, allow our mind to be out of control by focusing on negative thoughts and we don't find time for ourselves to recharge, we tend to make a lot of poor decisions that can be avoided and we don't experience the "High Life " we hear so much about. The show will resume in October with new Wellness coaches for Mind Body and spirit. You're in for a new treat.

Now as a black Stylish you have a journey to the other side of the beauty industry. How did you do that and what is your experience on the journey?



As a Professional that just happens to be a "Negro", my beginnings were never on the "black side of the industry". I was blessed to have started with a major manufacturer that was performing at Level A shows. This was huge for me. I said that I would learn all that I can on that side of the fence and if any of my colleagues want to know how it's done, I would share the information. I rarely did any shows under Level B. I didn't get to experience lower-level shows until I resigned from Farouk Systems and became independent. Just in case you want to know the show's level systems, Level A shows are corporate, major distribution shows like Cosmo Prof, IBS New York, ABS Chicago, Armstrong McCall, ISSE Cali etc. Level B shows Bronner Bros, IBS New Jersey etc. Levels C CT EXPO, Talil Wajhidd etc. Level D is all of your mom and pops start-up shows. The differences in these shows are the manufacturer, attendees, and financial investments that can make or break a show.

Miss Jade you are known for being a professional and carrying yourself to the highest standard. Could you give us a couple ways that a black professional can do the same?

The first point I would like to make is that The Creator of Heaven and Earth made me, you and all that exist, and with that being said, I represent the greatness They made. I understand my value and what it is that I want. There's a lot of stigmatism about black stylists not speaking articulate and or not knowing terminology and I want to break that stereotype. So, I decided to explore the world and discover what value looks like and I decided to incorporate those attributes into my daily lifestyle. I have been ridiculed by my fellow black colleagues, by stating they were going to take my black card, but if being the best seems not blackish to some then I will advise one to look to see what greatness looks like. I am called to be the best in word, thought and deed and I can't default on the agreement I made with God. So always remember someone is always watching you so why not be your greatest self.





THE COMPLETE  
Curly Hair Care  
& Wash Day  
Journal

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



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EVERYTHING  
CURLY

TWINNATION  
PRESENTS

# HAIR HISTORY

Marjorie Joyner (née Stewart; October 24, 1896 - December 27, 1994) was an American businesswoman, hair care entrepreneur, philanthropist, educator, and activist. Joyner is noted for being the first African-American woman to create and patent a permanent hair-wave machine. In addition to her career in hair care, Joyner was highly visible in the African-American community in Chicago, once serving as head of the Chicago Defender Charity network, helping organize the Bud Billiken Day Parade and fundraiser for various schools

@twinning15



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# 5 Issues With Fast Fashion

Written by Sina Green  
Photography by Sina Green

## 1. Quality

**Due to low prices , fast fashion companies are able to lower their prices by purchasing the cheapest fabrics and materials . Also automatic machines are used, this can lead to a lot of quality issues . For Example a pair of denim jeans made with other synthetic materials . May lose their shape and most likely not be true to size.(May have to size up or down )**

## 2. Effects The Environment

**In order to keep up with product demand ,some companies (not name dropping) cut into rain forest or make use of child laboring in certain countries . Where workers are not fairly paid**

**Fast fashion has caused a large expansion of clothing to be produced every day, every week , every year! Also causing more natural resources to be used due to the following demand**

## 3. Increased Need From Consumers

**One of the biggest issues in my opinion is the need from consumers . Fast fashion has caused a buy and ditch pattern from consumers who want to keep up with trends . Due to the internet as soon as a trend is not trendy(doesn't take to long) all of those poor clothes are ditched and collect dust to the next upcoming trend . Which creates wasteful behavior , people aren't even washing anymore . Some individuals are wearing certain items once or twice. Say for example you tear an item or a button is missing , instead of fixing it . You just move on to the next thing**

#### **4. Fabric Waste**

**Due to problem #3 with fast fashion with the rise of demand for the following goods lease people are properly discarding of clothes no longer used . Which has made second hand shopping and clothe donating very rare! Which causes working class or individuals who can't afford high end clothing to stay in the cycle of buying fast fashion since it is one of the most affordable options**

#### **5. The Supply Industry**

**Supply chain in the fashion industry has multiple issues in the supply chain . Like forced labor , underpayed workers, unsafe working environments . A lot of fast fashion work environments are not meeting labor standards. (hint why clothing is so cheap) Including low pay rates no options for healthcare . Some individuals have been let go from there job or not giving sick time or the option for payed leave**

#### **Easy Solutions**

**My best advice especially for those who can't afford expensive sustainable brands which is totally understandable . I suggest thrifting always . Supporting your local thrift stores is extremely rewarding. Locations like goodwill , resale shops . If your in the DFW Buffalo exchange (one of my personal favs) . Traders Village , Uptown Cheapskate, Clothing Mentor , Family Thrift , 25 cent thrift which is a local swamp meet that has everything you can imagine . Just a few nuggets and take aways . Nothing is better than one of a kind clothing and pieces that no one else has! Nothing like a good find, hope this encourages you to switch up wardrobe and add some exciting pieces to your closet!**

**Thanks for reading**

**Sinia G.**

**P.S Also notice that my reference sketches are normal clothes, if you notice the quality of clothing within the last 10 years has changed. Finding comfortable pieces that you want to wear over and over again are really hard in today's time . A piece of advice for those looking to build a wardrobe. Always start with staple pieces, blue jean jackets, jeans, nice comty t shirts. For those who don't wear jeans cargos or shorts . Nice basic body con dresses add accessories and your shoes of choice to build your personal style .**

**And**

# Jade the Blade

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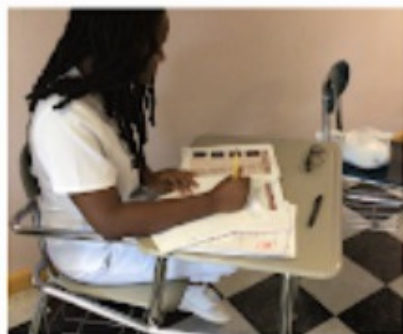
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## Open House

NC Natural Hair Care License

**August 19th**

**3:00Pm**



\$250 To Start Classes  
Base Tuition is \$2,500  
Which can be split into payments

# TIPS FOR TRAVELING WITH CURLY HAIR

By Dr Gaby

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“

*When traveling to different climates around the world, I have had to adjust my curly hair care and styling routine accordingly. Here are some of my tips and suggestions for treating and styling curly hair while traveling.*

”

**Humid climates:**

In humid climates, it's important to protect my curls from excessive moisture. I use anti-humidity products, such as styling creams and hard hold gels that do not contain any simple humectants, to help combat frizz and maintain definition. Simple humectants include glycerin, honey, sorbitol, and propylene glycol. I noticed early on that omitting glycerin in my stylers especially helps to combat frizz in humidity.

**Hot sunny climates:**

My gray curly hair is especially vulnerable to sun damage, which can cause yellowing, dryness, and massive frizz. I protect my curly hair from sun damage while traveling in these ways.

**Cover up:** The best way to protect my hair from the sun is to keep it out of the sun's rays. On vacation, I bring a foldable orsquisee visor as I can't fit regular hats on my thick hair. I don't typically use a scarf, or bandana to cover my hair and scalp but these also work well for others.

**Use UV protection products:** I apply a leave-in conditioner or natural hair oil (like jojoba or argan oil) with UV protection on my ends and scalp before heading out into the sun to protect my hair and scalp from the sun's harmful rays.

**Avoid heat styling:** I never use heat styling tools on sun-exposed hair.

**Refreshing my curls:** I always travel with a small mister spray bottle (that I fill with distilled water or a concoction of water, gel, or conditioner) to spritz and revive the wonky curls. I avoid spraying all over my curls because that amounts to an entire styling process (and who has time for that). Just recurling the top layer of my curls or the face framing curls, is usually sufficient. I typically finger curl or pin small sections of hair to my head to create beautiful curls overnight without the need for heat.

**Dry climates:**

**Moisturize:** Dry climates can strip moisture from my hair, leading to frizz and dryness. When traveling to a dry climate, I pack extra moisturizing products and deep conditioning treatments to keep my curls hydrated.

**Winter climates:**

Winter weather can be harsh on my curly hair, causing dryness and frizz. I protect my hair by doing a deep conditioning treatment prior to traveling to keep my hair hydrated and healthy. I always apply a moisturizing leave-in conditioner and cream after washing to seal in moisture. And I limit my shampooing to once a week. When going outside in the cold, it is a good idea to wear a hat or scarf to protect your hair from the dry winter air –

“

***I don't like hats or scarves on my hair, so I tend not to follow my own advice!***”

Here are some other general considerations when traveling.

**Low-Maintenance Routine:** I try to adopt a low-maintenance hair routine while traveling. This can involve using fewer products and relying on simple techniques to maintain my curls such as buns or pineapple do's. I always sleep with my hair in a "pineapple" style with a satin bonnet to preserve my curls overnight. If it's too hot to sleep with a bonnet, I use a silk pillowcase that I always travel with.

**Protective Styles:** For women who enjoy protective styles, such as braids or twists, these are great to minimize manipulation and protect your curls from environmental factors like wind and humidity. Just be sure to avoid pulling and tightness at the temples.

**In my carry-on:** These are typically the hair-related items in my suitcase. I carry a wide tooth comb to detangle my hair and a universal diffuser, that attaches to any hairdryer, to dry my curly hair faster. I also carry a simple brush, pins, a puff cuff, a hard hold gel (in a small TSA-compliant 3 ounce container), a microfiber towel, and silk hair scrunchies.

# *Kinky Hair Kulture*

*Podcast*

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**New Episode 5/7/2023**



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# The Trilogy



By Dr Knight

**We've talked about Natural hair as a science and as an art but there is a third part. Well if you said business, you guessed it, we will discuss the business side. Because yes we can not run over the fact that the natural hair industry is a trillion dollar industry. That's right, if we think about the many aspects of business in our industry, the careers and hustles, and ways to make money in our industry is endless. Business is the exchange of goods and service . The term business refers to an organization or enterprising entity engaged in commercial, industrial, or professional activities. The purpose of a business is to organize some sort of economic production of goods or services. Business is a person's regular occupation, profession, or trade. Business is the practice of making one's living by engaging in commerce. Business is characterized as sales or supply. When you lay Natural hair on the couch and examine it through the lens of business you will find so many professions, trades, products and services such as; salon and the trade of the Haircare specialist, you have products, retail, jewelry, books, journaling, podcasting, magazine poetry, shows, modeling, radio and so much more.**

**Each one of these aspects of business all have its own character, climate, and culture. With each transaction there are several principles that make for a successful business transaction. One of the most has to do with the law of supply and demand; The costumer has a need and it is up to us to be the supplier. If we are going to supply the demand we must ensure that it will be profitable to us as the proprietor. Now I will be the first to tell you, it sounds simple but it may not be an overnight process. It takes work. First of all, you need a plan the first plan should be a business plan followed by a tactical and strategic plan. These plans will ensure a 5 year methodology to ensure we stay in business. They say most new businesses fail within first 5 years. Make sure you do your research and get those plans drew out. Next up is your Budget; how much will you need to get started how much are those expenses are going to be recurring. What type of supplies do you need? Do you need insurance or a bond, how much, what kind? Finally, what are the rules and regulations that govern your profession. Do they support the type of business you are considering ? What type of proprietary information do you need. Running a business is very important and it is serious !**

**3 lessons I've learned in my 25+ years in business**

- 1.Customer Service is of utmost important**
- 2.Having a telephone number where people can contact you**
- 3.The most difficult task is managing employees**
- 4.The show must go on. Your business hours are must be followed. If you are open from 10-6 you should be open during those times**
- 5.You may not get a day off just starting off**

**I hope that helps. We need solid strong businesses in our communities in order to create jobs for people and increase commerce within our neighborhoods**



WELLNESS  
PREMIUM PRODUCTS  
DEEP HYDRATING HAIR SERUM  
For Damaged, Dry and Coloured Hair

WELLNESS  
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DEEP HYDRATING HAIR MASK  
For Damaged, Dry and Coloured Hair

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DEEP HYDRATING HAIR OIL  
For Damaged, Dry and Coloured Hair



Step 1: We don't ever want to apply makeup on an unclean canvas. Be sure to cleanse, rinse, tone and moisturize before every application.!



In this clip you will see me cleanse and tone my clients face. She has oily skin, so after I moisturize her I set her face with a loose translucent powder to help keep the oil production down. This will be an HD finish, so very matte and full coverage.

#### Step 2: Brows

When dealing with thick brows the best way to tame them is to use a brow freeze. Brow freeze essentially is like hairspray for the browse. It keeps the brows in place without them looking unruly. It also helped shape the brow into the perfect arch. After our brow is set, then we can fill it in with pomade to give the brow fullness.

#### Step 3: Eyes

When working with a shadow you want to first start with a transition color in the crease. Today we used an espresso color to accentuate her crease. After that we use a dark brown, to fill the rest of the eye to give it a soft, smoky, sensual look.

Lashes are staple for this look. My client came in with lashes but if she had not I would have used a very full, yet natural lash for her eyes. We smoke the bottom lash line with a black liner and she's almost ready to step out!

#### Step 4: Foundation

For her foundation, we use full coverage liquid foundation. After applying, I put highlight under her eyes to brighten her under eye. We contoured her cheeks with a color, two shades darker than her foundation. And then set the foundation with a pressed setting powder. The pressed setting powder is used to not only mattify the face, but to also add another layer of coverage.

Once everything is in order. We then go in for the best part **BLUSH**!. For this client, I used an orange blush and then added a burgundy blush on top to give it a more natural Sunkist look. We added a little highlight on the tip of her cheekbone , and then set her face with setting spray.

#### Step 5: Lip

For her lip which shows a statement color red. Because she is a woman of color, red can be intense on the face so we muted the color with a burgundy liner and then blended the red into the burgundy.

**Destinee Higgins**



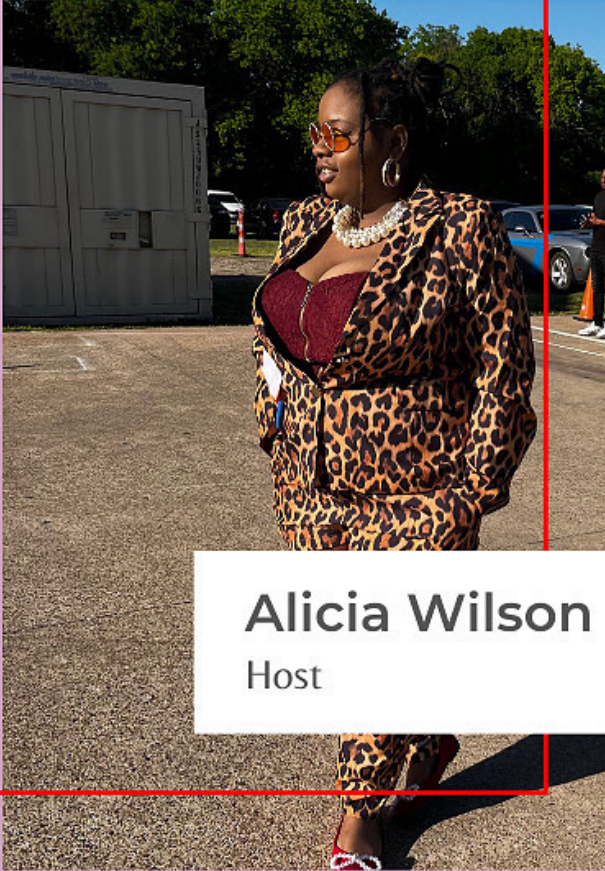
## 30 minute Beat with a Twist



Make sure you click the email to catch the video!

# HAIR TALK SPECIAL EDITION

 **LIVE**



**Alicia Wilson**  
Host



**Debra Hare-Bey**  
Featured Guest



**July 19**  
7:30PM CST

**CELEBRATION OF BRAID DAY!  
DIVE INTO THE CULTURE OF  
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