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Kitchen Beautician Magazine



MATTIE'S Bonnets

FEATURING
THE BEST DURABLE BONNETS



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Mattie's Bonnets

Get to know the creator behind Mattie's Bonnets Ms Vicki Baker

Congratulation



A BLAST FROM THE PAST!

HI GUYS AND GALS! IT'S THE HAIR FAIRY GODMOTHER COMING BACK WITH A FUN EXCLUSIVE: A BLAST FROM THE PAST!

WITH THAT BEING SAID, I AM AN 80'S BABY, BUT MY FAVORITE DECADE OF HAIR IS MOST DEFINITELY THE 90'S...BUT Y'ALL KNEW THAT, OF COURSE! HERE'S WHY...



Finger waves



High Ponytail



Ponytails w/
chopsticks

90'S HAIR SHOWED THE REAL FROM THE FAKE, AND WHAT I MEAN IS ARTISTRY! THE STYLIST IN THAT PARTICULAR DECADE TO MUCH PRIDE IN THEIR CRAFT, AS WELL AS THEIR PRESENTATION. I CAN REMEMBER AS A GIRL GROWING UP, I WOULD SIT AND LOOK AT MY HAIRSTYLIST MOLD, SHAPE, AND CREATE A MASTERPIECE WITH IRONS, HAIR/BOBBY PINS, HAIRSPRAY/SPRITZ, GEL, AND A DIFFUSER(BLOW DRYER). THE AMOUNT OF TALENT AND SKILL WAS DISPLAYED ON SOMEONE'S HEAD WAS IMPRESSIVE.

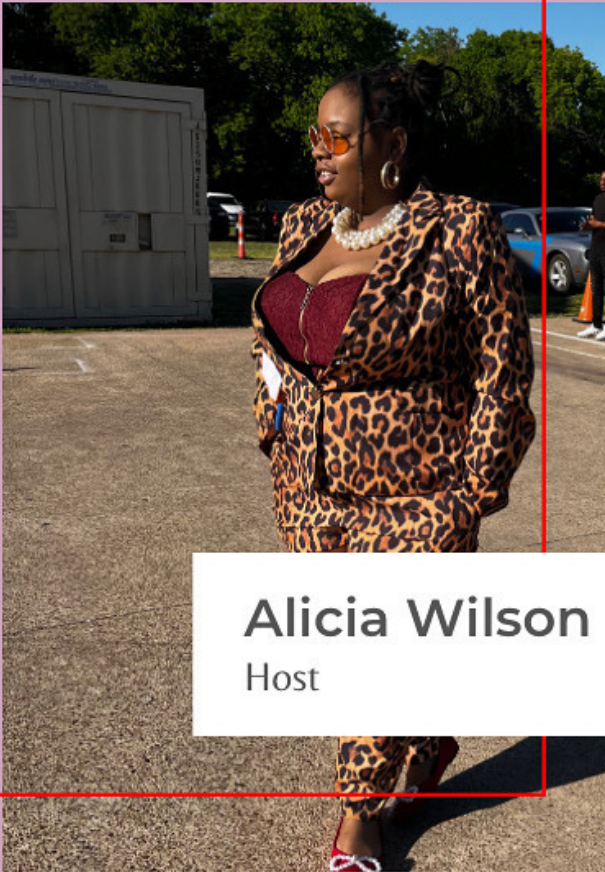
ALSO, IN THAT DECADE, THERE WERE SO MUCH INSPIRATION. MUSIC VIDEOS WITH FAVORITE ARTISTS, MAGAZINES, AND TELEVISION GAVE HAIRSTYLISTS IN THOSE TIMES FOUNDATION TO BUILD FROM. THERE WERE SOME MOVIES THAT HIGHLIGHTED A CHARACTER, OR TWO, AS A HAIRSTYLIST IN THE NATURAL WORLD. 90'S WERE TRENDSETTERS FOR MANY STYLES THAT HAVE BEEN MODIFIED OVER THE YEARS. IF YOU DON'T BELIEVE THE HAIR FAIRY GODMOTHER? THEN LET ME LET YOU ALL IN ON A LITTLE SECRET...Y'ALL REMEMBER THAT WAP VIDEO WITH CARDI B AND MEG THE STALLION? THOSE PIN/BARREL CURL PONIES CAME RIGHT FROM THE 90'S.

OK LADIES AND GENTLEMEN! THE HAIR FAIRY GODMOTHER TAKING A TRIP DOWN MEMORY LANE WAS GREAT, BUT I'M SIGNING OFF! UNTIL NEXT TIME...

REMEMBER TO SPARKLE...
HAIR FAIRY GODMOTHER

HAIR TALK SPECIAL EDITION

 **LIVE**



Alicia Wilson
Host



**Tye and Courtney
Caldwell**

Featured Guest



August 22nd
4 pm CST

THE TECH AND BEAUTY INDUSTRY BECOMING ONE.

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5 steps to managing your emotions.

Written by Jade tha Blade

Have you ever been told that “Life is a game”? Lately, I have been seeing this phrase floating around on the beautiful “WORLD WIDE WEB” and throughout my life’s journey I have found this to be very true.

Very much like a video game, to get to the next level you must equip yourself with the necessary skillset to move on. To better explain it, let’s really take a look at the components of the video game and replace the game pieces for parts of you. For example, most video has an avatar (you), a controller (the mind/your spirit), and villains or obstacle courses (Life’s challenges) on every level. Each level requires the the current learned skills to aid and assist in the new level while developing new skillsets. This is an ongoing endeavor. Without getting up turning on the game(showing up) and play (work, school, etc) practice (daily) developing your dexterity and synchronicity((being present and tuned in), and knowing some game coding (life’s tools) it will be impossible to pass to each level of the game.

In my upcoming book “Ascend: A Practical Guide to Reaching Your Higher Self.” in part 2 Techniques for Connecting with your higher self,

One of the skillset life will teach and challenge you on is how to manage your emotions when dealing with individuals that makes rude comments. This skillset is necessary to have to pass through life. By managing your emotions , you’re able to stay in control of your life’s results. This particular gaming level for you will allow you to observe and internalize your emotions and why if mat effect you in certain ways.

Dealing with someone who makes verbally rude comments can be challenging, but there are several steps you can take to manage your emotions and respond in a constructive way:

1. **Stay calm:** It's important to remain calm and composed when someone makes a rude comment. Take a deep breath and try not to react impulsively.
2. **Don't take it personally:** Remember that the rude comment is not a reflection of you, but rather the person making the comment. Try not to take it personally.





In3. Set boundaries: If someone is consistently making rude comments, it's important to set boundaries and let them know that their behavior is not acceptable. You can do this by calmly and assertively communicating your feelings and expectations.

4. Respond assertively: If you feel the need to respond to a rude comment, do so assertively but not aggressively. State your perspective clearly and calmly, without attacking the person.

5. Practice self-care: Dealing with rude comments can be emotionally draining, so it's important to take care of yourself. Engage in activities that help you relax and manage stress, such as exercise, meditation, or spending time with loved ones.

Remember that managing your emotions and responding constructively to rude comments takes practice. Be patient with yourself and keep working at it.



Hairlab Edition North Carolina Adventures!

If you're unfamiliar with my background, I hail from Dallas, Texas. Embarking on a journey to North Carolina was, in essence, venturing into new terrain for me—particularly the East Coast. When Dr. Knight extended her invitation, my mind was abuzz with queries, though I attempted to restrain myself from unleashing them all at once. My objective in heading to North Carolina was twofold: capturing content featuring Dr. Knight and immersing myself further in the world of natural hair.

North Carolina held the distinction of being home to a natural hair license, and nestled within it was Dr. Knight's natural hair school—a haven for an eager hair researcher like me. However, the path from DFW to North Carolina wasn't without its trials. My flight experienced delays on five separate occasions. But upon my eventual arrival, a sense of belonging enveloped me. I had realized my aspirations in the realm of hair.

One of the significant destinations during my stay was Hairlooms Academy, an experience underscored by interaction with its students. Candidly speaking, this proved to be the most rewarding facet. Witnessing Dr. Knight flourish in her role as an educator was enlightening. Yet, the pinnacle was forged during exchanges with her students. Conversations that transcended the tangible, delving into spiritual dimensions and cementing lasting impressions. Moreover, insights from a seasoned veteran on hair politics within the military unraveled long-held queries. Witnessing a young lady graduate with a vocation, poised to support her education and perpetuate the culture, left an indelible mark.

Next, I stepped into the realm of The Lock House, an establishment that embodies the true essence of a "no comb zone." The denizens of this space, let me assure you, embody this philosophy with unwavering conviction. The sheer precision of their twisting movements is akin to rhythmic applause. A particular highlight was Dr. Knight's astonishing ability to execute a retwist within a mere 20 minutes. This sanctuary of natural hair appreciation showcased the authentic form of this unique beauty.

Yet, my heart was captivated by another locale—the Rejuvenation Clinic. Here, Dr. Knight facilitates the reclamation of women's identity and their relationship with their hair. The narratives I encountered were nothing short of remarkable, spanning from the journey of learning to embrace one's hair over decades, to the intricate dynamics between mothers, daughters, and their hair. I bore witness to the tale of a woman who regrew her hair after the impact of COVID-19, alongside revelations about outdated techniques inadvertently causing harm. The metamorphosis these women underwent, their emotions, body language, and hair transforming from appointment commencement to conclusion, was truly awe-inspiring.

The pinnacle of my journey lay in meeting Candice, the co-owner of Kitchen Beautician, in person—a long-awaited rendezvous. Equally significant was the time I spent with Dr. Knight. Our discussions ignited a fire that propelled me further along my path within the realm of hair. These exchanges stirred the hair activist within me, reinforcing the conviction that I am precisely where I am meant to be. This juncture, I've come to realize, marks merely the prologue of my story. North Carolina owes me nothing; it bestowed upon me a blessing and an epiphany. My hair dreams materialized, and in doing so, they expanded into something even grander.



5 trends to start

Fall

by Sinia Green

Unfortunately Tx weather is still scorching and Fall weather is a distant dream, but we can still inspire to enjoy trends. Knowing everyone is equally excited for the fall weather and the great culture that comes along with it . Here are 5 fall trends to add to your wardrobe so won't be behind!



01. RED

This is technically a shade, but actively in the fashion Pantone . This color will be everywhere, it's a shade of red that can be fiery. It also mimics shades of red leaves that will be beautiful on all skin tones. Example of red in the skirt with the pink sweater.

02. BLAZER

The classic blazer speaks for itself, this item can be dressed up or down! Great for those days or nights when you don't know what to wear or wanting to transition a day outfit into a night out look ! Can be paired with bottoms, tights. The possibilities are endless, every girl needs a blazer

03. HOOD SHAWL

Or the Poncho, this item was originally popular in the 70's. As Texan this item is never failed to be seen especially during football season . This item looks very chic but no one will know how comfortable and warm you are . For a more modern look hooded poncho's that can transition look great as well. Will you find yourself wearing this on those crisp mornings or cold nights to feel cozy

04. FUZZY

Fuzzy material has become more popular over the last few years since the comeback of the early 2000's (Y2K). Seeing nostalgic items, like fuzzy hats, purses and fuzz inside of boots. I also have seen fuzzy outer jackets that make you want to snuggle up in live in them forever! Fuzz should be out soon or whenever it cools down for TX !

05. CLASSIC SWEATER

The OG sweater speaks for itself. If you don't have a comfy sweater are you really ready for the fall? You need a sweater in all primary colors for the cold weather . So get ready seems far, but fall will be here soon Texans! See you guys on the other side of this heat!

MANY OF US
(MYSELF
INCLUDED)
HAVE HORROR
STORIES ABOUT
TRIPS-TO-THE-
SALON-GONE-
WRONG. IT.

TRIP TO THE SALON

BY DR. GABY

For those of us with natural hair, it is so important to find the right stylist or salon, who truly understands our hair type and how to treat it. If a stylist is not careful or knowledgeable about natural hair care, they may end up damaging or butchering your hair. We need stylists who are gentle, knowledgeable, and experienced in working with natural hair.

Many of us (myself included) have horror stories about trips-to-the-salon-gone-wrong. To avoid that, I've put together this list of recommendations for what you should look for in a salon.

In no particular order, here are 8 recommendations:

- 1. Research and Read Reviews:** Look for salons that specialize in natural hair and have positive reviews from customers. Check Google, Yelp, and social media, for valuable insights from other people's experiences.
- 2. Ask for Recommendations:** Seek recommendations from friends, family, or online communities who have similar hair types and styles. Do you like their hair when they leave the salon? They can provide firsthand recommendations based on their personal experiences.
- 3. Check for Specialization:** Look for salons that specifically cater to natural hair. These salons are more likely to have stylists who are experienced and knowledgeable about working with natural hair textures. **TIP:** AbsolutelyEverythingCurly.com has a large, searchable database of natural hair stylists and salons.
- 4. Consider the Stylist's Expertise:** Find out if the salon has stylists who specialize in natural hair. Look for their qualifications, certifications, and experience in working with natural hair. Some salons may have stylists who are trained in specific techniques or have a portfolio showcasing their work with natural hair.
- 5. Visit the Salon:** Schedule a consultation or visit the salon before making an appointment. This will give you an opportunity to assess the salon's cleanliness, atmosphere, and professionalism. Pay attention to the products they use, the techniques they employ, the cleanliness of the salon and the tools used by the stylist. A dirty or unsanitary salon can be a health hazard and may indicate a lack of professionalism. Look for salons that offer a variety of natural hair care products and can recommend the best products for your hair type.
- 6. Ask Questions:** During your visit or consultation, ask the salon about their approach to natural hair care. Inquire about the products they use, their styling techniques, and their understanding of your specific hair type and needs. A knowledgeable stylist should be able to provide tailored advice and recommendations. Look for stylists who are attentive, and willing to answer your questions. If the stylist doesn't listen to your concerns or doesn't communicate effectively, it may be a red flag.
- 7. Stellar reviews:** Look for salons with positive reviews and satisfied customers. The salon should be a stress free, friendly environment. Negative reviews from previous customers can be a sign of poor service or unprofessionalism.
- 8. Test the waters first:** When going to a stylist for the first time, it's important to test the waters and get to know each other before leaving serious styling in their hands. Don't go in with the expectation of a complete makeover. Even with a stylist you've had for a while, there's always a chance they may give you a style you don't like as much as you envisioned. Therefore, it's best not to trust a stranger with that much responsibility. Start with a simple service: Haircuts are a great place to start with a new stylist. You can learn a lot about their skills and style from a simple cut, and it won't be as risky as a complete makeover. Remember that finding the right salon may take some time and experimentation. Trust your instincts and choose a stylist where you feel comfortable and confident in their abilities to care for and style your natural hair.



Mattie's Bonnets

In a captivating dialogue that offered a rare glimpse into the world of creative craftsmanship, we were granted the unique privilege of conversing with none other than the brilliant mind behind Mattie's Bonnets—Ms. Baker herself. As the visionary creator of this beloved brand, Ms. Baker has breathed life into the world of fashion with her exquisite bonnets. Our conversation with her shed light on the passion, inspiration, and dedication that have gone into shaping Mattie's Bonnets into what it is today.

With every stitch and design, Mattie's Bonnets have garnered a devoted following, admired not only for their aesthetics but also for the story they tell. As we engaged in this enlightening exchange, we discovered the essence of Ms. Baker's creative journey—her vision, her aspirations, and the heartwarming anecdotes that have enriched the brand's narrative.

Our conversation commenced by delving into the roots of Mattie's Bonnets, as we sought to understand the origins of this creative endeavor. With candor and enthusiasm, Ms. Baker shared the evolution of her brainchild, offering insights into the inspiration that kindled the spark and the path that led to its realization. Further unraveling the artistic tapestry, we ventured into Ms. Baker's creative process, eager to comprehend the intricacies behind each bonnet's design. Her passion became palpable as she detailed the meticulous selection of materials, the exploration of patterns, and the finesse with which every bonnet is crafted. Through her words, it was evident that each bonnet carries a piece of her soul—a fusion of creativity and craftsmanship.

One of the most captivating facets of our conversation was Ms. Baker's exploration of her sources of inspiration. With eloquence, she illuminated the diverse influences that have shaped the identity of Mattie's Bonnets. From the allure of nature's hues to the resonance of cultural heritage, these influences are seamlessly woven into the fabric of each creation, reflecting Ms. Baker's commitment to telling stories through her designs.

Our dialogue reached its zenith as Ms. Baker expressed her gratitude for the community that surrounds Mattie's Bonnets. The connection she shares with her patrons is a testament to the brand's profound impact, transcending the realm of fashion to become a vessel for shared experiences and cherished memories. In conclusion, our conversation with Ms. Baker, the driving force behind Mattie's Bonnets, was a journey into the heart of creativity, dedication, and innovation. The story of Mattie's Bonnets is not just about headwear; it's about the synergy between art and the human experience. Through our exchange, Ms. Baker's artistic philosophy unfolded, underscoring that fashion's has the power to resonate with emotions, evoke nostalgia, and celebrate the beauty of individuality.

As we reflect on this insightful conversation, it becomes clear that Mattie's Bonnets isn't merely an accessory—it's a testament to the boundless potential of imagination, brought to life through the hands of a visionary artist.



Embarking on a journey through the world of creativity, we had the distinct honor of engaging in a conversation with the mastermind behind Mattie's Bonnets, Ms. Baker. With her visionary designs capturing hearts, we sought to uncover the inspiration and dedication that lie at the core of this cherished brand. Here, we present the intriguing questions that led us to discover the essence of Mattie's Bonnets, as shared by the creator herself.

1. What inspired you to start making bonnets?

I was inspired by a personal need. At the time I had long manicured locs and was desperately looking for a durable and comfortable bonnet. Over time I had purchased every style available at local beauty stores, but they all were poorly made and didn't last. Eventually, I taught myself how to make bonnets from watching Youtube videos, that was back in 2017.

2. Could you share a little backstory on how you launched your business?

With lots of encouragement from my family. I was not on social media, did not have a logo, business cards, nor a website. I did have experience from doing vendor events with my mother (she made and sold quilts and pillows). So, using her example I made 100 bonnets then launched Mattie's Bonnets at a vendor event at a TCU Christmas Fair, Dec 2017. My first event was a test to see if there was any actual interest for my product. I focused on everything customers expressed about my display, packaging, product and overall, who was buying the bonnets. I paid attention to the feedback then made necessary adjustments to Mattie's Bonnets.

3. What was the first bonnet you ever created, and how did it set the tone for your brand?

That's funny because when you make your own products you make several demos until you get the pattern right. So, my first bonnet was a sample not worth selling to anyone. But ultimately after several trials my final design set the tone for quality, durability, style, and comfort.

4. What fabric did you use in your initial designs, and what led you to that choice?

Initially I knew nothing about the different grades of satin and quickly realized not all fabrics are good for making bonnets. So, I researched online to discover the best affordable fabric was and still is charmeuse satin. I chose it because it is soft silky, lightweight, durable and machine washable.

5. Why did you decide to cater specifically to hair care with your bonnets?

I chose bonnets because women spend lots of time and money on hair care and need a product that will not only protect their hair but maintain hairstyles in between salon visits. I was frustrated with the manufactured choices in beauty stores. All they sold were inferiorly mass produced one size fits all bonnets. Clearly leaving out that women wear a variety of hairstyles that often require different size bonnets. I knew I could do better by creating a quality handmade bonnet that is durable, attractive, and in a selection of sizes from a short afro to long braids.

6. As a Black woman business owner in the beauty industry, what struggles have you faced, and how did you overcome them?

Honestly, I have never had a problem with Mattie's Bonnets until Covid. Everything shutdown, all vendor events were canceled, and customers were now buying face masks instead of bonnets.

Since 2020 the market for manufactured wholesale bonnets from China has increased and flooded e-commerce with inexpensive knock offs to handmade designs. New entrepreneurs with big budgets and huge inventories have made it challenging for my small business. I tried to keep up by making some of the newer bonnet styles but concluded sacrificing quality and workmanship to keep up with the latest trends is not Mattie's Bonnets. I guess you can say I have not overcome the Covid shutdowns.



7. Can you please offer some tips on how to properly maintain a bonnet, and which type is best suited for different hair types?

That's my specialty! Keeping your bonnet clean is the most important thing you can do to maintain it, especially if you use lots of products on your hair. Wash the bonnet in a lingerie bag to prevent damage during washing or wash by hand. If you have a quality bonnet you can put it in the dryer or hang it to dry. Be careful with manufactured bonnets, they usually tear up quickly in the washer.

If your bonnet has an elastic casing design do not saturate with hair oils. The oils will break down the elastic within 6 months. Leaving your bonnet useless.

My top 2 favorite bonnets are the drawstring and tie because the tension around the head is completely adjustable. This style is made to stay on overnight no matter how wild you sleep. I recommend this for long thick braids, dreadlocks, and for individuals that are tender headed. Lastly, for short hairstyles any elastic or band type bonnet will do.

8. What is one of the most common mistakes women make when using a bonnet, and how can it be avoided?

The most common mistake is buying a cheap bonnet! Just don't do it. Invest in a real satin bonnet. You deserve it. Here's the best list I could come up with:

Do not wear a bonnet that has elastic sewn into the fabric. If you already have one wear it inside out so the elastic is facing out.

Do not wear the wrong size. If your hair is longer than your bonnet it will come off at night. Purchase a long braid bonnet with a tie or drawstring.

Do not wear a large bonnet when your hair is short, consider a small bonnet or a satin scarf.

Do not wear the same bonnet for months without cleaning it. You should own at least 2 so you can alternate.

If your bonnet is too tight or loose replace it with an adjustable one.

Finally, all hair types love satin bonnets. Therefore, you need to be careful when selecting one. Beware that many manufactured brands say satin on the package, but they are cheap shiny knit fabric or 1 ply satin with the rough surface on the inside. To familiarize yourself with the texture of real satin, visit your local fabric store, find the charmeuse satin, then feel it. Before you purchase your next beauty store bonnet open the package then inspect before you buy it. If ordering online read the product reviews and questions.

9. Could you explain why specific fabric choices are ideal for hair care and elaborate on the benefits they offer?

Over the years I've discovered the best affordable fabrics for hair care/bonnets are made from polyester. My favorites are light weight satin, spandex, and smooth tight weave ITY knit (interlock twist yarn). The benefit is hair can easily glide across the surface preventing friction which is the cause of snagging and breakage. It is also excellent for maintaining moisture, natural oils and protection from dry air, dust, and lint.

Silk is another fabric with the exact same benefits as polyester but more costly.

Stay away from wearing cotton and cotton blends overnight as it is an absorbent fabric that will dry out your hair and if you have dreadlocks the fibers can get trapped inside your locs. Just remember to protect your hair with a polyester cap when wearing head wraps made of cotton.

10. Share a memorable customer experience that reaffirms your passion for running your business.

Every customer reaffirms my passion for Mattie's Bonnets. Watching their response as they touch my handmade bonnets for the first time is priceless. The reaction is always the same "that is soooo soft". That's what gives me joy and keeps me going.

Love your hair!



MATTIE'S BONNETS

<https://mattiesbonnets.com/>

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Beauty Industry Standards



What exactly is the beauty industry standard, One might ask.

If I were the one doing the answering of the question I would always respond that it is a standard that was set for us to take pride and build a higher esteem for oneself, not for us to forget we are black and descendants from Africa. A code for individuals to follow to use as a tool for making statements and building a community in which our offspring would be comfortable in our own skin. It should illustrate how we were supposed to feel which then would foster a good looking positive outlook for our journey thru life in this land that was not ours or that was stolen from us.

The national beauty culturist league was established in 1919 in Philadelphia Pennsylvania. This organization was established to develop the beauty industry standard for black cosmetologist, and Hairdressers. The culture they established for us was education. They left a legacy of Beauty leaders to continue to pursue education. For they knew that Liberal arts education was a good example to follow therefore they established the first educational platform for us. The visionaries laid a strong and powerful foundation over 125 years ago I'm not sure if they realized this organization would still be in force today. I'm not sure if they understood their organization would send millions of students to college and to further their education, I'm not sure if they understood that their vision would foster generations and legacies of cosmetologist that have gone on to secure their associates, bachelors degree, masters degree, and even doctorate degrees. I'm not sure if they realize the foundation that they set would generate careers for millions of men and women throughout the country; see it was because of their steadfast devotion that I am allowed to on my own salon, own my own school, educate and train the next generation. The national beauty culturist league was founded at a time where camaraderie amongst black stylus, cosmetologist, Beauticians, hairdressers, was needed. The beauty standard that was sent by madam CJ Walker was one encouraging men and women to take pride in themselves, to groom themselves, to apply grease at the scalp to make sure that your scalp was being nourished and there were not flakes on the scalp so that we could feel great and go off to make a difference in the black communities.

I am so glad for the sacrifices these women and men have made that gave way to this Trillion dollar industry that you and I have liberties in. We can continue to grow this organization, you too can build your education, you too can also develop your own standard of beauty. Length is beautiful, color and condition of the hair is beautiful but the standard of beauty is education. Continue to look and feel beautiful and get educated. For more information go to NBCL.com. This is an enlightening website designed by our President Katie B. Catalan

Yours truly,

An educated Black Beau tician



THE COMPLETE
Curly Hair Care
& Wash Day
Journal

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



ABSOLUTELY
EVERYTHING
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