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The science of black hair pdf free

Black natural hair is a varied assortment of kinks, coils, waves, and curls. For centuries, many women of African descent felt compelled to hide or change their natural hair textures to conform to cultural preferences for straight hair. Since the late 20th century, however, Black Women around the world have awakened to the unique beauty and versatility of their braids. Classic and new spin on styling options lets you celebrate your natural glory as it grows from the scalp. Set your crown with these ten low-essence styles for natural black hair. Afro sits in many sizes, from near tapered crops to massive Guinness record clouds of hair. The TWA – the Teeny Weeny Afro – is a popular variation for women who make Big Chop and cut off their relaxed hair to go natural. Afros are a great option for women who don't have much time or patience to incorporate other techniques. Small, medium, or large, afro is always in fashion and easy to style with a pick or fingers. MangoStar_Studio/Getty Images Sometimes women with natural hair want to stretch their hair to make it easier to style and maintain. Those who want to do it quickly can choose to get their hair. A blowout can give a temporary straighter look and texture without the intense, direct warmth of a flat iron. A smoothing treatment can help extend the life of a blowout, but any exposure to moisture is likely to cause the hair to return. MmeEmil / Getty Images A braided updo is an elegant way to protect the hair from the elements and all manipulation. This style allows you to lock in moisture while achieving a beautiful look that is always ready with minimal maintenance. Many women use add-ons to add volume and help the style last longer. However, it is easy to install a lovely updo with your own hair. A braided updo style can consist of cornrows, flat twists, loose braids, loose twists, or a combination of these. SDI Productions/Getty Images If your braid out or twist-out is worn out, a simple bun can be a quick style that works for any occasion. A bun is quick to make and easy to maintain while protecting the ends of hairs. If your hair is long enough to brush back and hold down, you can achieve this style and add a wig or braid hair extensions to form the bun. Women with medium or longer length hair should be able to achieve this style with or without hair extensions. Holubenko Natalia/Getty Images Half a bun keeps hair away from your face and leaves some out to hang on over their shoulders. It's a simple, wonderful way to enjoy braids, twists or loose hair. This style works well with hair that has been stretched with blowouts, braid outs, or twist outs. The half-bun requires three simple steps: part the hair into two sections from ear to ear; Collect the front part tightly to the center of the head with an ouch-free ribbon or scarf; let the back hang hang or gather with a barrette or scrunchie. Igor Alecsander/Getty Images Loose braids add length and volume to the hair while providing a break from daily manipulation. They are also called poetic fair braids and are easy to install on their own or in a salon. That said, be careful not to braid too hard. Chronic pulling on the hair follicle, especially along the hairline, increases the risk of breakage and traction alopecia--an irreversible baldness. Many hair care professionals caution against wearing braids for extended periods of time. An Archives of Dermatology study found that any hairstyle that puts excessive tension on the hair can trigger scarring and hair loss. In addition, braids held for too long can lead to bacterial infections. kali9/Getty Images Styling your hair in cornrows keeps hair neatly in place with low maintenance. Unlike box braids that hang loosely from the scalp, cornrows are braided close to the scalp in straight lines or geometric patterns. As with loose braids, avoid tight braiding that can lead to alopecia and scarring. Some cornrow styles can last up to two weeks, but many beauticians recommend taking their hair down at this point to minimize the risk of infection. RuslanDashinsky/Getty Images A goddess braid is a very popular wash-and-go style that can be as simple as a braid around your entire head. It provides an ever-classic look for casual and formal events. The goddess braid is a kick to make and take down, so it's ideal for exercise buffs who want to wash their hair often. Stigur Már Karlsson /Heimsmyndir // Getty Images Bantu knots make a fun and chic style with countless variations. They are practical and beautiful to wear for a few days or longer. This hairstyle can create defined tops for a stylish look on all Black natural hair type of most lengths. Bantu knots are a light hairstyle suitable for transition or all-natural braids that can last for several days. Unraveling them can make amazing knot-outs with delicious waves and volume. Two-strand twists are made with two strands of hair wrapped around each other to create a braid-like style. Some people find that they are easier to install than braids, which usually require winding together three parts of the hair. Smaller twists can provide more flexibility with styling, while large twists offer a faster set that doesn't need much manipulation. Many women begin locks with two-strand twists, which are not as tight as braids. Twists look great on all hair long enough for them, but extensions can add length and volume. When taken out, the outstretched hair has well-defined curls and waves that last for a few days.

Delmaine Donson/ Getty Images Getty Images/m-imagephotography From curly to coily, black hair comes in so many glorious textures. But when it's time for a new look, curly hair can be a chic and elegant way to change change Up. Enter: perm. For some, this term connotes get permanent curls in the hair, but for black people, it's the opposite: it means chemically relaxing natural hairso it will be straight. A relaxer, also known as a perm for black hair, is a chemical treatment that straightens curly hair by breaking down the bonds in the hair shaft. There are two types of relaxers: Lye-based relaxer: This is the stronger formulation and is widely used by professionals. The active ingredient is sodium hydroxide. No-lye relaxer: This milder formulation is what most home relaxer kits are. The active ingredient is calcium hydroxide or potassium hydroxide. Perms for black hair should not be confused with perms applied to naturally straight hair types. The latter uses ammonium thylated as the active ingredient and creates waves or curls. Below we describe the facts, uncover myths, and give you the lowdown on perms for black hair. As the name suggests is a permanent perm. But new hair growth comes back in curly. Maintaining straight hair requires getting touch-ups at the roots. These are usually needed every six to eight weeks for optimal results. Beware of doing this more often-relaxing hair too often can lead to overprocessing, causing thinning and breakage. A common misconception is that relaxers promote hair growth; this is false. Repeat. Relaxers don't make your hair grow. It may seem like they do just because straightened hair shows the real length of your strands. A healthy scalp is the key to growing braids long and strong. Avoid frequent hair washing, if possible. Scalp massage is great, also-level that up with a dollop of coconut oil for ultimate nourishing. Semi-permanent and even permanent colors are generally good to use with relaxers, as long as your hair is not bleached. Rinses can be applied on the same day as a perm, but other color processes should be used at least two weeks after. Relaxers have been around for decades, and home relaxer kits are light and inexpensive; but if not used properly, they can cause serious, sometimes irreversible damage to hair and scalp. There are times when you should avoid this chemical process altogether. Avoid perms if your hair is in any of the following conditions: DamagedThinningBreakingBleached Using a relaxer on top of damaged hair will only exacerbate the problem. And again, having a healthy scalp is important, because the chemicals can be harmful to your skin as well. If you want straight hair but your fried braids say no, try wet sets for a gentler approach to straightening. Otherwise, keep rocking your beautiful curls until your hair has had a chance to rehab. When you start learning more about the science of black hair care, you will probably hear quite often about how dry our hair is. But why? Although there is nothing you can do to change the shape of your hair knowing more about why your hair is how it is can help you accept it more easily, especially if you (understandably) approach hair care with a less than positive attitude. The simple answer to the question of why black hair is usually so dry is obvious when you think about it: it curls. Whether your hairs are wavy, curly, kinky, S-shaped or Z-shaped, all these curves prevent your scalp natural oils from reaching the ends of your hair. By now we know everyone's scalp produces oils. But that's the difference between a straight road versus one with lots of curves. You reach your destination faster by taking it straight, as every curve slows you down. Each curl and coil in your hair strands slows the process of oil traveling to the ends. In straight hair, the oils travel easily down a straight path, which is one reason many people with straight locks need shampoo more often. In curly hair, however, oils do not have it so easy; it's harder to navigate your way through these zigs and zags, twists. If you examine the cross section of a hair follicle, you will see that individual hairs consist of several parts. The outer layer, or cuticle, is just a part. But it suffers at any time heat or chemicals are applied to it. Although the cuticles on curly hair can be twice as thick as those on straight hair, they are still not indestructible. The inner layer, or cortex, is also prone to injury and abuse. For example, anyone whose hair has lost a lot of elasticity has greatly affected the cortex in their strands. The bulb and the shape of the hair follicles determine whether hair grows straight or curly. A hooked bulb results in curly hair-the more hooked the bulb, growing curlier hair. Curls also grow out of a flat follicle, while straight hair grows from round. But still, it's a pain that is about hair whose natural tendencies make it more challenging to style and to retain precious moisture. However, when one becomes more knowledgeable about why, it can sometimes lead to greater acceptance. Our hair grows the way it grows, and there is no changing follicles or bulbs (not at this time, anyway). Although relaxers do not change the shape of follicles-even chemicals affect only the outer layers of the hair shaft, not its biological makeup at the scalp level. Knowing that your hair isn't looking to get you can make it easier to manage on a daily basis, whether you wear it naturally, pressed, texturized or relaxed. Moving forward, learn why natural hair may be prone to dryness, along with some expert-approved tips on how to add moisture to your strands. Meet Expert Diane Stevens is the owner of Cole Stevens Salon, a Nioxin global stylist and a Wella Professionals top artist. Leigh Hardges is a hairdresser at Maxine Salon in Chicago. Natural hair and even definitely prone to dryness, says Diane Stevens, owner of Cole Stevens Salon. It is more difficult for the scalp's natural sebum to travel down the hair shaft due to the curves and grooves on the hair loop. Mainly because the natural oils that our scalp produces cannot coat the hair easily. Naturally coily and kinky hair textures are typically high porosity due to the cracks in the hair cuticles due to curl patterns. High porosity has a difficult time sticking to all the good stuff your hair needs found in our conditioners, treatments and masks. I tell all my natural clients to invest in a home steamer for their hair. It pays for itself after a month of use, says Leigh Hardges, stylist at Maxine Salon. Infuse moisture and oils into your hair every chance you get. You may also consider adding an acid rinse to your laundry day routine. Apple cider vinegar or lemon juice is sprayed on to the hair after the conditioner is rinsed to help close a very open cuticle and keep in moisture. Jojoba, grape seed, hemp seed and avocado oils absorb in the hair completely to nourish the strands, says Hardges. My go-to products for moisturizing dry hair are Avedas Dry Remedy line. It is rich in oils and softeners (many from the Amazon region). Aveda Dry Remedy Moisturizing Masque \$42.50 Shop One of the reasons that the black hair care market is so big is the dryness issue. We spend billions of dollars trying to increase moisture levels in our hair. But our unique textures won't naturally feel the same as straight hair, so sometimes we think our hair is dry when it really isn't—we just need to understand how our hair feels when it's healthy and well conditioned vs how other hair textures feel. It can be a matter of getting used to a cottony-soft feel, instead of a silky soft one. Keep hair hydrated with regular cleansing and conditioning, a deep conditioning routine, application of moisturizing products as needed, and sealing in moisture on a regular basis. As long as you follow a healthy hair regimen with products designed for you, your hair will probably stay very well moisturized. The most important thing to remember with a regime is to stick to it. Taking care of your hair just sometimes doesn't make your hair very good at all. With a good routine in place, your braids won't feel as dry. Below, some of our favorite products to moisturize dry strands. SheaMoisture Raw Shea Butter Deep Treatment Masque \$14 Shop This miracle-in-a-jar contains shea butter, to moisturize the scalp, as well as sea kelp and argan oil, to give luster to strands. Amika SoulFood Nourishing Mask \$28 Shop This product-formulated with Amika's signature ingredient, sea buckthorn berry-can be used daily, or weekly, depending on how dehydrated your hair is. The berry has been found to protect against the elements, making this nourishing product. DevaCurl Heaven In Hair Divine Deep Conditioner \$28 Shop Specially formulated for curly hair, this deep conditioning mask can be left on for 15-30 minutes or, as needed, overnight (just throw a plastic cap over your hair and let it do the thing). Ouidad Ultra-Nourishing Cleansing Oil Shampoo \$26 Shop As its name suggests, Ouidad's nourishing shampoo extinguishes the hair follicle, imparting plants and healing natural oils (chamomile, corn oil and other vitamins) to dehydrated strands. Paris.

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