



How To Grow Long, Healthy Natural Hair

A Quick Guide

www.NenoNatural.com



About The Author

I'm Heather Katsonga-Woodward. I'm the founder of the blog NenoNatural.com and the Creator In Chief behind the [Queen of Kinks, Curls & Coils](#)[®] product line for dry hair.

My blog grew from zero to over 300,000 Facebook fans & 30,000 email subscribers in about 18 months; the growth was insane. **My goal is to help you enjoy managing your hair whatever your hair goals are.**

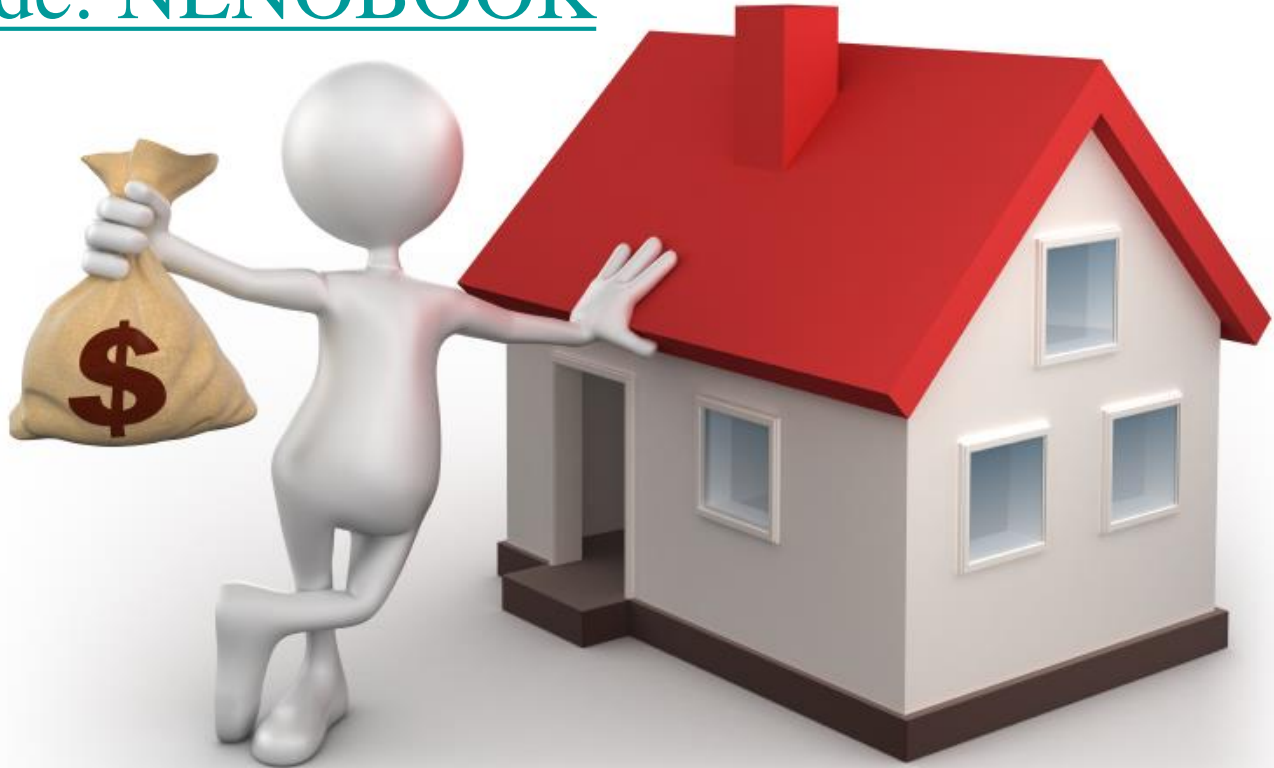
Previously, I was an investment banker at Goldman Sachs and HSBC. I resigned from the banking industry in 2012 mostly because I hate having a boss. Nowadays I run my businesses full-time from the love cabin, aka home, and in my world full-time is about 20 hours a week.

I live in Birmingham, UK (not Alabama) with my husband, Harry, aka The Good Husband & Little Zeusy (aka Chester) my little boy. We maintain a hair & life vlog at youtube.com/hkatsonga – check it out to meet me and my family.



Check Out My Property Course

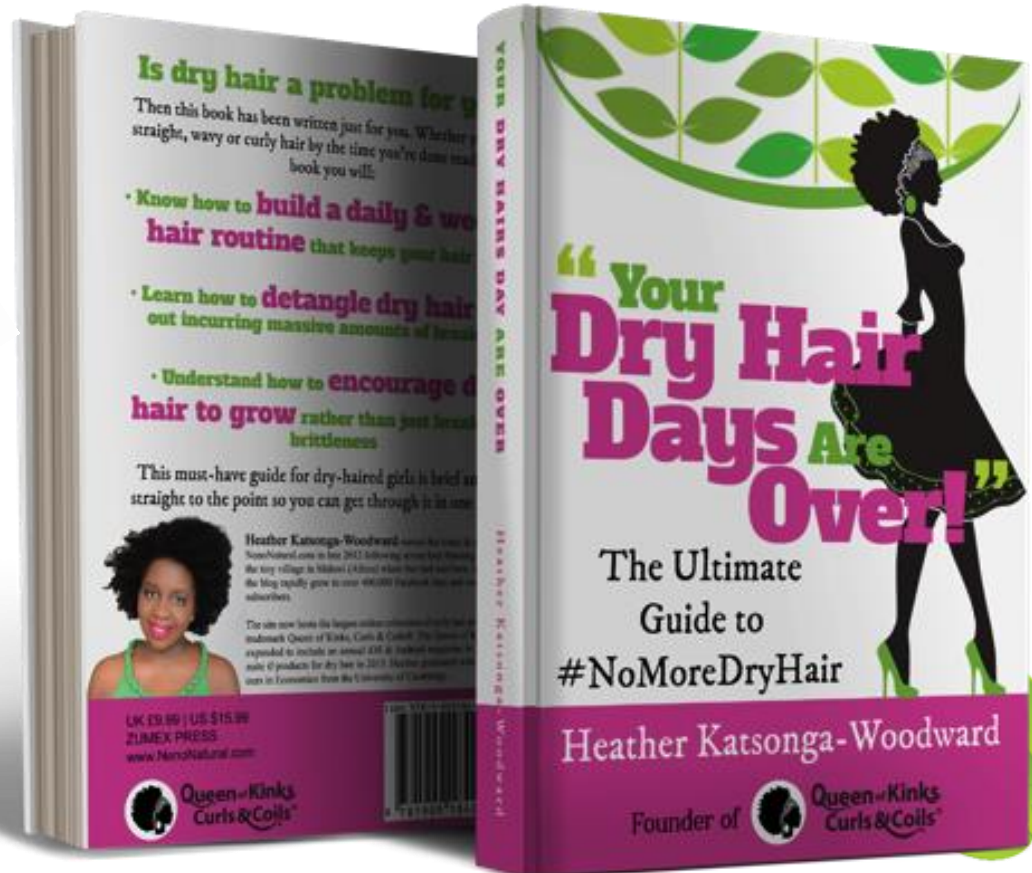
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<https://www.udemy.com/how-to-build-a-property-portfolio-from-ground-zero/?couponCode=NENOBOK>

You Dry Hair Days Are Over

- 3 years of blogging about natural hair and answering hundreds of questions from blog readers gave birth to the ultimate tips book.
- You only have to give up 1.5 Starbucks coffees to get a copy shipped to your home!



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amazon.co.uk

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Key Resources For You

NenoNatural.com has lots of free resources for fun & education:



NenoNatural.com/Hair-Blog

Use the search bar to search for specific topics



YouTube.com/hkatsonga

Hair & life vlog with my husband, Harry



NenoNatural.com/Queens

Kinky-Curly hair profiles from fellow naturals



NenoNatural.com/Courses

DIY Recipes for mixtresses

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The Hair Rule

Since I started managing natural hair in early 2011 I have learnt that there is only one rule:

You are the
QUEEN of **YOUR**
KINKS, CURLS & COILS

Any tips you hear from anybody are suggestive; you can try them, but if they don't work for you, ditch them!



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*Neno Natural's
Hair Growth Stimulator*

Now available on
Amazon!



Introduction (Hair Growth)

- In March 2011 I encountered severe hair breakage for no apparent reason.
- I got scared, stopped relaxing my hair and decided to transition to natural hair.
- 18 months later, I could tie my hair all in one place and importantly, it looked healthy.
- Here, I share everything I learnt about growing long, healthy hair.



18 months natural



Hair Types

- Natural hair comes in four main "types": 1, 2, 3 and 4.
- Type 1 is completely straight hair. It doesn't have any subsets.
- Most black people have type 4 hair. This can be further broken down into: 4a, 4b, 4c. Some have more loosely curled 3C hair.



- The type in itself does not matter. What does matter is the impact of type on how the hair should be handled.
- All type 4 hair is very curly/kinky but type 4C is the most kinky and most vulnerable to breakage.



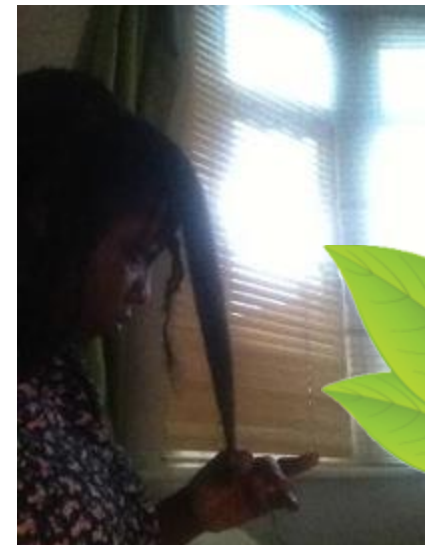
Growth Potential

- If you have very kinky hair, treat it with great care and reverence.
- Kinky, curly and coily hair is a little more prone to breakage than straight hair because the bonds in hair are slightly weaker at the “bend” points.
- Any harsh treatment or harsh chemicals will lead to breakage and will result in less retention of hair length.
- On average, hair grows a maximum of 0.5 inches per month. You can expect 3 to 5 inches of growth per year (after trimming).



Maximum Hair Growth

- Hair does not grow forever.
- On average the growth cycle is 4 to 7 years. This limit is set by genetics and cannot be changed.
- The growth cycle can be as short as 1 year and as long as 10 years!
- If your growth rate is 4 inches/year and your genetic limit is 5 years the maximum you can achieve is 20 inches of hair (before trims).
- If you have fast hair growth of 6 inches/year but your cycle is only one year, your hair will not grow beyond 6 inches.
 - A little less with trims to keep the ends neat.





1. DETANGLING

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Detangling

- Detangling is the one crucial stage of natural hair management that does not exist when you have relaxed hair.

TIP 1: Only detangle moist hair

- Very dry and very wet hair is more likely to break.

TIP 2: Plasticize hair before you detangle it

- Plasticizing hair is softening it using a bit of water and a detangler.
 - If you don't have a detangler use a rinse-off conditioner if you are about to wash your hair or a moisturizer if you are just styling your hair.

TIP 3: Finger detangle first

- Fingers are much more adept at detangling than combs.

TIP 4: Only use wide-tooth combs

- They are much gentler on hair.



*Neno Natural's
Wide Tooth Combs*

Now available on Amazon!



Why Detangle?

- Well-detangled hair is :
 - Less likely to break when you're washing and conditioning
 - Less likely to break when you are styling and handling it
 - Easier to comb and style
 - Smarter
- Video: [How To Detangle & Prevent Tangling of Natural Hair](#)





2. WASH & CONDITION

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Wash & Condition

TIP 5: One shampoo a week is more than adequate

- Kinky & curly hair is very vulnerable to dryness. This means that it does not need to be washed as often as other types of hair.
- Excessive washing will draw out moisture and increase breakage.

TIP 6: Use a gentle, sulfate-free shampoo

- Most shampoos use sulfates as the cleaning agent or “surfactant”.
- Sulfates are so commonly used because they are a lot cheaper than other surfactants and they are effective on greasy hair types – the majority of buying consumers have greasy hair.
- However, for kinky/curly hair, sulfates are too effective a cleaning agent; they wash out the good oils too leaving our hair too dry.
- If you exercise heavily and feel like you need a more regular wash, add an extra wash or two per week using conditioner only rather than shampoo (i.e. co-wash).



Wash & Condition Frequency

TIP 7: Co-Wash if you need a more regular wash

- You know that squeaky clean feel you get when you've shampooed your hair? That is what you are trying to avoid.
- Squeaky clean means you've stripped the hair of a lot of moisture and natural oils.
- Washing hair with conditioner (co-washing) does not strip hair as much as shampoo does and is therefore less damaging.
- If you sweat a little bit only, it doesn't necessarily mean that your hair needs a wash.
- I would say more than three washes a week is excessive but some people co-wash daily and don't find it detrimental.
- A weekly shampoo is important because some ingredients in conditioner, e.g. some silicones, are designed to be washed off with shampoo.
- Silicones have many benefits for hair so rather than avoid them all learn about which ones are best for your hair type and regimen.
- If you haven't already, check out this article on my blog: [*What Are The Best Silicones For People On A Co-Wash Regimen?*](#)



Washing Hair & Length

TIP 8: The longer your hair gets the less often you should be washing it

- Short hair is more welcoming (and forgiving) of regular washes.
- Long hair has a higher tendency to get tangled and the detangling process is an opportunity for breakage.
- Long hair also takes longer to get greasy;
- Sebum produced in the scalp finds it difficult to travel along our kinks, curls and coils to the tip of hair even more so when that hair is long.
- Tangling is apparently also a big problem for some people with very long, straight hair.
- The longer your hair is, therefore, the more dry your ends will tend to be.
- Hair ends are, by nature, the oldest section of hair so they have over time been eroded away through styling and washes; they are naturally drier than roots and need more moisture.



Wash & Go

TIP 9: Wash & gos work best on

- Short hair
- Very loosely curled hair
- When you try to Wash & Go 4C/4B hair longer than shoulder length you could be in tears the next day!
 - The tangling and matting is indescribable!
 - The shrinkage is exhausting
- Untangling the mess takes a heck of a lot of time (at least for me) and you will get much more breakage than you normally do during a wash.
- Some 4A naturals also cut out Wash & Gos after a certain length.





3. CHEMICALS TO AVOID

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Chemicals to Avoid

TIP 10: Read product labels; know which chemicals to avoid

- The products that you use on your hair matter.
- Certain chemicals dry hair out, make it more likely to break, clog up pores or simply do more harm than good to your hair.
- Ensure that products you use do not contain any of the following:
 - Gluten
 - PABA or DEA (paraaminobenzoic acid and Diethanolamine)
 - Parabens
 - Paraffin
 - Petrolatum and mineral oils
 - Phthalates
 - Propylene Glycol
 - Sulfates: sodium or ammonium laureth or lauryl sulfate (SLS/ALS)
- Note: silicones used to be on the list but have been removed.
- I explain the good vs. the bad silicones in a series of blogs: nenonatural.com/silicones



Chemicals to Avoid

TIP 11: The lower on the ingredients list a chemical is, the lower its concentration is within the product

- Because petrolatum is very cheap, a lot of hair products targeted towards black consumers have traditionally contained a lot of petrolatum (e.g. Blue Magic, Sulfur 8 etc.)
- Petrolatum coats hair in a heavy film that makes subsequent efforts to moisturize your hair futile; petrolatum is also hard to wash off with a gentle, sulfate-free shampoo.
- The higher a chemical is on a bottle's ingredients list, the more of it there is relative to chemicals listed lower down.
- According to *The Science of Black Hair* by Audrey Davis-Sivasothy, as a rule of thumb, if you see petrolatum or any other undesirable chemical listed sixth or lower there isn't much of it in there.
- For instance, Cantu Shea butter has petrolatum listed as the 7th/8th ingredient and I find it still works well for moisturizing my hair.



Chemicals to Avoid

TIP 12: Where possible go for products made by natural hair companies

- In 2013 the likes of *Dark & Lovely* and *Dr Miracles* jumped onto the natural hair opportunity.
- I tried these products and a few others made by popular, long-standing brands and was left very disappointed.
- In my opinion they've done very little to change their relaxed hair products; they've mostly rebranded the outside, the inside is still more or less the same.
- Companies that specialize in natural hair have grown from the desire to tackle the specific needs of natural hair especially:
 - Dryness, lack of moisture and curl definition.
- You are a lot more likely to be satisfied when buying products from a natural hair company.
- My latest recommendations based on feedback are regularly updated at nenonatural.com/products



Chemicals to Avoid

TIP 13: Don't fall for products' marketing gimmicks

- Read the label.
- You will find that some products that are marketed as being natural contain some of these harsh chemicals so it's always best to check before paying.
- I regretted paying A LOT of money for some *Mixed Chicks* products only to find that a couple of them contain too much of the must-avoid ingredients!
 - And importantly, they didn't work well on my hair.
- *Caveat emptor* ~ buyer beware!





4. MOISTURIZING DRY HAIR: NO MORE DRY HAIR!

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Moisturizing Dry Hair: Water

TIP 14: Spritz with water regularly

- Kinky/curly hair is very vulnerable to dryness;
- It can lose a lot of moisture even over the course of one day.
- The number one moisturizer for our hair is water!
- Water will soften hair and keep it hydrated so that it's less prone to breakage and more likely to retain length.
- Spritz your hair using a spray bottle at least twice daily: in the morning and in the evening.



Spray bottles



Moisturizing Dry Hair: Spritz

TIP 15: Spraying your hair with water regularly cannot replace your weekly wash

- Spraying water into your hair helps to hydrate it for the day or night but after 7 to 10 days you should give it a proper detangle, wash and condition.
- When you drench your hair fully in water any bits you miss when you spritz will also get hydrated.
- I realized that whenever I spritzed my hair the edges were a little neglected. That doesn't happen when I wash my hair properly.



Moisturizing Hair: Deep Condition

TIP 16: Deep condition weekly

- Is your conditioner actually a *deep* conditioner?
- There are 5 main types of conditioner:
 - Instant conditioners – designed for daily use, surface-acting only;
 - Cream-rinse conditioners – good for detangling and heat protection;
 - **Deep conditioners – boost moisture, protein, softness and strengthen hair;**
 - Moisturizing conditioners – reduce frizz, boost moisture and hair elasticity;
 - Protein conditioners - Temporarily rebuild damage along the hair's cuticle.

15 months natural



Deep conditioning



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Moisturizing Dry Hair

TIP 17: Do NOT deep condition more than once a week

- Given the benefits of deep conditioning you'd be forgiven for thinking that the more you do it, the better, right? – uh-uh, it doesn't work like that.
- If you deep condition too regularly you might incur breakage from excessive moisture.
- If you want to wash your hair more often, get an instant or cream-rinse conditioner to be used in between deep conditions.
- If it says “suitable for daily use” or something along those lines, it's mild and okay for more regular use; it is not a deep conditioner.



Deep conditioning



Moisturizing Dry Hair: pH

TIP 18: Use a shampoo and conditioner within the same product line or test the pH of your chosen shampoo and conditioner to ensure they complement each other

- Conditioner is meant to be more acidic than shampoo. The lower pH of the final product used in the cleaning process (typically the conditioner) helps to seal off the hair;
- Sealing the hair means hair cuticles are smoothed down and moisture is held in better.
- A shampoo and conditioner within the same product line will be developed with this feature in mind.
- For example,
 - The shampoo of one brand may have a pH of 4.5 and the conditioner 3.5 so that your hair is properly sealed off.
 - But if you then go and use a conditioner of another brand whose pH is 5.0, this sealing off process won't happen properly.

Example Item	pH	Strength	Effect on Hair
Battery acid	0	Strong acid	Hair dissolves and disintegrates completely
Hydrochloric acid (stomach acid)	1		
Lemon juice	2		
Apple cider vinegar	3		Hair cuticles tighten & contract; porosity & ability to retain moisture rises; hair is more shiny
Hair conditioner, aloe vera	4		
Hair & skin, shampoo, black tea	4.5 - 5.5		Hair is normal
Black coffee	5.5 - 6.0	Weak acid	Hair begins to swell; cuticle begins to lift; hair shaft incurs increased damage as pH rises; lipids are lost from hair leading to less shine and lustre;
Pure (distilled) water	7	Neutral	
Blood, hair dye, green tea	8	Weak alkaline	
Baking soda, soaps	9		
Milk of magnesia	10		
Relaxers	11		
Relaxers, Ammonia, soapy water	12		Hair begins to dissolve, i.e. the structural bonds in hair break
Relaxers, bleach	13		
Relaxers, liquid drain cleaner	14	Strong alkaline	

<http://www.nenonatural.com/pH>



The Best Vegetable Oils

TIP 19: Use pure, natural oils and butters on your hair

- In addition to water the following natural oils and butters are documented as having great benefits for hair:
 - Avocado oil
 - Castor oil
 - Coconut oil or butter
 - Grapeseed oil
 - Jojoba oil
 - Olive oil
 - Shea butter
 - Sunflower oil
 - Sweet almond oil
- Oils lock in moisture, they themselves are NOT moisturizers.



Moisturizing: LOC vs. LCO

TIP 20: Apply moisturizer to your hair before any oil

- Oil is not a moisturizer.
- Oil and water do not mix, so oil, if used at all, needs to be applied last so that it locks-in moisture and stops it from escaping.
- Oil is fantastic at locking-in moisture.
- Two common moisturizing methods:
 - In the **LOC** method, a **L**iquid moisturizer is applied first, then **O**il, then a **C**reamy moisturizer.
 - In the **LCO** method, a **L**iquid moisturizer is applied first, then a **C**reamy moisturizer, then **O**il.



Jojoba oil



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Moisturizing Dry Hair

TIP 21: A good, moisturizing cream can keep your hair soft for 4 to 5 days without re-application if you just add water

- If you twist dry hair using a cream, when you untwist the plaits all you need to do is spritz your hair and fluff it out to 'reactivate' the cream.
- In this video I show you myself how I have done this.
- My hair is mostly 4c with a little 4B at the back;
- Although the stretched hair shrunk over the 5 day period, a quick spritz with water was all it took to get it very soft and easy to manage on each day.



<http://youtu.be/TrjjdYh69FI>



Warm Wash, Cold Rinse

TIP 22: Finish every wash off with a cold rinse

- Washing your hair with warm water helps to dislodge dirt and oil.
- Warm water also increases the hair's porosity i.e. the cuticles open up so that all the good stuff from your shampoo and conditioner is easily absorbed.
- Rinsing your hair in cold water at the end of the washing process will help to flatten the cuticle and lock-in moisture.
- I also do this when I wash my face. It helped to clear up my acne.
- So, wash with warm water and rinse your final conditioner off with cold water (not freezing cold water, just very cool).





5. STIMULATING GROWTH

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Stimulating Hair Growth

TIP 23: Use essential oils to maximize hair growth

- In addition, some essential oils are well known for cleansing hair, promoting hair growth and helping to maintain a healthy look.
- The most popular and most well documented are:
 - Cedarwood
 - Lavender
 - Rosemary
 - Thyme
 - Ylang Ylang



Stimulating Hair Growth

- Neno Natural's Hair Growth Stimulator includes four of the best essential oils:
 - Rosemary
 - Lavender
 - Thyme
 - Cedarwood
- If you make your own oil blends, use essential oils with care.
- You don't need a lot - they are very potent; a few drops is plenty.
- Neno Natural's Hair Growth Stimulator can be applied directly to hair, used as a conditioner or for hot oil treatment.





6. HEAT AND YOUR HAIR

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Heat and Your Hair

TIP 24: Use heat cautiously

- Heat frequently dries out and damages hair - that's a well known fact;
- Many people in the natural hair community apply heat to their hair with extreme caution;
- The ones that I follow most fervently (i.e. those with the healthiest and/or longest hair) claim to almost never use heat.
- When I started out, I didn't know heat was “bad”; I used to blow dry my hair weekly, after my wash and condition routine but I stopped doing so and I’m fine without it now.
- I only blow when I am braiding my hair, at the moment that’s about four times a year.



Going Heat Free

TIP 25: Consider cutting out dryers and straighteners from your hair completely to start off with

- As I was nursing my hair from extreme breakage, I decided to completely stop using heat.
- From about July 2011 to January 2013, I applied heat only once – on my wedding day, 11/11/11.
- **Blow drying** is not necessary: your hair will dry well and with a great curl pattern if you simply plait or twist it using a good moisturizer and oil after you've conditioned it.
- **Hair straighteners** are even less necessary: you can flat iron your hair as a treat once or twice a year but any more often than that will increase breakage.



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Heat Safety Tips

TIP 26: If you must apply heat do it in the safest way possible:

1. **Wash and deep condition hair** no earlier than the day before you blow dry. Ideally just prior to the blow dry. Don't blow dry dirty hair.
2. **Thoroughly detangle** your hair before you blow dry.
3. **Dry your hair using a microfiber towel** so that it's not too wet and doesn't frizz. Don't rub and scrunch the hair, just tie the microfiber towel over your head and it will soak up the water.
4. **Apply a heat protector**. Coconut oil can form an effective heat protector as well as a moisture seal.
5. **Section hair**. This allows you to deal with any tangles you meet systematically and more easily.
6. **Blow dry using a medium to low heat**. Do not use high heat it will damage your hair.
7. **Blow dry down the hair** so that the air flow is in the same direction in which the cuticle layers lie.
8. **Leave a little moisture in the hair**. It doesn't have to be bone dry.
9. **Finish** the blow dry **with a cold blast of air**. Hot air opens up the cuticle layer and cold hair closes it up sealing the hair, boosting shine and reducing frizz.





7. NUTRITION

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Nutrition

TIP 27: Eat healthily to grow high quality hair

- When it comes to having healthy hair, nourishment has to come from the inside out.
- An unhealthy diet = poor quality hair.
- For those that love their hair, eating well is not just about keeping trim.
- To your body, hair is low on the list of priorities:
 - Nutrition goes to the vital organs first and if there's none left for hair and nails, then so be it: they will crack, break and grow much more slowly.
- Foods that are rich in protein, iron, vitamin A and B-vitamins are what you need for high quality hair.
- A good diet won't change the hair that's already left your scalp, it's your new growth that will look and feel healthier.



Nutrition

TIP 28: Use a nutrition supplement especially in winter

- Can nutrition supplements help?
- If you have a poor diet and take supplements to substitute for eating well, your hair is likely to suffer nonetheless.
- However, supplements are helpful in making up for any deficiencies.
- For instance, during winter you might be low in Vitamin D which is naturally produced when you're exposed to the sun so taking a Vitamin D supplement will help.
- I take a 'skin, hair & nails' supplement for this reason: just in case my diet is low in something.
- The ideal ratio of iron to zinc in a supplement is 3:1, i.e. Three times more iron than zinc leads to increased uptake of iron.



Great Foods for Hair

Fruit & Veg

- Bell peppers
- Broccoli
- Carrots
- Cauliflower
- Dark green leafy veg
- Tomatoes

- Apricots
- Citrus fruits
- Mango
- Papaya
- Watermelon
- Raisins

Other

- Beef
- Chicken
- Fish

- Beans, especially red kidney beans
- Bran
- Lentils
- Rice
- Soybean

- Cheese
- Eggs, esp. the yolk
- Milk





8. COMBING AND HANDLING

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Dry Hair HATES Combs!

TIP 29: Don't comb dry hair

- Personally, I only comb my hair with a comb when I have applied conditioner or have moistened it with a spray bottle and/or a hair cream.
- The rest of the time, I finger comb and finger style.
- The best type of comb to use is a large tooth comb because it's gentle on your hair.
- Combing dry hair will increase the rate of breakage.



Combs and Salons

TIP 30: Detangle your hair fully *before* going to a salon

- If you go to a hair salon to braid your hair etc., they might insist on using a fine-tooth comb. If this is the case:
 1. Make sure your hair has been deep-conditioned beforehand to soften it
 2. Finger detangle well
 3. Then use a large-tooth comb to detangle before using the fine-tooth comb so that the fine-tooth comb does the least damage possible
- Personally, I have developed a disliking for hair salons because I feel many of them don't treat my hair with respect; they just want to get the job done quickly and get paid.
- That said, there are some good ones out there so ask friends for recommendations and read reviews before deciding where to go.





9. SLEEPING

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Sleeping

TIP 31: Protect your hair with satin when you go to bed

- There are two things you want to do when you're sleeping:
 1. Protect hair from breakage
 2. Protect hair from getting matted flat against your head
- Dehydrated hair is much more prone to breakage.
- Cotton materials:
 - Will draw the oils out of your hair;
 - Have a rougher texture than satin therefore all your tossing and turning provides ample opportunity for your hair to break.
- You'll notice that the hair on top of your head grows faster than in any other place and the fact that it remains relatively untouched during sleep helps with that.
- A satin head cap and/or a satin pillow case offers the best protection.



Sleeping

TIP 32: Protect hair from breakage

- Buy a satin head cap: it's more slippery and will therefore protect your hair better than cotton.
- You could also get a satin pillowcase for double protection.

TIP 33: Protect hair from getting matted

- Twist your hair prior to going to bed.
- Sleeping without twisting your hair causes the strands to stick together and the coils to get tighter making it hard to style your hair in the morning.
- If your hair does get matted, spritz using your water bottle and use your fingers to lift the hair out of its matted state.
- Combing matted dry hair will lead to unnecessary breakage.





10. HAIR STYLES FOR LENGTH

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Hair Styles For Length

TIP 34: Wear protective hair styles to prevent breakage

- Hair strands are least protected when they are loose.
- People with dreadlocks partly grow very long hair because it's always packed together; breakage is reduced significantly when the hair strands are together.
 - Also, their shed hairs remain matted to the loc whereas shed hair falls out when your hair is 'free'.
- Protective styles are hair styles that involve pulling your hair up so it doesn't rub against clothing and (ideally) hiding the ends.
- It's obviously more fun to wear your hair out and show it off but if you wear more protective styles, your hair will thank you with length retention.
- Protective styles are most important when the weather is bad, i.e. very hot, very cold, windy or rainy.





11. BRAIDING

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Braids That Break Hair

TIP 35: Avoid thin or heavy braids

- Is it okay to braid your hair? Does it increase hair loss and breakage?
- Some people with natural hair prefer not to braid their hair at all, ever!
- The main advantage of braiding your hair is that it gives your hair a rest from combing.
- However, braiding your hair will lead to breakage if:
 - The braids are tiny
 - You neglect your hair when it's in braids



Braiding To Grow Hair

Tips for braiding your hair in such a way that you don't get breakage:

- **TIP 36:** Make sure you don't put a large hair extension on a small patch of hair. The pulling impact could lead to breakage.
- **TIP 37:** Plait your hair without using extensions, e.g. by doing corn rows or single plaits and twists with your own hair only.
- **TIP 38:** If you do use extensions, consider corn rowing the hair on the front edge. It tends to be more prone to breakage.
- **TIP 39:** Ensure you treat your hair just as well in braids as you do when it's not. This means washing, deep conditioning and moisturizing every 7 to 10 days.
- **TIP 40:** Continue to spritz it with water twice daily. This will ensure that when you unbraid the hair it's not dry and brittle.
- **TIP 41:** Don't go from one set of braids straight into a new set; have a break of at least 2 weeks between braids.





12. WEATHER

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Weather

TIP 42: Ensure your hair is never exposed to bad weather

- Bad weather naturally damages hair. Bad weather includes:
 - Wind
 - Cold
 - Extremely air conditioned environments e.g. on flights
- During winter wear hats and scarves when you are outside. This is the single best thing you can do for your hair during winter months
- When you are on a long-haul flight take a hat or even better, your satin night cap, onto the plane with you
 - Sleeping with your satin cap on will protect your hair in the same way it does when you sleep at home
 - To avoid awkward looks on the plane, wear a beanie hat on top of the satin cap - no one has to know it's there!





13. FRIZZ CONTROL!

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Frizz Control

TIP 43: Rinse with cold water

- Warm water causes hair to frizz.
- However, in order to loosen dirt and oils from the scalp and hair during a wash, you need warm water.
- The solution to quell the frizzing is to rinse conditioner out with cool water - as cool as you can stand. This tames frizziness, boosts shininess AND locks in moisture by flattening the hair cuticle.



Almost 2yrs natural



Queen
of
Kinks
Curls & Coils

Frizz Control

TIP 44: Leave some of your rinse-out conditioner in your hair

- According to *The Science of Black Hair*,
"If hair dryness and frizziness are major problems after shampooing and conditioning your hair, consider allowing a small amount of your "rinse-out" conditioner to remain in the hair after rinsing for additional control and sleekness."
- Instant, daily use conditioners are the best type of rinse-out conditioners to leave in.



Almost 2yrs natural



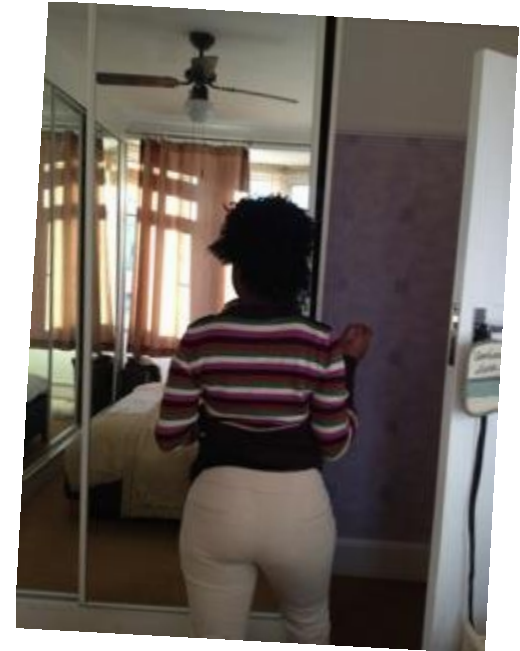
Frizz Control

TIP 45: Use a microfiber towel to dry your wet hair

- A regular towel ruffles up hair fibres and causes the hair cuticle to lift and frizz. Microfiber is much more absorbent than cotton; it soaks up water without you having to rub the towel in your hair.

TIP46: Try Argan oil

- Argan oil is reputed as being the best oil for tempering frizz.



Almost 2yrs natural.
Working on my mohawk



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Frizz Control

TIP 47: Master your hair drying technique

- Don't rub or ruffle the hair dry:
 - Either just tie your microfiber towel around your head and let the water drip into the shirt or towel.
 - Alternatively squeeze gently down your partitions, if you twisted or plaited your hair for the wash.
- Similarly, if you keep touching your hair you'll also encourage it to frizz:
 - Lots of touching and rubbing causes frizziness because you tamper with the hair's cuticle layer.



(just over a year natural)



Frizz Control

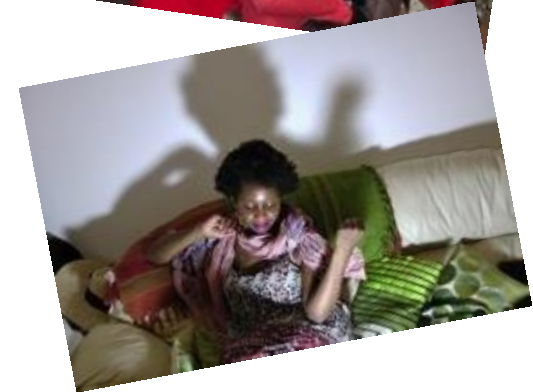
TIP 48: Mix gel and serum

- For more defined curls, mix a little gel with serum and scrunch (don't rub) this mixture down your hair by lightly squeezing.
- Gel, as always, helps to set the style and the serum will smooth the hair down thereby blocking atmospheric moisture from frizzing the hair.

TIP 49: Give the ends a little more TLC

- The ends of your hair are older, weaker and therefore more prone to frizz. They need more moisture and (if possible) will perform better if they're not rubbing against clothing.

For gorgeous scarves:
NenoNatural.com/scarf





14. TRIMMING

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Why Is Trimming Important?

Trimming is important because:

- 1. It helps your hair look good and well looked after**

It smartens you up. Unsightly hair ends are not attractive.



- 2. It gets rid of damaged hair**

Damaged hair and split ends are more likely to get tangled with healthy hair; this extra friction encourages more hair damage and increased breakage.

- 3. It encourages growth**

I'll be the first to admit that I don't understand how this works but apparently taking care of hair ends helps hair grow. I think this is likely due to better length retention. It could also be due to a better hair care regimen generally.





How Often Should You Trim?

There is no hard and fast rule for when you should trim. I would trim:

1. When your hair needs it

You know your ends need a trim when they are looking worn out, dry and frizzy. If you don't get rid of those ends they will end up breaking on their own and this normally leads to more split ends, unkempt looking hair, tangling and even more breakage!

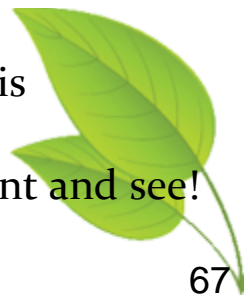
2. To keep it neat

If your hair is uneven and messy give it a trim.

3. To stop the ends from getting damaged

I made the mistake of over trimming! Every two weeks or so I was cutting off the ends because they were tangled and hadn't been combed through properly. This is not necessary at all. What would be better is "dusting" the ends.

"Dusting" involves trimming so little hair that it looks like dust. This technique helps to stop split ends from happening. You can dust every 6 to 8 weeks. Seriously, snip off a tiny, inconsequential amount and see!



How To Trim Natural Hair

- **When to do it:** on wash day.
- **What type of scissors to use:** very sharp ones.



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<http://youtu.be/BzfShdBPjKI>

- **How to do it:**
 - After you have rinsed out both shampoo and conditioner, apply your leave-in conditioner or moisturizer.
 - Using a wide-tooth comb make sure your hair is well detangled before you twist it for air drying.
 - Twist your whole head. Once twisted trim the end of each twist.
- **Will your hair be even?** It will be even enough.





15. BUILDING A REGIMEN

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The Weekly (Wash Day Routine)

Regimen for my medium length 4C/4B. You can copy it or adjust it to suit you.

STEP 1. Finger detangle damp hair

- ...because it is far easier to detangle hair when it is just a little damp rather than when it is wet or very dry. Dampening the hair and softening it with a little conditioner is called plasticizing the hair.
- **Product:** either a leave-in conditioner or a proper detangler.
- Short hair detangles very quickly and easily; long hair needs you to allocate at least an hour, sometime 2 hours just to detangling.

STEP 2. Shampoo

- I only shampoo once regardless of how dirty my hair is because I don't want to strip it too much of it's natural oil.
- I did not section my hair at all at this point when my hair was short or medium length. The "natural hair gurus" had me believing this is a MUST but I didn't seem to suffer for it then...



The Weekly (Wash Day) Routine

STEP 2. Shampoo continued...

- When my length went 2/3 inches past the shoulders I did start seeing the benefit of sectioning. Leaving it loose exacerbated tangles.
- If my hair is very dirty I loosen one section at a time, wash it, re-twist then move to the next bit.

STEP 3. Deep condition

- At medium length my hair was still loose at this point. When it grew longer I conditioned by section then re-twisted the section.
- I then cover my head in a shower cap, blow dry over the surface, then cover my head in a towel or a thick head wrap or a beany to trap the heat.

STEP 4. Detangle again but this time with a comb

- I take the shower cap off, untwist the hair, detangle again and retwist. This was the first time I twisted my hair at medium length.



The Weekly (Wash Day) Routine

STEP 5. Rinse out conditioner

STEP 6. Moisturize and plait or twist each section.

- My hair has to be twisted or plaited to stretch it.
- As mentioned before, Wash & Gos don't work for my type of 4C/4B hair; it shrinks too much by day 2 making styling too tough.
- When it was shorter I only did 3-strand plaits because they were the most effective at stretching. Now that I have gone past shoulder-length, twisting stretches the hair enough to do all the styles I like.
 - It's not as stretched as with plaits but it takes a lot less time.
- First, I massage just the scalp using Neno Natural's Hair Growth Stimulator.
- Then I apply a creamy leave in conditioner/moisturizer just to the hair and then seal with an oil or hair butter.



Queen
of
Kinks
Curls & Coils

The Daily Routine

When not in braids

1. Spritz some water on your twisted or untwisted hair.
 - If you'll be in a protective style you can use as much water as you want but if you'll have your hair out use very little water to prevent frizzing.
2. Cover head in a shower cap whilst you get ready for the day if hair is matted or very dry.
3. Add a little creamy moisturizer to soften hair, oil to seal, then style!
4. Twist hair before bed, massage the Neno Natural's Hair Growth Stimulator into roots.

If you don't moisturize all your hair then moisturize the ends only. Hair ends are the oldest and driest section of hair; they also tend to be weaker.

When in braids or twists

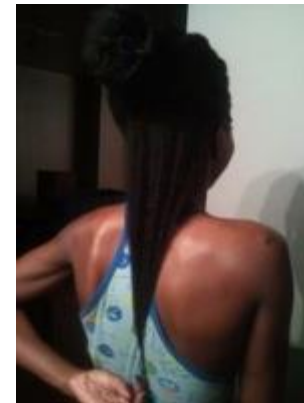
- I massage Neno Natural's Hair Growth Stimulator into my scalp literally daily especially in the early days.



Queen
of
Kinks
Curls & Coils

Other People's Regimens

- It's all good and well knowing what my regimen is to inform your own, however, I realized that we can all learn from each other.
- In Dec-2013 I introduced a feature section called the Queen of Kinks, Curls & Coils (Queen of Kinks in brief) on NenoNatural.com
- In this section you can learn about other people regimens (people of different hair types and from different parts of the world) including their top tips and hair tragedies.
- You can also email use to be considered for the feature.
- See other regimens at: NenoNatural.com/queens





16. PRODUCTS

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Products

- Whilst it's now easy to find decent products in the US and the UK there are so many brands of varying quality that you need help picking the best ones.
- There is only one line with the prime objective of **curing dry hair**. The formulator is a top British chemist who formulates products for many premium brands including some that supply The Royal Family in Britain:



Welcome to Neno Natural

And thanks for your awesome support!

You'll see this guy in some of my YouTube videos – he's my biggest fan and also my husband; he watches every single video I make, reads every blog.



Harry

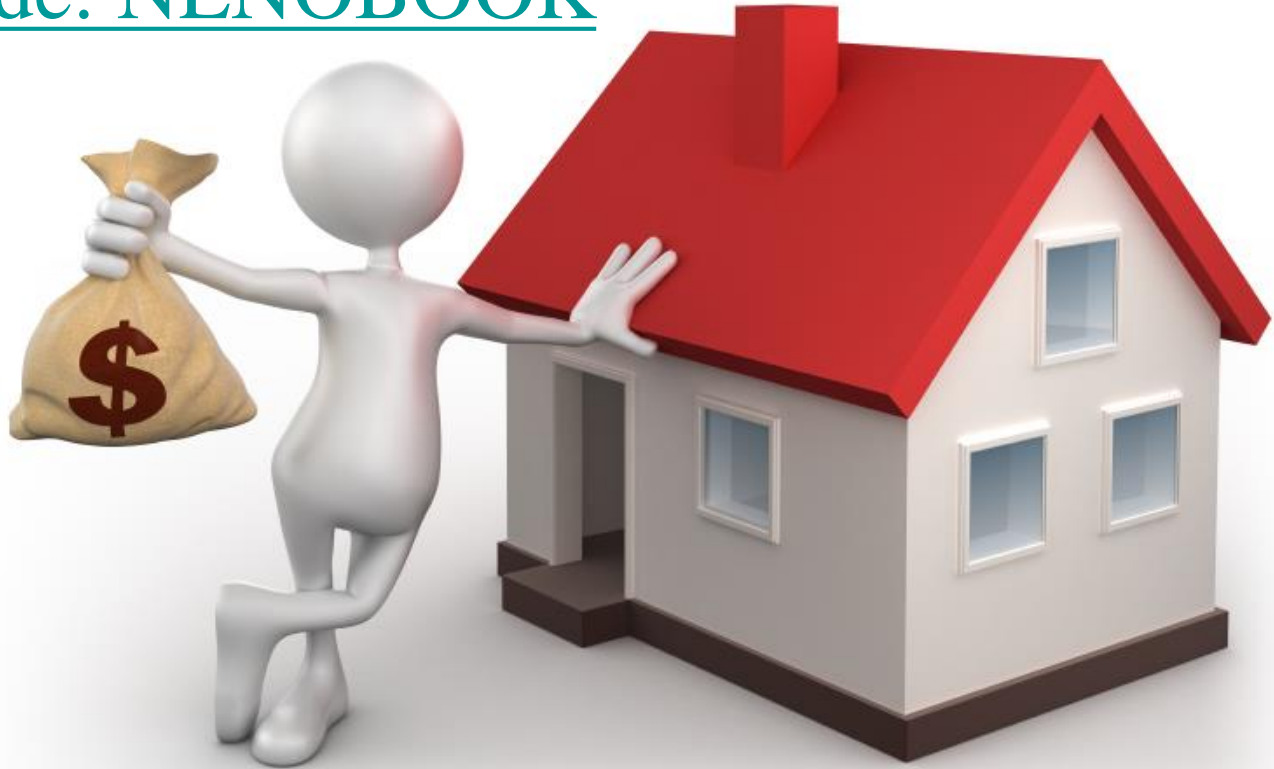
Heather

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