

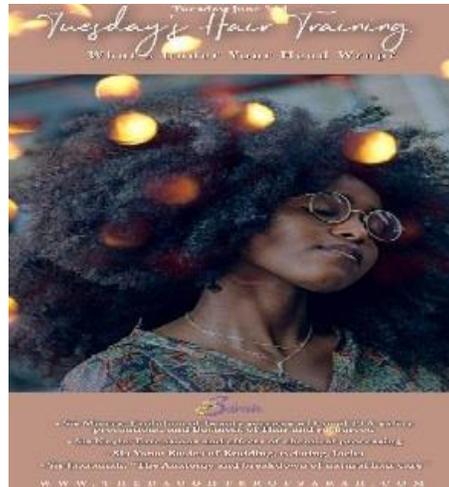


Topic: T2 Chat: Tuesday's Hair Training:
What's Under Your Headwrap?

Hostess: Ma Shamarah

Guest Presenters: Sis Mierra, Sis Kayla,
Sis Yana and Sis Jaazaniah

Date: June 2, 2020



<https://m.youtube.com/watch?v=73dDYLcRE9g&feature=youtu.be>

Mama Shamarah

Shalom MHNCB welcome to our Zoom Special Edition on what is underneath your headwrap. Most of us have on a silk scarf under our headwrap. Or maybe you have on a bonnet, but for those of you who are interested in very pretty bonnets I would suggest you go to a sister in Atlanta she has a boutique and has beautiful satin bonnets that you can actually wear outside.

The reason why we are having this chat today is because some of us, especially Southern Kingdom have always had that hair discussion. While we are in quarantine, as the previous video discussed, a lot of us are asking, what am I going to do with my hair? Example: "I'm used to seeing my hairdresser, I'm used to getting my hair done", etc. For those of you who do not know how to maintain your hair this is a good forum for you to ask professional stylist, in the body that do this for a living even with some of their own challenges they may be facing during this pandemic. This way we can all talk about it during this Sisterhood. Sister Mierra is up first. She is my own personal stylist and takes care of my locs for me. I have not seen her since March 8. A lot of you may not be able to talk to your stylist or come to your house so this is prime opportunity to



have this conversation about two-strand twist, how to braid, how often should you wash your hair and things of that nature.

Sis Mierra

Shalom, I am happy that TMH continues to cover us in these times as we endure and keep these laws. I am honored to be a part of the Titus 2 Chat today. I am going to be talking about the evolution of changes concerning this COVID-19 and the business of hair resources that we have available as professionals.

A little bit about myself, I am from Brooklyn. I am a licensed Cosmetologist. I am licensed in the state of NY and I am also a Master Stylist in the state of Georgia. I am also an entrepreneur and I have been doing hair for a very long time. My companies are Image Therapy and Meirra Mirror on Instagram and on FB. Which is beauty, modesty and living since 2015. Over 25 years of experience. I started on the stoop with the hair grease and a comb, doing hair for like \$2 buck each child. I have always had a love for hair. We used to do our dolls hair; press and comb it.

In the beginning of my career, I worked in the entertainment industry, Showtime at the Apollo. I still have industry clients.

<https://m.youtube.com/watch?feature=youtu.be&v=qo8ISANpHoA>

For professionals you must think about the new changes and have a plan going forward. The clients you're use to will most likely decrease and/or be minimized. You must space your clients in a way that you can give good service and thoroughly clean, disinfect and sanitize your establishment and supplies used to adhere to all the guidelines.

Ma Shamarah – What does that look like for a sister who goes into the salon for services?

Mierra – She should have gloves, mask and if possible, a disposable cape. Not all salons have these, but if possible, it will provide added protection for her as the client. (clear garbage bags can be cut and placed over your clothes) Also you will need a babysitter, because children are not allowed in the salons during this time. Book ahead of time, the schedules will be tight.

Ma Shamarah – The expectations in going to a salon you should keep your appointment obviously because scheduling will be an issue. So, come prepared with safety for yourself.

Meirra



We have been in furlough since March 12. These are some of the things that must change for the salon owner they need to make sure their employees understand the new guideline as well as themselves. They should change their handbook and have discussions with their staff. This way there are no surprises and to make sure everyone understands everything.

Sis Kayla

Topic: *What We Should Not Do To Our Scalp and Hair.*

I do not have my mask on because I am home, however I do follow the protocol brought out by the previous sister when I am in my salon. I've been in the hair business for over 25 years. I started doing hair around the time when relaxers, curls, finger waves etc. were popular.

Ma Shamarah – I lived through all of those, so I know exactly what you are talking about. Finger waves that was my thing.

Sis Kayla

Business was really really booming at the time. I started out renting a booth from a lady. I did not have a clientele at that time, but my Lord used to pay my booth rent because I did not have that many clients of my own. I started gaining a lot of clientele until the point where I was able to get my own space. Today I will be doing a two-strand twist on Sis Sarai. I have been in the business for so long to the point where both of my daughters are in the beauty industry also. They are not in the truth, but I am still praying for them.

Ma Shamarah – They grew up watching mommy do hair. You have anointed loving hands.

Sis Kayla

All Praises.

Two-strand twist are best if you twist and then twist again to the length of the hair. I am using sculpting cream and leave-in almond cream for her twist.

I parted the hair and separated it with my fingers. Used a leave-in conditioner. (Divine Essentials)

Ma Shamarah– My daughter can do her own hair. One of the things I am always getting on her about are the knots, she is not careful with the knots. It bothers me as far as retention is concerned. How do you make sure before you do the two-strand-twist



that everything is smooth, and everything is right so that you will not have a tangled mess in your fingers or at the very end?

Sis Kayla

You comb with your fingers and/or dense brush and wide tooth comb. You must go into the hair with moisture and more moisture. It brings back natural curls. You should probably trim your hair twice per year for natural hair. I was told there is another time that the hair should be trimmed, however I do not remember because as I say I came from relaxers. Most of the time it is best to trim hair wet, however I have done it while dry to make sure that I am getting the ends and tips of the hair instead of chopping up into the hair.

I try not to cut too much hair, but a lot of stylist get happy with the scissors.

I want to let the sisters know, be happy with your own hair. Be happy with what TMH gave you and do not follow other nations. I know a lot of sisters that are experiencing hair breakage or Alopecia.

Ma Shamarha – Let's talk about it. I see some scary stuff on FB with sisters with all the glues and lace front wigs and sistahs are practically bald underneath it. It is part of the curse from Isaiah 3, but about nourishing the scalp and taking care of it.

Isaiah 3:24 (KJV) And it shall come to pass, *that* instead of sweet smell there shall be stink; and instead of a girdle a rent; and instead of well-set hair baldness; and instead of a stomacher a girding of sackcloth; *and* burning instead of beauty

Sis Kayla

That has a lot to do with a lack of love for yourself and from society. We want everything at the push of a button and do not take the time to take care of our hair like we should. (Example: We want to bleach our hair and straighten our hair to look like them, while they are trying to look like us.) It just goes back to not loving ourselves, but we should love ourselves. Some people use hair pieces and other accessories to hide hair loss even weaves and wigs. If you're going to do this, at least wear something that would look like your natural hair. You must remember to do a stocking cap underneath with Olive Oil because the friction from the stocking cap can also break off the ends. We must be happy with ourselves and what TMH gave us. He gave us kinky hair and All Praise to TMH for that.

For braids: if it is too tight take it down, if it is too heavy take it down.



For edges: leave them alone. If your stylist tries to straighten your afro leave the chair. Oil your scalp and take your braids down in under 6 weeks or 3-4 weeks depending on your hair type.

Causes for hair thinning or falling out

1. Chemical relaxers
2. Braids in too tight
3. Friction from the stocking caps
4. Not letting your hair and scalp breathe
5. Not going in and treating your hair – too many oils and leave in conditioners
6. Menopause
7. Thyroid issues
8. Medications
9. Stress

There is always something you can do to still look beautiful and be happy with who you are.

Ma – Can we talk about postpartum hair loss?

Sis Kayla

Treatment for breakage is moisture and more moisture. Jamaican black castor oil is good. Have a good diet. What is on the inside will show on the outside. Starts on the inside. If you are eating right drinking plenty of water. Be patient.

1 Corinthians 11:15 (KJV)– But if a woman have long hair it is a glory to her, for her hair is given as a covering.

Sis Yana

Topic: *Locs, Two-strand twists and Braids.*

I have been a cosmetologist for the past 13 years and have locs myself. I have had them for about 7 years. I did not want to deal with my loose hair, so I decided to loc it up. So, I took my locs out and tried to experiment with my own hair and I realized that was not working, so I went back to my locs again. I kept those for about 2 years and did another chop and now you see where I am today with locs again.

Ma Shamarah– Some of us have that same journey. The Bishop talked about this. Several years ago before that unbeweavable video came out, the Bishop made a really profound statement was “women do things to please their man, once the man’s mindset

changes from weaves and different things like that likewise the women we fell suit in terms of accepting our natural hair”. I wanted locs before my daughter was born, Bishop was not into it, 20 years ago that was just not a good look. So, for those of us who went back to a relaxer from natural or locs to shaving all their hair off, this is a story and a journey that you should share.

Sis Yana

To your point of our Lords liking a certain look, a lot of my clients will be like “ugh my husband likes my hair straight. So, it really is up to them.

Stages of Locs:

THE FOUR STAGES OF HAIRLOCKING	
 BABY	I. PRE-LOCK PHASE The hair is in thin, tightly coiled spirals. Its appearance is along the lines of either ringlets or Shirley Temple curls. This is the infancy stage (baby locks).
 TEEN	II. BUDDING PHASE During this phase a small bud (like a pea in a pod) begins to emerge about three quarters down the lock. The matted, interlocking imprint begins at the bud and then expands like a bubble because it is beginning to loosely mat. It is an enlarged microcosm of a lock. At this stage the lock is no longer tight and thin. It is rebellious, has a mind of its own and is discovering its own way (teen locks). It acts like a teenager in a sense.
 ADULT	III. SHOOTING PHASE After the budding phase, the entire lock begins the process of interlocking and matting. The direction is downward from the bud to the end of the hair and back upwards toward the scalp (similar to how some plants develop). The hair closest to the scalp is not locked; this is where you have new growth. During this phase, the hair increases in density because it begins to replicate itself like DNA. Your hair remains in this phase for the longest period of time (adult locks).
 ELDER	IV. CONTRACTING PHASE This is the final stage in which the hair becomes mature adult locks: an airtight interlocked, spiraling, network system. The locks become consistent, tight and fairly solid at this point. It will probably be fairly long in length at this point, as the hair will grow extraordinarily once the spiral form has been established. (elder locks).

I had a book when I first loc my hair and this was in the book.

You can start locs many ways. You can start with coils, two-strand twist, you can start with extensions or interlocking. There are many ways to start locing your hair. No matter how you start them they are all going to go through this phase. I believe it is



easier to start with two -strand twist. The first question I ask my clients is what size do you want your locs to be? When your locs mature, you can tell what your locs will be depending on the size of your parts. (*Thickness*)

If you have longer hair and want to start locs, sometimes I be like we can start with two-strand twists, it is easier and can wash out if you change your mind before the locing begins. The same is with coiled starter locks. (*Baby Stage*)

When you have the budding, or if you feel down your locs and feel a ball, this is the budding stage. This is where your hair begins to matt and it is normal. Your hair sheds into the loc and that is how it locs. (*Budding Phase*)

Ma Shamarah— I started my 11-year-old son's locs. He has locs now, we started with coils because he just wanted to coil his hair out. He kind of had knots but not throughout. Should I just let it do what it is going to do on its own?

Sis Yana

Yes, that means the loc is forming, eventually it will smooth out.

The next phase of the locs is the Teen Stage. These locs are rebellious. They want to do their own thing and go every which way. A lot of people call this the “ugly stage”. I do not like how that sounds, but back in the day I did have to look at myself in the mirror and say “your beautiful and your locs are beautiful”. At that time, they were short and going every which way. (*Teen Stage*)

Next stage is the Shooting Stage or Adult Stage. So now you have some length, the buds are not as many, they start to thin out a little bit. The hair closest to your root is not locked yet, that is just new growth. When you are in this stage your hair increases in density. Remember when you were in the *baby stage*, they were smaller and tighter, but now they start to expand. This part really does not matter how you start them, this will still happen. You will eventually get the look your looking for as your locs get older. (*Shooting Stage or Adult Stage*)

The last phase is the Elder Phase or the Mature Phase. This is where your locs are more of the same length, but not completely. I do not think they are ever all the same length, but they are more of the same size, they are smoother. You might feel like they are not growing, but officially they are. (*Elder Phase or the Mature Phase*)

How long have you had your locs Mama Sharmarah?

Ma - I started with yarn braids almost 8 years ago.

Do you remember having that time where you did not think they were growing?



Ma – Yes. I have had a lot of “ugly phases” with my locs. Sister Ameira can tell you all about it. She made me take the yarn out and then used an extension with it. I did not think that I was going to see any growth, however you do not see the growth, but other people can see the growth and then the change. What I found interesting is that they start out skinny and that is the part where you think you might have made a mistake. Then they start to grow out and they look different than what you started with 8 years ago, 5 years ago, 3 years ago or a year ago. 20 years ago, locs were not as acceptable, fashionable, they had a different meaning. In a spiritual context people thought that you were either a druggie or Rastafarian. So, right now for most people that transition into locs the reason why is because it is perceived to be low maintenance, but it is not. That is the trick bag for hair in general, Kayla’s point, it still needs to be maintained. (washed, conditioned, and treated) If you cannot do it yourself you need someone that has loving hands to help take care of it for you.

Sis Yana

Yes, you will get to that stage that you may think that your locs are not growing and suddenly be like, “where did all this come from?”

Loc Maintenance and Washing Locs

If you are going to do locs, be careful they can collect a lot of lint. So be mindful of what you wear; hats, sweaters, and things like that. You do not want all that lint to get in there and then you start picking at it. This may put a hole in your locs. To detox your locs you can use Apple Cider Vinegar. They call it ACV rinse. Also use a moisturizing shampoo this will keep them moisturized and add shine. Some people do not use conditioner on locs. I say you can use conditioner on locs, but it must be a light conditioner. Something that is not going to build up but will rinse right out. Leave in spray for locs works well also.

Loc Maintenance

You do not want to over twist your locs too tight with the interlocking tool. You can use the interlocking technique for all size locs. To retwist your locs I like Aloe gel or lemongrass. Just do not use anything too thick like beeswax. Never use beeswax.

This is an example of someone who has used a product too heavy and it gets tangled and builds up into your locs.



It is almost impossible to get that build up out. Something like this may require cutting the hair and start over.

Ma Shamarah – It is beautiful to see the range of professional hair stylist. Especially when we are talking in the range of 25 plus years and especially now people are going into a more natural hair care and doing business at home and being able to do it. A lot of people do not know how to do twist, do not know how to do loc maintenance. There is a lot of loss out there that we do not know how to take care of our own hair because of the way we grew up. Our mothers' mother did not know how to do it because they were always getting relaxers. Truth be told, it was not until I went on my own natural journey that I had learned how to take care of my daughters' hair. It was not until I understood how to take care of my own hair to help her on her own journey. Conversations like these are important.

Sis Yana

Also, with loc maintenance when you are retwisting and palm rolling people usually go clockwise, but I tell my clients to do the motion of up rolling for palm rolling. Take the loc at the root and roll, roll. You can roll all the way down to the end.

I tried the interlocking on my own hair and ended up interlocking two locs into one, so I started palm rolling. Be careful with the interlocking tool if you are doing it yourself.

With the over twisting and over maintaining some people want that perfect slicked down hair and they are doing it over and over, but this will weaken the hair and thin your locs



and eventually it is going to fall out. Healthy locs need the space so do not over twist. A little bit of puff is beautiful. Once a month is a good time frame to re-twist.

Ma Shamarah – Once a month or how much longer? 4-6 weeks, 6-8 weeks?

Sis Yana

Yes, 4-6 weeks is also a good time frame for re-twisting. I used to not use clips and twist and twist real tight, but that is also dangerous. It is better to twist what you need and then clip. *Traction Alopecia* is what it is called when your hair starts to thin and fall out.

Tip for Drying Your Locs

You know how you shampoo your locs and you come out of the shower and your dry your locs with a towel, but your standing in a puddle? A white cotton t-shirt really soaks up the water, even 4C hair. Our hair holds so much water and you must get that out. At nighttime make sure you cover your locs with a bonnet or satin pillowcase. If not, your hair will dry out from the pillowcases.

For locs that grow fast, it could be from sweat, working out, work and can cause unravelling at the roots. I usually tell my clients to use the interlocking tool just right around the edges. The only thing about the interlocking tool is it changes the feel of your locs. If you palm roll your locs there is a softer texture, whereas using an interlocking tool will give a firmer feel. It is a good idea to do both. Alternate, loc with palm roll one-time, interlocking method the next time, then back to the palm roll the next, etc. Interlocking does hold longer.

Question – Is there additional maintenance when installing permanent loc extensions?

Yes, there is more, but I do not really get into that because it is tedious for me. It takes more work.

Question – How do you stop the frizz on the loc?

You cannot. Frizz is natural part of the locing process. You can smooth it out, but when your locs are mature I have gotten a pair of sheers and trimmed it, but just a little bit. You do not want to over trim.

Question How do you start your locs?



Ma Shamarah – As Yana recommended you can start by coils, two strand twist, interlocking etc. Personally, I think the 2-strand twist is the easiest way. If I could do it over again, I would probably use this method.

The two-strand twist has the longest longevity. Once they mature you cannot tell if they are two strand twist anymore. Around 4 years your locs are mature. 6-8 weeks in between retights with interlocking.

For Dandruff

ACV(Apple Cider Vinegar) rinse with baking soda. Sometimes it may not be dandruff but just dry scalp. If you flake the dandruff off your head and it is a moist spot underneath, that is not dandruff. You should see a dermatologist. Sometimes oil makes dandruff worse. Jojoba oil is the closest to your natural oils in your hair. Argon oil and tea tree oil etc. However be careful with tea tree oil as it can be drying, use with a carrier oil.

Question - Parts

Once you have them you can go bigger, but you cannot tone down. It depends on the parts you start with. Some people like perfect parts, some do not care about that part.

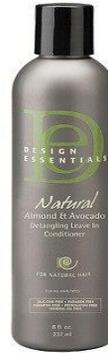
Question - Once you repair a loc how long does it take to mature?

It will probably take years, but you will not be able to see it. Unless you repair with the knot method. You literally tie a knot where the hole is forming and tie a knot with your hair to cover it and reinforce the thin spot. It repairs itself.

Twist and Braids

Tips on how to make the twist and braids last longer. A healthy style depends on healthy hair and healthy scalp. Make sure you use sea salt or olive oil etc., massage into the scalp before you shampoo to open the pores and get the blood circulating. Rosemary and peppermint are good for thinning areas.

Using a leave in conditioner is good to leave in to moisturize and condition your hair and styling, but what they were missing is the right product. Use a moisturizing cream or foam for styling. Sometimes I use the twisting creams.



Trial and error are pretty much how we all find out what works for our hair. We all need our hair to retain the moisture or retain the oil. You could sit under a dryer.

Ecco styling gel contains alcohol and may feel drying. I like it, it has never done me wrong, but it is a personal preference.

Scents for Saints conditioner and Berry Right Shampoo was used on Sis Yana daughter. Along with aloe and mint conditioner.

Ma Shamarah – At what age do you think it is appropriate for children to start doing their own hair? Because most of us grew up with a lot of hair and it was not until “mom” did not take care of it anymore that we started having problems with our hair such as breakage.

Sis Yana – around 10 or 11 is when I would say it is okay for them to do their own hair.

Tip: If you let them wash and condition their own hair, then you can help them with the rest.

Tip: If you want your style to last you can blow dry. It will not cause heat damage. A lot of people say it does, but it does not damage if you are not putting direct heat. A sticky gel holds longer than a thinner gel or wet gel, they will fluff our hair back up. It will hold but may not hold as long.

We have a lot of talented sisters in Israel. I am sure most of you can cornrow. Beeswax is probably not good on braids either, too hard to get out. It should be easier to get out of loose hair opposed to locs.

Ma Shamarah – We may have to have a special cornrow, or hair braiding session.

Sis Yana

Cornrows – you literally just pick up hair as you go. Starting with three pieces.



Ma – A lot of us learned how to braid growing up practicing on dolls and different things,

Sis Yana

Tips: For twist to last longer

1. When you twist and twist and then twist again, it holds a lot longer.
2. Blow dry
3. On the end put a bantu knot
4. Do smaller cornrows or twist
5. Cover it up with a satin bonnet or use a satin pillowcase

Ma Shamarah – How long should a twist out last?

Sis Yana

I say it is good to twist for one week and twist out for the next week. A twist out is about a week and a half for lasting unless you sweat a lot. (Menopause, Work Outs, Hot Flashes) A lot of it is tension. When you are cornrowing have a little more tension in your fingertips.

If you are coming out of extensions and going to twists or braids, make sure you detangle your hair and use a clarifying shampoo, you want to get all of the product off that you had in your hair for all that time. Then you want to go behind that with a moisturizing shampoo.

To lay down your edges you do not always have to use edge control. If you use it repeatedly, you will get build up.

Ma – What is the black tape that they use instead of the satin scarf or satin bonnet?

Sis Yana

Those work too. If it pops, double or triple it up and then stretch it.

Ma Shamarah – I used to do hair journeys on DOS website before it got this much exposure, so I realized I needed to work with my own natural hair and that was drama. I had good days and I had bad days.

Loc and Twist styles done by Sis Yana







Boys hair is easy, you can put cornrows and they also look good with twists.

Castor Oil is good for the hair and adds a lot of shine.



Sis Jaazaniah

Shalom Mama, shalom everyone. Thank you for the opportunity.

Topic: *The Anatomy of Hair and The Breakdown of Hair.*

A lot of us do not have the means to go out to get our hair done, so knowing these tips will help you to understand your hair and how to identify your type of hair so you can help treat yourself.

Hair texture

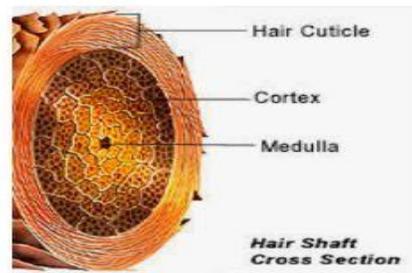
Hair texture is the actual diameter of your hair, meaning coarse, medium, or fine. (The actual strands of your hair) Coarse hair and gray hair are the more resistant. Fine hair is more fragile, so when you use certain products or too much heat on your hair it is important to know what type of hair texture you have.

Hair Density

Amount of hair per square inch. So, you can have coarse hair; thick coarse strands of hair, but still have thin hair. You can have a lot of thick hair. Or, you can have very fine hair; thin strands of hair, but per square inch is not a lot. The average head has about 2500 strands per square inch. This is important because different oils and products do different things to your hair. Do what caters to your hair. What may be good for one may not be good for another. It will come through trial and error, but I will give you some tips on hair oils that penetrate the hair shaft.

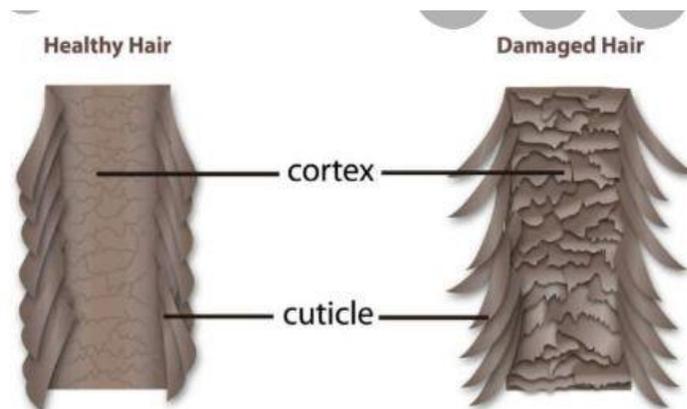
What our hair looks like up closely

The goal is to get the moisture into the cortex. Keep that in mind.



Our nation are the only ones who have Medulla. Esau does not! (AP) I believe that is why our hair can stand up to the sky with afros and things, our hair stays. There are no other hair types like our hair. So, All Praises to TMH we are unique in that area.

These are the shingles on the roof



So, when it comes to retaining moisture, the photo on the right is lifted, blown out. On the left is healthy hair. You want your cuticle to lay down, but not too tight. That could mean your hair has low porosity.

Regarding the shingles on the roof, with washing and shampooing your hair the shingles open with warm water. Make sure you are using warm water, as warm as you can get it without being hot. This way it opens the shingles. Just as when you wash your face. You use warm water to open pores and rinse with a cold temp.

Hair porosity

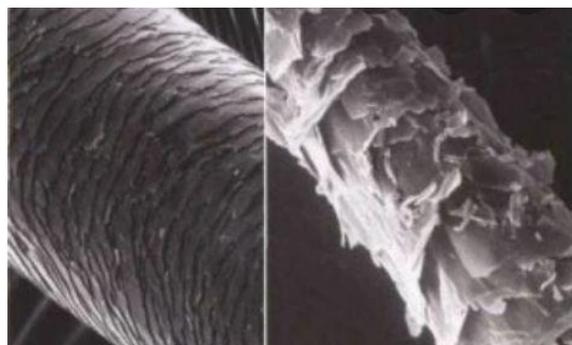
This is your hairs ability to absorb moisture. It is important. People wonder why my hair stays wet for so long. I used to have overly course hair and I came mainly from

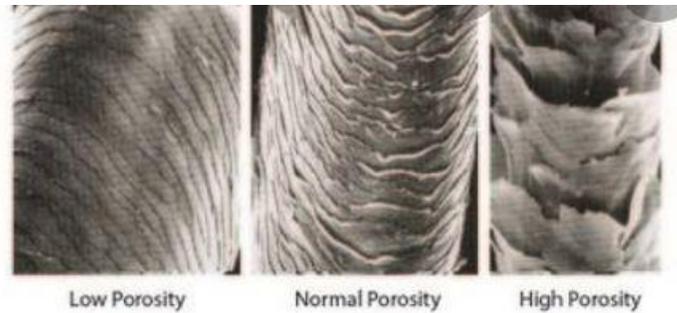
chemically treated hair and hair coloring. That type of thing can blow the shingles up. Most times the only way you can get rid of that is to cut your hair. There are very few things you can do when the hair is dead. Your hair will grow. Therefore, people do the big chop and keep it moving.

Each part of our hair can have different textures. (Nape, crown, temple etc.) So, when you do the porosity check take a strand from the back, a strand from the top and a strand from the temple. With low porosity your hair floats, that means the shingles on the roof are closed. Your hair will float mid-way in the glass when it is normal hair and high porosity it will sink to the bottom (your shingles on the roof are fried!) and your hair is soaking in a lot of water. That also means the water will fall right back out. With Low Porosity hair, it does not take anything in and does not send anything out. High porosity takes in everything but sends everything back out. The goal is to normalize our hair.



This is just another visual to show you what I mean by blown shingles on the roof.



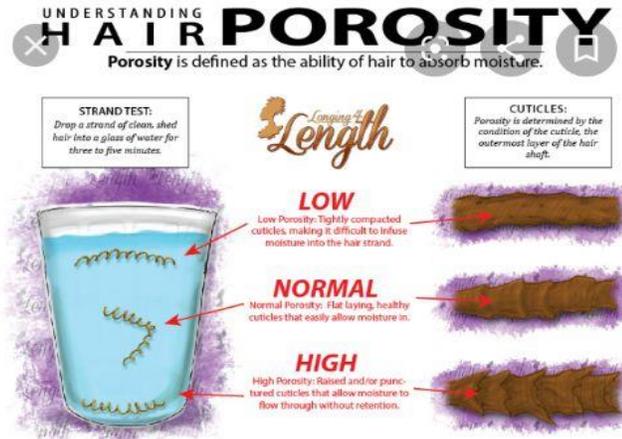


- Highly coarse hair it usually means you have damaged cuticles.
- High porosity hair also means your hair is fragile because it is very brittle, so be careful.

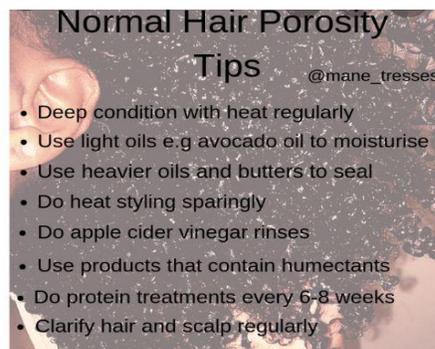
I am going to give you some tips so when you check your porosity you will know the best course to take to care for your hair.

MOISTURIZING OIL VS. SEALING OIL		Voice of Sarah
www.VoiceOfHair.com		
<p>1</p> <p>COCONUT OIL</p> <p>Easily Penetrates Hair Shaft</p>	<p>1</p> <p>JAMAICAN BLACK CASTOR OIL</p> <p>Softens Hair While Drawing out Toxins/Impurities</p>	
<p>2</p> <p>OLIVE OIL</p> <p>Adds Softness and Strengthens Hair</p>	<p>2</p> <p>JOJOBA OIL</p> <p>Seals Moisture in after Applying Moisturizer or Water</p>	
<p>3</p> <p>AVOCADO OIL</p> <p>Best Used as Pre-Poo or Hot Oil Treatment</p>	<p>3</p> <p>GRAPESEED OIL</p> <p>Best for Fine/Thin strands</p>	

- Do your porosity test on freshly washed hair.
- High porosity feels jagged, ridged.
- Low porosity feels smooth, you can tell that everything just sits on your hair.
- If you have low porosity hair use light oils to moisturize.



- If you do not have a hooded dryer, you can put a hot towel and wrap around your head and then put another towel.
- You can put a shower cap on your head for moistening with hot steam for 30 minutes
- Or use the shower cap and a hot towel. (Normal hair)

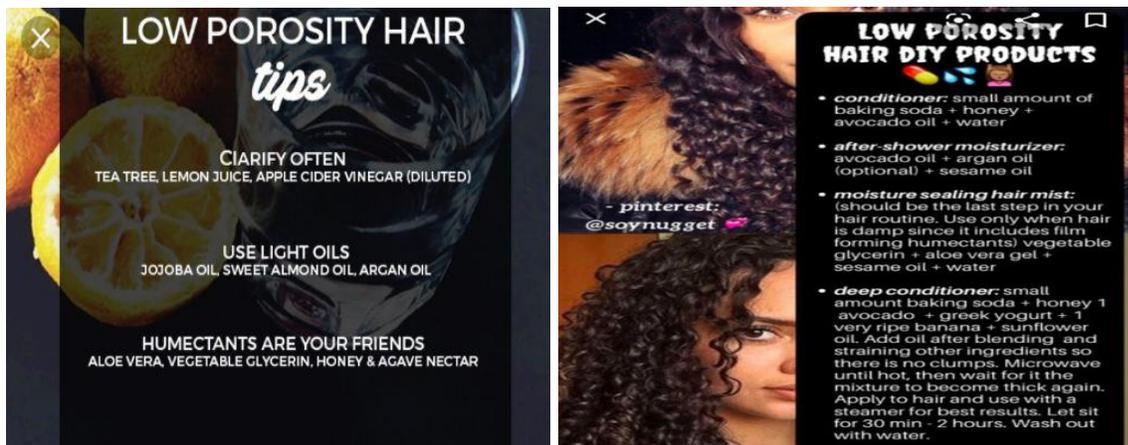


Light moisturizers for moisture and heavier oils to seal.

- I am not big on heat but use a heat protector if you are going to use it. A heat protector protects the hair shaft and will reduce damage.
- Apple Cider Vinegar is probably one of the best natural clarifiers. Not only does it take away the impurities of the hair it helps with detangling, frizziness and it leaves your hair's natural oils in your scalp and does not take it away.
- A lot of shampoos are sulfate focused. Lately I have been using Sister Yoella's shampoo and I really really love that. It is packed with oils and herbs which that is a go for me.
- Do protein treatments but do them sparingly because your hair is already made from protein so putting more protein on top of your hair can make it brittle. I know we hear about the Brazilian phase and the Keratin treatment and they were popular but when you over do it really damages your hair.

- Rice water is nice but if you do it too much it adds too much protein to your hair, so use sparingly.

Low Porosity Tips



Ma Shamarah – Does porosity of hair ever change? Obviously, I am getting some gray in my hair. The front of my hair has always been thin, but now that I am getting gray there that makes it even more challenging because it takes conditioners and everything different.

Sis Jaazaniah

- Gray hair is more resistant.
- Treat gray hair like your hair has low porosity because it is harder to penetrate through the shaft.
- Use low porosity type of tactics to even it out.
- With low porosity hair you must clarify often. The reason being everything sits on top, so you must make sure you are cleaning your hair. Like pouring oil on top of water.
- Use light oils because it is already rejecting because the hair shaft is closed or to add on to the heaviness.
- Humectant is just another word for moisturizer.

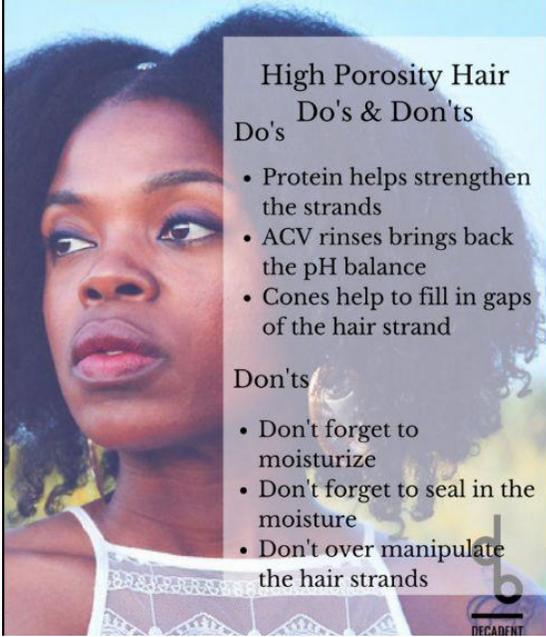
- High porosity means your hair is just shot. Like a tornado came through and wrecked shop.
- Highly damaged hair. This is from hair coloring, relaxers and other things altering us.



I kept coloring my hair and said I was natural. I was not natural using the hair coloring. I was chemically processing my hair.

- Make sure with high porosity you must condition more. The shingles on the roof are opened and they are not holding on to anything. Therefore, you must moisturize your hair a lot more.
- You want to use heavier oils and butters to kind of lay that down.
- Never skip your protein treatment; if you are doing 6-8 weeks of protein treatment be consistent. Consistency is key with natural hair.
- Avoid using heat whenever possible.
- Finger detangling also works to manipulate my scalp. Not only does it remove dirt it gets the blood flowing.
- Do protective styling. Protective styling is a good thing.
- Make sure you use the tips as all the sisters have stated.
- Be mindful of materials drying your hair. For example, lying on the couch. Our hair is rubbing against the material and it is drying out your hair. Use a satin bonnet. Be conscious, do not be careless with the care of your hair.

NATURAL HAIR TIP



**High Porosity Hair
Do's & Don'ts**

Do's

- Protein helps strengthen the strands
- ACV rinses brings back the pH balance
- Cones help to fill in gaps of the hair strand

Don'ts

- Don't forget to moisturize
- Don't forget to seal in the moisture
- Don't over manipulate the hair strands

DECADENT



hu·mec·tant

/(h)yoo'mektənt/

adjective

retaining or preserving moisture.

noun

a substance, especially a skin lotion or a food additive, used to reduce the loss of moisture.

- Moisture is key because of a lot of us have damaged our hair with treatments and chemical processing. There is only a very few who have lived the natural live from the beginning. All Praises Lords Will this can provide you all some added help.

Elasticity proves whether your hair is strong or not. It helps to know that.

- If you have low elasticity you should build up your hair before you get a lot of braids and twists, etc.
- Take a piece of wet hair and pull it by your fingers if it bounces back you have pretty good elasticity. If you pull it and it breaks you have low elasticity, this shows how much your hair can really take.

Sealing Oils vs Moisturizing Oils.



- **Jojoba Oil** is recommended for sisters with thinner hair because it will not weigh your hair down.
- **Castor Oil** is recommended for thicker more coarse hair. Thinner hair can also use castor oil, but smaller amounts and rinse it out.
- Oils are for hair shaft, not for the scalp.

Ma Shamarah – This is a mistake most people make. We grew up with greasing our scalps especially after you get your hair done. It was supposed to be soothing. This is suffocating your hair.

- Dry scalp can be different things. Seek a dermatologist to be sure what is the cause. Sea breeze can clean your scalp. ACV and baking soda can help.
- Drink a lot of water. Hydration is for the whole body. Have a one on one and let a professional look at your hair and scalp.



- Be careful with oils as they can create live bacteria. Be careful.
- Do not use kitchen scissors on your hair. Split ends and other damage can occur. It pays to go to a professional to cut your hair.
- Invest in sheers. Cut if from where it grows. Cover every inch of your hair.
- A trim and a cut are different. *Trim* is a ¼ of inch of hair, more than that is a haircut.
- Find a trusted stylist.
- Be concerned if you feel you are shedding too much hair and seek professional assistance.

Ma Shamarah – That was awesome. A lot of information. All the presentations were good. Going forward there may be sisters who need answers to questions from professionals like yourselves.

jaazaniahsarai@gmail.com

yana.israel.iuicnc@gmail.com

clarissa.good31@yahoo.com

Meirra Mirror on FB and Instagram

Conclusion

Ma Shamarah – *Okay ladies now we know what is going on under those headwraps. We have heard from the professional stylists/hairstylists that are licensed in various states. All this information was needed, and we are now well informed. Once Covid-19 is over, all praises, we will be able to see each other, and fellowship and we will be able to address the things under these headwraps. So, thank you everybody, thank you to*



all our presenters. It was great. Looking forward to future presentations from all of you!!! Most High In Christ Bless

~~~Shalom~~~