

# ***I Hate To Comb My Hair***

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Let me start off by saying “I love EVERYTHING about my hair”!!!! I love every twist and curl, its texture, its versatility, and most of all its *Wooly* like my fathers! Yet, ***I hate to comb my hair!*** I remember having waist length hair as a child and the torture I thought my mother was putting me through as she washed and conditioned my hair all while stretched out over the kitchen counter. Then to have it air dried to be pressed by the hottest thing known to a little black girl, a hot comb!

The memories of the heat from the grease and of me reaching to grab that section all to get popped and hear ‘***I aint even touch you yet!*** This I believe started my hate of combing my hair. That hate turned into cutting it and me thinking ‘if I got rid of it, I wouldn’t have to comb it! So, I did, I cut and shaved off my beautiful hair all to avoid combing it!

Now as I have matured, I understand the beauty of my natural hair and its length. I have found ways to manage these curls and twist and to embrace its woolliness at its’ finest! Nonetheless, ***I still hate to comb my hair!***

Here are a few ways I have learned to maintain my hair with minimum combing:

These are tips that have helped me promote growth, keep length and minimize shedding:

- Stop using so many products at one time: I would choose a max of 3 products to use, a sulfate free shampoo and conditioner and a great leave in conditioner, and an oil to seal in moisture.
- Rice water has given me length and added thickness,.
- It is best to finger detangle your hair and even better to do it while wet. If you are to comb your hair it is best to do it also while wet, starting from the ends and working your way to the roots.
- Massage your scalp (using the pads of your fingertips) and use a pure oil to stimulate your follicles.
- Protective styles are key too, just remember whatever your choice is, that you protect the ends as well, this is the most fragile part of your hair.
- I trim my ends once a year and straighten it one to two times a year just to check length. Heat is not your friend.
- Protect your hair at night, satin is a naturals best friend.

Happy hair growth family,

Shalom

