



Natural Hair Masterclass by Afrotherapy

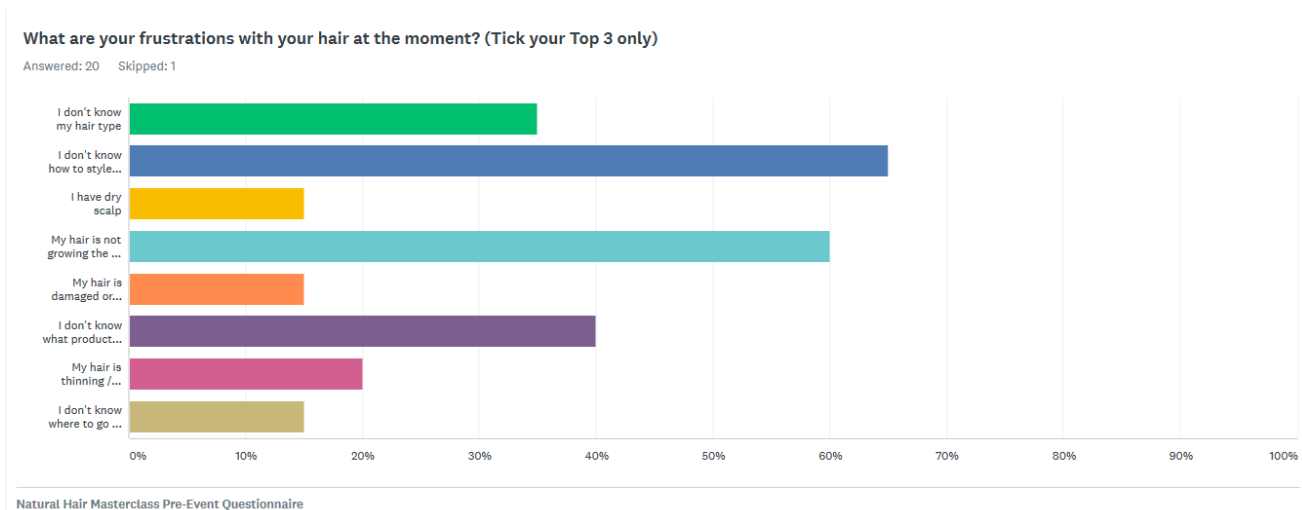
Advice, Tips & Ideas to Help You Manage
And Style Your Natural or Transitioning Hair

Why Did We Put This Event Together?

Over the last 18 years that we have been in business, we have seen trends come and go. It is pretty clear however that the growth and popularity with Natural Hair is here to stay.

One of the biggest misconceptions we have seen is that natural doesn't need as much maintenance. Experience and feedback from clients has actually shown that Natural Hair requires just as much if not more care, attention and maintenance.

A quick survey also showed many concerns with Natural Hair. The top one being not knowing how to style it.



This evening we aim to answer as many questions as we can and give you tools, tips and ideas to manage your Natural Hair.

Please make lots of notes and feel free to get in touch in the future if you feel you need more information. (020 8345 5621 or salon@afrotherapy.com)

REMEMBER: 25% off the Purchase of Any Hair Product This Evening Only

What Is My Hair Type?

When you think about different types of hair, you probably think in simple terms like curly or straight.

There are actually 12 different subcategories of hair types, each fitting a very specific description. Knowing your hair type is one of the first steps in managing your natural hair as it helps to inform your choice of hair products as well as treatment and styling options

Here is an overview of the twelve different hair types:

- Type 1 – Straight
- Type 2 – Wavy
- Type 3 – Curly
- Type 4 – Kinky

Each type also has 3 sub categories. Let's take a closer look at each of these hair types and the subcategories for each.

Type 1: Straight

If you have hair of this type, it is straight and may have a tendency toward becoming greasy and shiny. Straight hair becomes greasy faster than curly hair because oil from your scalp travels down the hair shaft more quickly. There are three subcategories for straight hair:

- Type 1A – Most common in women of Asian descent, type 1A hair is very straight and fine.
- Type 1B – Still very straight, type 1B hair is thicker with medium texture and more volume.
- Type 1C – While still straight, this type of hair is very thick, coarse, and shiny.

Type 2: Naturally Wavy

Hair of this type has a natural wave, and it tends to be thicker than Type 1 hair. The subtypes are divided by the thickness of the hair and the shape of the waves. There are three subcategories for wavy hair:

- Type 2A – This type of hair is very fine and thin with S-shaped waves – it is also easy to style.
- Type 2B – A little frizzier than type 2A, this type of hair is wavy and medium-thick.
- Type 2C – This hair type is wavy, thick, and coarse – it is prone to frizz and difficult to style.

Type 3: Curly

This type of hair is definitely curly – usually the kind of curl that goes straight when the hair is wet but goes back to being curly as it dries. Curly hair has clearly defined, springy curls and it tends to be easy to style. There are three subcategories for curly hair:

- Type 3A – This hair has defined curls with a thick texture and a lot of shine but can be frizzy.
- Type 3B – Hair of this type has tighter curls and may have a combination of textures.
- Type 3C – This type of hair has very tight curls or kinks and is generally easy to style.

Type 4: Very Curly or Kinky

Hair of the very curly or kinky type has very tight, sometimes well-defined curls. It tends to be fairly coarse in texture but is also sensitive and prone to damage by heat and product. There are three different subcategories for kinky hair:

- Type 4A – This hair is soft in texture with tight, well-defined curls or kinks.
- Type 4B – Hair of this type has very tight curls, but they are less defined, soft, and fragile.
- Type 4C – This type of hair has such tight curls that it may not even look curly at all.

Hair Types



Based on the information provided and the image, what would you say is your type?

My Hair Type is:

Hair Types / Notes:

Products & Tools Notes:

Tips For Maintaining Natural Hair

1. Feed Your Hair

Healthy hair starts from within. We're not saying you have to become vegan, but you should include healthy fruits and veggies in your diet and drink lots of water.

2. Be Careful with Heat

As the saying goes, too much of a good thing can be bad for you. Too much heat too often can lead to damage, and eventually your hair won't revert back to its natural state. Also, too much or improper use of heat can lead to dry, brittle hair, breakage, and split ends.

3. Cleanse Hair & Scalp Regularly

Yes, healthy hair starts from within, but it also needs a clean, healthy environment from which to grow. A dirty scalp full of build up can clog pores and follicles and essentially slow down healthy growth.

4. Gently Detangle From End to Root

Curly and kinky hair needs lots of TLC. When getting the tangles out, start from the very ends, then slowly and gently work your way up to the roots to cut down on breakage.

5. Moisturise & Seal

Continuing the process, applying product to your hair while it's still damp is the most effective way to retain moisture. Use a leave-in conditioner with your choice of styler, along with an organic hair oil to seal in moisture, to keep your hair healthy, soft, and manageable.

6. Get Regular Trims

Some may find this counteractive to growth, but trimming your hair gets rid of broken and split ends that could lead to more damage. Nipping damage in the bud with a trim about once every 10-12 weeks will keep the hair at its healthiest.

7. Wear Protective Styles

Tucking your hair away in styles that require little to no manipulation for a few days or a few months will help you retain length.

8. Protect the Hair at Night

Keep hair moisturised and less prone to breakage by wrapping it up with a satin or silk scarf at night. If you prefer to leave your hair free, a satin pillowcase will do fine!

9. Massage Your Scalp

A soothing scalp massage every few nights will help stimulate the hair follicles and help with blood flow to the scalp to encourage healthy growth..

10. Don't Stress

This is easier said than done, but the best thing you can do for your hair is to simply relax. Whether it's worrying about your hair length or anything else, stress will often show up in our skin as well as our hair. So try to reduce your stress as much as possible.

Once again, the health of your hair is more important than how long it is. Focus on its health and before you even realize it, the length will come!