



Afrotherapy Guide to Beautiful Healthy Hair



INTRODUCTION

At Afrotherapy, we believe that every one of our clients can have beautiful, healthy hair.

With the right care, advice, products and lifestyle choices, you can have beautiful hair that is healthy and manageable.

It goes without saying that we all have different hair and therefore we cannot compare ourselves with others without knowing the choices they have made with their hair. However there are certain factors that affect all of us in terms of our hair and how healthy it can be. These include:

- Genetics
- Diet
- Lifestyle
- Products
- Stress
- Maintenance Routine
- Weather, and the list goes on

Over the next few pages, we'll provide you with some general tips and advice on maintaining your hair. If at anytime you require some specific, then please call us on 020 8345 5621 or email salon@afrotherapy.com to book a complimentary Personalised Consultation.

Happy reading and happy hair journey.

The team at Afrotherapy Salon

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FOOD & DRINK

Eating the right foods can enhance healthy hair growth that looks and feels great. We look at some of the most common foods that can enhance the quality of your hair.

Salmon

Rich in Omega-3 fatty acids, which aid in hair and scalp health (amongst other things), Salmon is a magic fish for hair growth. While there are other fish that are also good for hair growth, salmon proves to be one of the best, according to dieticians.



Berries

Most hair vitamins are equipped with large doses of biotin. Biotin is a B vitamin essential to hair growth and good for your scalp. So what foods are rich in biotin? Raspberries, blueberries, and blackberries, are all high in biotin. Not to mention, they're usually loaded with antioxidants for healthy, glowing skin. So if you have a sweet tooth, have a hand full of berries instead of a candy bar.



Spinach

When some people think of spinach, they think of that hard to eat vegetable forced upon them by their mums as a kid; but mom was on to something serving this healthy side dish. Maybe she wasn't thinking about hair when she was whipping it up for dinner, but as an adult looking to maintain healthy hair, you can consume spinach, which is full of Vitamin A, C, and lots of iron and calcium



Eggs

Eggs contain biotin but are also packed with protein, an essential part of hair growth. While many homemade conditioners are made with eggs, it's important to actually eat them to grow healthy hair from the inside out. If you're on a diet or a vegetarian, you can ditch the yellow part of the egg and opt for egg whites. Of course, everything in moderation



Kiwi

Vitamin C is needed for a variety of healthy body function, so it's no surprise that the vitamin does wonders for hair. Vitamin C contributes to the creation of collagen, which circumvents the hair from splitting and breaking. There are plenty of fruit high in Vitamin C, but Kiwi is packed with both Vitamin C and biotin.



Sweet Potatoes

Who knew that potatoes could be good for you? Unfortunately this doesn't include your favorite McDonalds fries. Sweet potatoes are full of beta-carotene, almost as much as carrots. Beta-carotene in foods is converted to Vitamin A, which is essential for hair cell growth. It's important to note that while Vitamin A is extremely important to your overall health, it's also one of the few vitamins that can become dangerous if taken too much.



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FOOD & DRINK cont...

Lack of water causes dehydration, but very few people know that dehydration has a direct impact on hair growth. It is a common fact that our body is usually composed of 60-80% water. When it does not receive the adequate amount of water in order to maintain cell health and reproduction, it becomes dehydrated which directly impacts hair growth.

You can intake fistfuls of hair vitamins and other hair growing supplements, but if you are not consuming apt amount of water to meet your body's daily H₂O requirements, the cells, which are responsible for hair growth, will not be able to grow and reproduce and as a result, your hair will become extremely dry and withered. This can stop the natural growth cycle of your hair.



On a daily basis, the human body tends to lose approximately 1 and 1.5 litres of water in many ways like sweat and other water removal processes. Our skin too has a high concentration of water, which tends to evaporate constantly in tiny air-borne droplets.

If the roots of hair are deficient in required water levels, the tresses of hair will eventually become brittle, dry, rough and it is possible that they may stop growing at your genetic rate. Roots of hair are the only means by which water is supplied from body to hair. Roots soak up the water and provide hydration to the hair, which automatically and internally boosts up hair growth.

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NATURAL HAIR

Natural afro hair is as fragile as any other type of hair and should be cared for accordingly. A lot of people have the misconception that natural hair doesn't need as much care as relaxed hair.

When you have natural hair you will need to adjust your products depending on the texture and thickness of your hair. You also need to remember that everyone's hair is different and what might work on your friend's natural tresses may not work on yours, so it's important to invest some time into trying out products and finding the best one that works for you. However there are a few things that can be done by everyone no matter what your texture is to insure healthy hair. We have included these as tips below.



Tips for Natural Hair

- Detangle afro, multi textured or mixed race curls using a Tangle Teezer or wide teeth comb to minimise tension and breakage.
- Use shampoos and conditioners that are sulphate free and designed for afro hair.
- Trim your hair every 8 to 12 weeks.
- use a curl defining cream.
- The best way to twist hair is by using a twisting cream as these locks in moisture.
- When wearing your afro out moisturize regularly.



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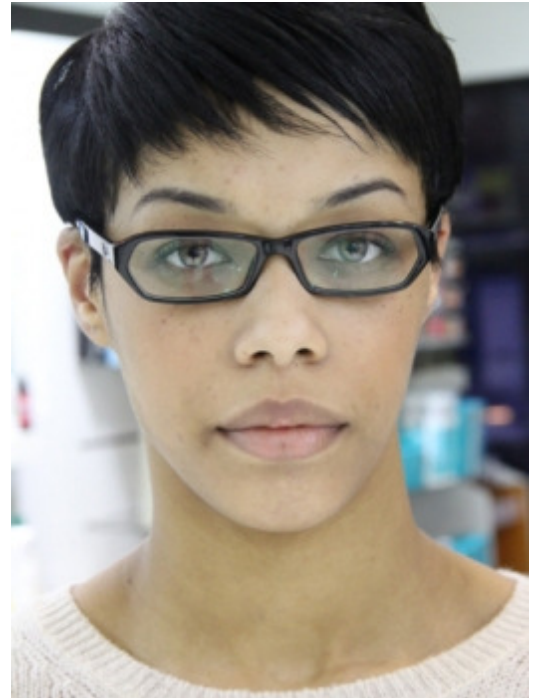


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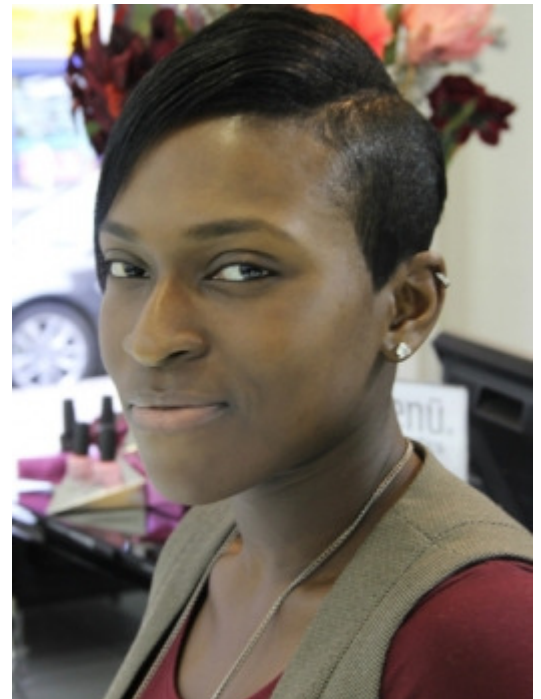
RELAXED HAIR

Relaxed hair is hair that has been chemically treated to break down the disulfide bonds within the hair to make the hair permanently straight. Most relaxers are alkaline based which means that during the relaxer process you may lose some of your natural oils, so it is important to use products and do treatments that will replace these lost oils. Relaxers doesn't have to lead to breakage, your maintenance route will avoid breakage. To insure a healthy head of relaxed hair you can follow these:



Tips for Relaxed Hair

- Hair should be relaxed every 6 to 12 weeks depending on your hair texture. Softer textures will not need to be relaxed as often as coarser textures. Shorter styles may need a relaxer service every 4 to 6 weeks to maintain the cut.
- Treatments are key between relaxer services (usually every 2-3 weeks). You can alternate between moisturising or reconstructive treatments depending on the condition of the hair
- Trims every 6 to 12 weeks
- Wrap hair every night and use an overnight treatment such as the Mizani Night Time Treatment or the KeraCare Overnight Moisturising Treatment every 2-3 nights.



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TREATMENTS

You may be able to tell already but treatments are very important when it comes to healthy hair. Treatments should be a habit within your hair care route. If the proper treatment is done regularly the health of your hair can improve dramatically. There are different types of treatments and they all depend on the condition of your hair.

Moisture Treatments; these add moisture to dry brittle hair.

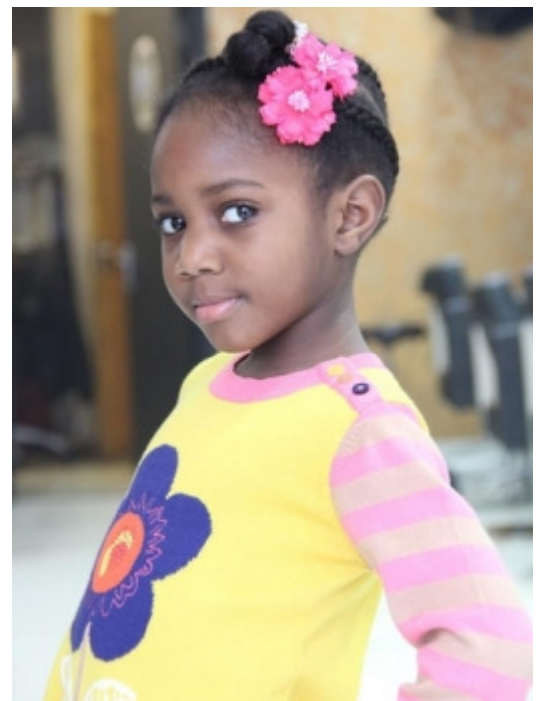
If the hair is very brittle then a drop of oil can be added to the treatment. These treatments are to be done every 2 – 3 weeks.

Protein Treatments; these help to repair damaged hair.

Protein treatments should be followed by a moisture conditioner to lock in the protein. These shouldn't be done any more than once a month.

Combination treatment; these have an equal balance of moisture and protein to help maintain healthy hair.

Scalp treatments; these can be in the form of a hot oil treatment or a pre-treatment being applied before shampooing. Most scalp treatments contain menthol so shouldn't be done leading up to a relaxer.



CHILDREN'S HAIR

Children's hair can be hard to handle sometimes, but it doesn't have to be. With the right products and tools dealing with your little ones hair can be a breeze. There are a number of products available that are specifically aimed at young children whether their hair is tight coils or loose curls. A Tangle Teezer and de tangling sprays are an easier and stress free way of de tangling their hair after shampooing.

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COLOURED HAIR

Colour can really make a cut or fro pop. There are different types of colour; a semi permanent colour. This type of colour last for about 6 – 8 washes and only coats the outer layer of the cuticle. These colours don't need any maintenance and can be done on the same day as a relaxer or perm. A quasi colour, these last a little longer than a semi permanent colour. A permanent colour, these last up until the colour grows out. This type of colour will need regular treatments as it is a chemical that penetrates the hair shaft. Here are a few things you will need to think about:

- Treatments, mainly moisture treatments to avoid the hair drying out.
- Colour safe products, To avoid the colour from fading
- Touch ups are 6 to 8 weeks for permanent colour, to keep your colour looking fresh.



WEAVES/ EXTENSIONS

Weaves and extensions are a great protective style and allow you to switch up your colour or cut without committing to it on your natural hair.

- Don't leave weaves/extensions in for longer than 8 weeks.
- Do treatments in-between your weaves or extensions if you're an on going wearing.
- Invest in good human hair as these will last you longer and are more versatile e.g can be styled with heat.
- When the hair seems to be getting old why not cut it to extend the life of the weave.
- Moisturize your hair underneath the braids to minimise shedding when taking them out.



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