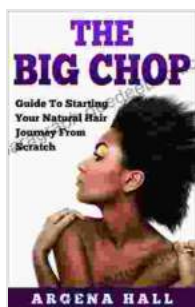


The Ultimate Guide to Starting Your Natural Hair Journey from Scratch

Are you ready to embrace your natural hair? If so, you're in for a rewarding and empowering journey. But before you get started, it's important to do your research and understand what you're getting into. This comprehensive guide will walk you through everything you need to know to get started, from defining your hair type to finding the right products and styling techniques.



The Big Chop: Guide To Starting Your Natural Hair Journey From Scratch by Argena Hall

★★★★☆ 4.8 out of 5

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Enhanced typesetting	: Enabled
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Defining Your Hair Type

The first step to starting your natural hair journey is to define your hair type. This will help you determine the best products and techniques to use for your hair. There are four main hair types: type 1 (straight), type 2 (wavy), type 3 (curly), and type 4 (coily). Each hair type has its own unique

set of characteristics, so it's important to know yours so you can tailor your hair care routine accordingly.

- **Type 1 hair** is straight and has a smooth, shiny texture. It's typically easy to style and doesn't require a lot of product.
- **Type 2 hair** is wavy and has a slightly S-shaped pattern. It's typically more voluminous than type 1 hair and can be more difficult to style.
- **Type 3 hair** is curly and has a spiral-shaped pattern. It's typically very voluminous and can be difficult to manage without the right products and techniques.
- **Type 4 hair** is coily and has a tight, zigzag-shaped pattern. It's typically very dense and can be difficult to style without the right products and techniques.

Finding the Right Products

Once you know your hair type, you can start looking for the right products. There are a wide variety of natural hair products available on the market, so it's important to do your research and find the ones that are right for you. Here are a few things to keep in mind when choosing products:

- **Ingredients:** Avoid products that contain harsh chemicals, such as sulfates, parabens, and phthalates. These chemicals can strip your hair of its natural oils and damage it over time.
- **Purpose:** Choose products that are designed for your specific hair type and needs. For example, if you have dry hair, you'll need to use products that are moisturizing and hydrating.

- **Price:** Natural hair products can be expensive, so it's important to set a budget and stick to it. There are a variety of affordable natural hair products available on the market, so you don't have to spend a lot of money to get good results.

Styling Techniques

Once you have the right products, you can start experimenting with different styling techniques. There are a wide variety of natural hair styles to choose from, so you're sure to find one that you love. Here are a few popular natural hair styling techniques:

- **Wash and go:** This is a simple and easy way to style your hair. Simply wash your hair with a gentle shampoo and conditioner, then apply a leave-in conditioner and style your hair as desired.
- **Twist out:** This is a great way to create defined curls or waves. To do a twist out, simply divide your hair into small sections and twist each section until it's tight. Then, let your hair dry completely or use a diffuser to dry it. Once your hair is dry, gently unravel the twists to reveal your curls or waves.
- **Braid out:** This is another great way to create defined curls or waves. To do a braid out, simply divide your hair into small sections and braid each section. Then, let your hair dry completely or use a diffuser to dry it. Once your hair is dry, gently unbraid the braids to reveal your curls or waves.
- **Flexi rod set:** This is a great way to create loose curls or waves. To do a flexi rod set, simply divide your hair into small sections and wrap each section around a flexi rod. Then, let your hair dry completely or

use a diffuser to dry it. Once your hair is dry, gently remove the flexi rods to reveal your curls or waves.

Tips for Maintaining Your Natural Hair

Once you have a natural hair routine that you love, it's important to stick with it and maintain your hair. Here are a few tips for maintaining your natural hair:

- **Moisturize regularly:** Natural hair tends to be dry, so it's important to moisturize it regularly to keep it healthy and hydrated. Apply a leave-in conditioner or hair milk to your hair daily or as needed.
- **Trim your hair regularly:** Split ends can make your hair look dry and damaged. Get your hair trimmed every 6-8 weeks to remove split ends and keep your hair looking healthy.
- **Protect your hair from the sun:** The sun can damage your hair, so it's important to protect it from the sun's harmful rays. Wear a hat or scarf when you're outside, and use a leave-in conditioner with UV protection.
- **Be patient:** Growing and maintaining natural hair takes time. Don't get discouraged if you don't see results immediately. Just keep following your routine and be patient, and you'll eventually see the results you desire.

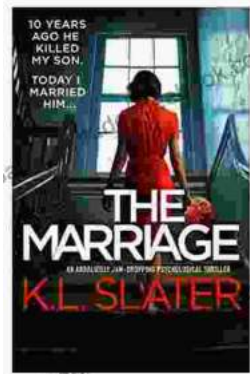
Embracing your natural hair is a rewarding and empowering journey. It can take time and effort, but it's definitely worth it. By following the tips in this guide, you can get started on your natural hair journey and achieve the healthy, beautiful hair you've always wanted.



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