

Curls Untangled

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Your hair is all set. You're wearing a smile on your face and your outfit is flawless. You're ecstatic that the hours spent fiddling with your hair, the huge fraction of your income spent on hair styling products and the escalating electric bills from using styling equipments have all been worth it. You step outside and before you know it, your hair has received the generous hugs of humidity and danced tremendously to the momentary peak in the wind speed.

Congratulations. You now have an irrecoverable head full of tangled mess with an enormous serving of sore temper, which are clear signs of a 'bad hair day'.

Not that I've mastered dealing with my own curls, I shall still share a few lessons I've learned over the terrific days I spent trying to understand my own menacing beast of a mane.

ADMIT TO YOURSELF: YOUR HAIR IS CURLY

For a fair share of our lives, a lot of us 'curlies' have a difficult time accepting the fact that we have curly hair. We treat it like straight hair, partly out of the frustration of not having it as easy as the majority of people around us. So, the first step towards befriending your curls would be to embrace the fact that you are unique and you have been blessed with a head full of beautifully anomalous hair. Unplug that straightener, you don't need it. You have curls and you WILL rock it!

TREAT YOUR CURLS ACCORDINGLY

Now that you've accepted your curls, start aptly tending to it:

- Your hair is not meant for the torture by fine tooth comb. Get a hair brush, a jumbo one at



that.

- Stop combing it frequently, it only adds to the static brewing up a frizzy thunderstorm on top of your head. Once before showering and before going to bed should do.

- Never should you comb your hair wet or after shower. It'll loosen up the curls that have naturally formed. Thus, more frizz.

- Take extra care on humid and rainy days: be certain, your hair will unfailingly puff up. In such cases, be sure to carry a small on-the-go hair serum. That should smooth out the frizzes temporarily.

- Try to air dry your hair rather than using a

hair dryer. Hair dryers tend to drench your curls of all moisture which is basically equivalent to frizzing your curls on purpose.

CHOOSE WISELY

Since curls are different than straight or wavy hair, naturally you've got to choose products suited to it. Creamy shampoos work better on curls than clear shampoos: they help the curls retain moisture. But what's even more important than shampoo is the conditioner, which should be used every time when shampooing. Leave in conditioners should be used less frequently and in smaller amounts; these works wonders on curls. Now for the most important part: haircuts. This is from experience, very few stylists and salons have any clue as to how to treat curly hair. Most will pretend like they do, misguide you into letting them chop your beautiful tendrils and you'll end up home crying for the missing half of the hair you never knew you loved. There's no shame in asking for help – ask friends with curly hair about their salons, meet stylists in person and discuss the possibilities. Also, halt with the appliance of heat, it only adds to destruction.

Having curls is almost like being at war with your own untameable beast that gnaws right back at you. But having natural curls also means looking glamorous for any occasion without hairspray. All your curls need is a bit of grooming and understanding from you. Before you know it, having natural curls will be the best thing to have ever happened to your hair. One more thing: un-friend people who ask you to undergo 'rebonding'. They clearly don't accept you for who you are.



DULLNESS GONE
SHINE ON

WITH 5 NATURAL OILS,
ENHANCES DAY TO NIGHT SHINE

sunsilk
BLACK
SHINE*

