

TIPS

## Know thy hair

**T**O take good care of your locks, it is important to first know what your hair type is. The easiest chart to follow and the most visually descriptive system would be Andre Walker's hair typing system. This ranges from straight to gradually curlier hair and the best time to truly identify the curls on your head is when it has dried after a wash.

The curl patterns can range from a loose wave to tighter curls. For those who do not have as much space in between our curls, the pattern is tight with tons of bends in the strand with hardly any curve which makes the hair extremely susceptible to hair breakage, dryness, and damage.

For breakage, try to avoid rubber-bands or clips that easily tangle the hair. It is also a good idea to stop over manipulating the hair. A resting period with a protective natural hair style is always needed. So wear twists, box braids, cornrows, buns, or pretty much anything that protects the ends of your hair.

Eliminate hair style that put a lot of tension on your hair. If you are constantly slicking your hair back into a tight ponytail with loads of hair gel or your edges are getting braided way too tightly, you may find that your edges will thin out a bit.

Depending on the hair type, you will want to add moisture to your hair about twice a day. Use your favorite cream or butter to help stretch out those kinks, to prevent dryness, and to hold your twists or braids.

When it comes to oily hair, it is important to keep oily hair clean. The best thing to do is shampoo regularly. However, make sure you don't overdo it, as it will make your scalp oilier. Washing your hair is the best choice. Add vinegar with water for the last rinse after you are done shampooing.

On the other hand, if your hair is dry, it is also fragile. Rough handling can lead to split ends. So while shampooing, treat it with care using only your fingertips to spread the shampoo. Rinse with lukewarm water and never twist or wring it dry. Patting with a towel is the best course of action. If possible, skip the hair dryer and let it dry in the air naturally.

Hair brushes can leave damage in their wake so avoid brushing and opt for combing. And in the same vein as curly hair, avoid styles that are too taut and lead to breakage. It is important it is completely possible to have more than different types of hair on the same head. So learn to identify your problems and take appropriate care to get that flawless mane.

-LS Desk

Photo: LS Archive/Sazzad Ibne Sayed



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