

# CGM Explained HELLO NATURAL CURLS!

Curly hair has long been shrouded in misconceptions. From being labelled as unmanageable and unattractive, to the belief that it requires costly maintenance. These stereotypes have often deterred individuals from celebrating their authentic hair texture. Until now.



Kazria Kayes, once far too used to straightening out her locks, discovered CGM, tried it, mastered it, and nothing was ever the same for the curly-haired beauties of Bangladesh again. She went on to create the Facebook support group, Curly Girl Bangladesh by Kazria K and the Curl Station on Instagram, where she guides women interested in managing and maintaining curls on the easiest ways to do so.

"People make the mistake of believing that CGM — Curly Girl Method — is a costly and time-consuming process," shared Kazria. "After eight years of continuing it, I can safely say it's neither, also it's applicable to boys and men."

The CGM requires you to get familiar with your hair type. Hair can go from wavy to curly to coily, with types ranging from 2A to 4C. While some experts argue that Type C curls usually get the most mileage out of this method, don't let that discourage you, because so many with types 2A to 4A have done their curls proud.

Kazria mentions that the CGM involves forgoing anything that can damage curls, such as drying agents and chemicals (read sulphate, silicone, mineral oils or alcohol) as curls are naturally drier than straight hair, and replacing these with moisturising, nourishing, and gentle ingredients. This

would also mean a hard pass at heating tools such as straighteners and curling irons, and even traditional towel drying.

Now, here's where we debunk the myth of CGM being a tiring process. True, the products that curly hair demands are different, but the procedure is no more or less cumbersome than managing straight hair. In fact, washing hair, according to Kazria, needs to be once a week, with this method. "On my hair wash day, I use a sulphate-free shampoo, deep condition it with a silicone-free conditioner, and wrap my hair with a clean, old, stretchy t-shirt to soak up excess water. If one is not intending to style their hair and go out, this is enough!"

When it comes to styling, however, there are a few steps one needs to follow. Once hair is damp and no longer sopping wet, work a curling cream and gel into it. The cream allows curls to form, and the gel makes sure they do not lose their definition when you go out and expose your hair to wind, sunlight, and pollution.

Kazria also recommends co-washing hair, instead of shampooing every day, especially for scalps that tend to get greasy quickly. "Co-washing is simply using one pump of shampoo into a conditioner and using that as a cleanser." It cleans hair and gets rid of the grease without drying it out.

Just like maintaining straight hair can involve the use of high-end products as well as things from one's kitchen, the same is true for the management of curly hair.

Kazria mentioned that using reetha powder or lentil water as shampoo, using herbal packs for deep conditioning, etc., are all good practices for the CGM, as long as no harmful chemicals touch the hair.

"Aloe gel blended with boiled sago makes for a natural, and really effective deep conditioning mask for the hair," she shared.

Another really effective gel that Kazria swears by for styling curls is flaxseed. They release a slimy substance when boiled. Strain it, store it in a box and pop it in the deep freezer, as it can spoil fast. Thaw as required before each hair wash. "It works better than any factory-made gel. I promise!" says Kazria.

"The transition period may be tough," admits Kazria. "You cannot straighten out your hair or use heated styling items. You have to be careful not to use chemical products on the hair. There may be some hair fall too."

She feels that it is easy to get discouraged in the wake of such things, but this is just your hair's way of ridding itself of chemically induced damage and being reintroduced to a more natural form of growth. Once this rite of passage is crossed, there is nothing between you and a gorgeous, curly mane just begging to be complimented!

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