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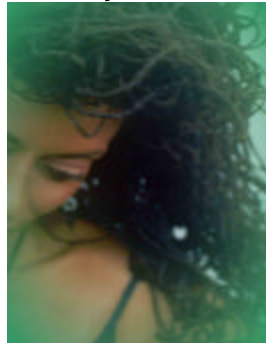
# Nappi Nati News

## Welcome!

By Elaniece Alstork

The Nappy Nati News will keep you informed of natural hair activities in and around the tri-state. It will also provide natural hair care maintenance, style tips and book and site reviews.

### It's Always been a "HAIR AFFAIR"



Women of African descent spend more money per month on their hair than any other ethnic group. We typically spend \$75-\$100 every 4-6 weeks on styling, and hair care products. In many instances we spend more per month on our hair than we do for some of the necessities of life.

What is it about our unique hair types and textures that have ripped the gaping holes in our wallets? Could it be we feel the need to *"tame that mane"* to improve our self-image and feelings of self worth? Or is because we feel the need to look more like the European standard of beauty?

Well, if you haven't figured it out yet you are beautifully and wonderfully made! This goes from your head to your toes, including every strand of hair on your head! I invite you to take

control of your "nappy" hair and understand and take advantage of it's uniqueness.

## Naturally You!

*Natural hair is the most versatile on the planet!*

Once we stop using chemical relaxers and texturizers on our hair a whole new world of hairstyles become available. Braids, twists, straw sets, knots, locs, sisterlocks, and a host of other styles are the most beautiful when done with highly textured nappy hair!

But, before styling we need to learn how to shampoo, condition and moisturize our hair.

The type of shampoo you use is dependent upon certain characteristics...

## "NO LYE"

The main ingredient in African American hair relaxers is "Lye", chemical name sodium hydroxide or "No Lye", calcium chloride. Both these products are extremely caustic and designed to dissolve the hair.

Read the ingredients of Drano or other drain openers and you'll see sodium hydroxide is listed first. Drano is used to open clogged sinks. Primarily it is used to *"dissolve tough hair clogs"*. The reality of hair relaxers is that the primary ingredient is designed to use this hair dissolving agent to break your hair down to it's weakest state so you

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**Naturally You! continued....**

of your hair. Of course, a healthy well balanced diet is essential to healthy hair growth. A dirty scalp can also restrict hair growth.

The shampoo you use should be pH balanced. These shampoos will return your hair to its natural pH level.

Proteins, keratin, and amino acid all bond to the hair shaft to fill-in the cracks caused by poor treatment of the hair, these will strengthen and protect your hair.

Moisturizers re-hydrate your hair as they do your skin. Those containing Panthenol, B5, penetrates the hair shaft and is essential for strength and healthy growth.

Jojoba is a richly moisturizing oil and it good for dry and damaged hair. It can be applied as a spritz or through other herbal shampoo/conditioning products. Be aware of the content of oil in the formula as you may only have enough in the product to be able to list it on the

the head with out excessive shampoo being applied. Begin at the nape of the neck and begin to gently rotate your scalp (not Hair) with circular movements, travelling toward the crown of your head. Do this in slow motion for a few minutes. Next, while adding a little more pressure, move towards your hairline. At the same time use your thumbs to move over your ears towards the temples. Rinse your hair well! Wrap hair in an absorbent towel and blot hair dry. Don't rub hair dry as hairs can get caught in the weave of the cloth and break.

## Transition Time?

Transitioning from chemical processed hair to natural doesn't have to be difficult, but it will require patience, persistence and the learning of new skills.

that hold the hair together in a coil formation are broken permanently, thereby damaging the hair in order to make it straight. So the only way to be relaxer free is to grow it out or take the express method and cut off the relaxed hair.

Transitioning is when you decide you are no longer going to chemically alter your new growth. You are transitioning from chemically processed hair to natural hair. For many of us this transition was/is not easy to make. For others the decision was made for them because the chemicals took their hair out.

The transition period is the most difficult time you will enter into your journey back to your natural hair. You may experience emotions that range from fear, excitement, frustration, and anger. Perseverance will bring to the point where you will begin to feel the freedom. Touch-up time has come and gone! You will struggle with long held beliefs about your hair. For many it will be the first time you actually see your natural hair type. You will learn that not only your hair is changing but your mental attitude has to change, also.

### Two schools of thought on transitioning... Chop it off

The quickest and easiest way to start the transition is to simply cut off all the relaxed hair. This is the transition of choice for many because it gives you an opportunity to learn about your hair as it grows. Plus you can achieve some great looks!

### Or grow it out..

This means you keep your chemically altered hair while you grow your natural hair out to a more acceptable (for you) length. This method requires a LOT more work since you have to maintain

## Product Spotlight

### Loc Jewelry

Check out the styles of loc jewelry designed by Pat Hunley. Her site is [www.divadzigns.com](http://www.divadzigns.com), she has a wide range of styles as well as head wraps and other ethnic items for sale.

### Herbal Cleansing Shampoos

KentuckyKinks offers an affordable line of herbal shampoos perfect for your natural hair. A popular shampoo is the Peppermint/Lavender Castile Shampoo concentrate. This gentle shampoo will invigorate your scalp and leave you refreshed and relaxed with out harsh detergents stripping the natural oils from your hair and scalp. A little goes a long way.

product label.

### Shampooing to encourage hair growth....

Wash your hair leaning over a tub or sink so that blood circulation is increased around your scalp and hair roots. Next, gently massage your head with your fingertips (not NAILS) while shampooing. A spray shampoo is very effective for ensuring good coverage of

### Becoming relaxer free..

There is no magic chemical or process that will reverse a relaxer. Not vinegar, laundry detergent, pre-con gel, lemon juice, etc. This is because the chemical used to straighten your hair semi-dissolved your hair. Once you have chemically relaxed your hair, the bonds

the altered hair to avoid excessive breakage at the transition point.

You can lessen the maintenance by choosing an option such as braids, weaves, or wigs.

When you chemically altered your hair, you changed it's natural attributes to the opposite of what they were. The line where the straightened hair contact with new growth is the transition point and is the most fragile point on the strand of hair. The two textures of your hair fight at this point and usually the end result is breakage.

**Transition Options**

Sisterlocks, a natural hair management system, offers a way for you to quickly transition to a natural style and retain your length until you are ready to part

**No Lye! continued from page 1**

can then smooth the kinks or texture out of it. Healthy natural hair becomes the enemy!

Have you ever stopped to think what that burning feeling on your head really means? It's a chemical reaction between your scalp, your hair and the relaxer. It can leave your scalp with burnt patches, scales, and clumps of partially dissolved hair. Still think those flakes are dandruff?

The worst part is that those with highly textured hair are the ones who take the most heat. We are limited in our choices to wear our hair natural since it doesn't hang down. We are told we need to "fix" it. We are judged by the texture of our hair and judgement in America has been harsh. It has resulted in years of chemical use/abuse and continues to degrade us while upholding stereotypes and negative ideas about black women.

Learn to love your highly textured hair! You won't journey alone!

with the relaxed hair. Information on Sisterlocks can be found on the web at [www.sisterlocks.com](http://www.sisterlocks.com)

Extensions are also an option you might consider. I would avoid the single braid route, however, because they can stress the hairline and cause traction alopecia (hair loss) if the braids are put in too tightly.

Twists, both single and two strand are also good transition styles that give you some styling flexibility.

Check for additional information in books or on the web.

## Loc Your World!

### *Are you ready for locs?*

If the answer is yes, here are some suggestions for you to start your locs yourself.

Locs can be started in a variety of ways, freeform, twists, braids, palm rolls, sisterlocks.

All of these options result in locked hair over time. If you are doing your own and are going for a more "manicured" look there are a couple of things you should keep in mind.

Be consistent in your parting sizes. This will ensure more uniform locs as they mature and will increase your styling options. Parting size should also be considered because the mature lock will be about 2 - 2 1/2 times the thickness of the original loc.

Locs mature in stages, starter, baby, teenage, mature and rooted.

*Starter* locs are the twists, braids, bradelocz, or sisterlocks you have used to create your locs..

*Baby* locs are when people start to wonder what is going on, on your head. The starter locks aren't neat and tidy

## Upcoming events

**3/1/03**  
**4:00 p.m. - 8:00 p.m.**  
**Rare Elegance Cafe**  
***Naptural Hair Day in the Nati***

A forum for fun, fellowship, and sharing around natural hair options, styles and history. For more info call (859) 743-7345.

**April**  
**TDB**  
***Naptural Hair Day in the Nati II***  
A forum for fun, fellowship, and sharing around natural hair.  
Contact [tristatenaps@yahoo.com](mailto:tristatenaps@yahoo.com) for more info.

**May 10-11**  
**Everette's Braids and Cornrows**  
**Detroit**  
***Sisterlocks Regional***  
For mor info go to [www.everettescornrows.com](http://www.everettescornrows.com).

like they were. They can be puffy at the base and twisting or tightening is required. Your scalp may itch. This is placeholder text. Freeform locs are at their first definitive stage. You will notice hair meshing together. Many people cover the hair at this point to avoid disturbing the little hair buds.

*Teenage* locs have begun to loc but have a mind of their own. They have stiffened somewhat and aren't laying anymore. They appear to be getting shorter. You're better at re-tightening better and some even have little hairballs on the ends. Leave them there. Buy a hat if you must, but please be patient. You will make it through your teen stage.

*Mature* locs are now thickening up and have begun to finally lay down consistently. Loc maintenance is key