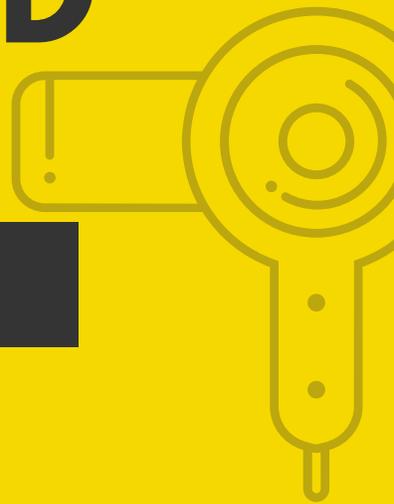
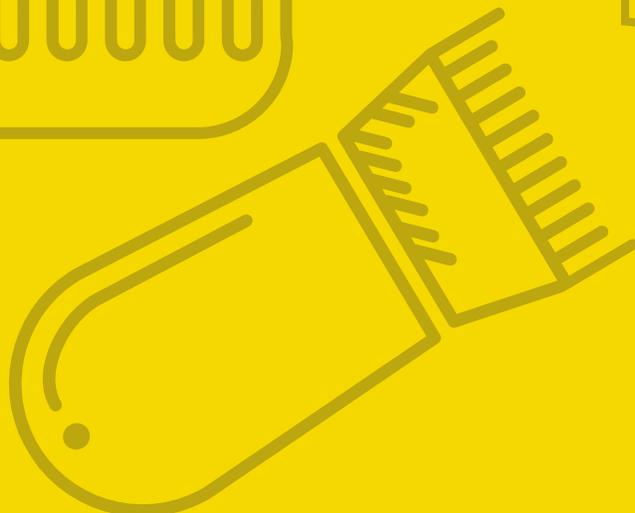
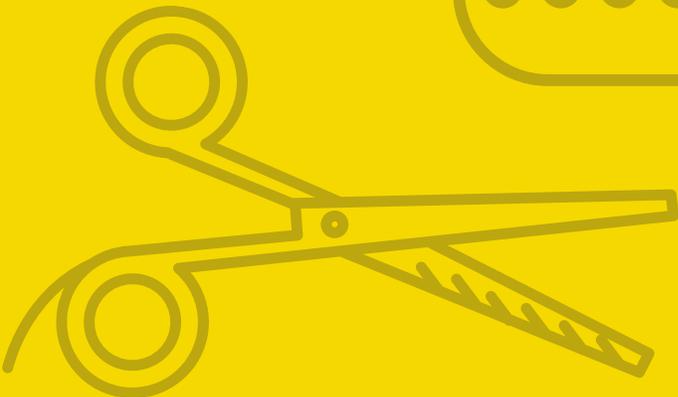
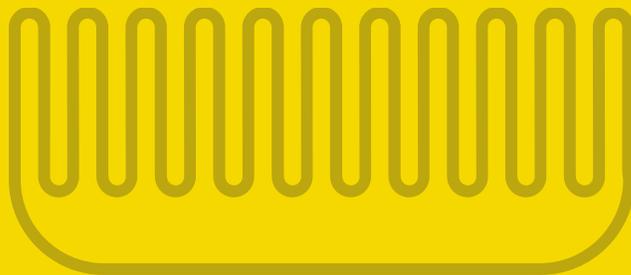




BUZZ CUTS AND BEYOND

CREATED BY RACHEL WARREN



HAIR HISTORY

Black child, your hair told stories of identity.

In Africa, hairstyles were used to represent you! Your hair would tell others what tribe you came from, your social status, your marital status, your religion... It would tell others whether you were mourning or celebrating or preparing to go to war. Men often kept their hair long because length was associated with life experience and wisdom. The longer a man's hair was the wiser others thought he was.



When we were taken from Africa to be used as slaves in America, the white slave masters shaved our heads. Over time, as we survived slavery and our hair grew back, white slave masters continued to require us to keep short haircuts. This was a way to take away our humanity, our identity, and our connections to each other and the Motherland.

Black child, your hair honors our overcoming, reminds us of our power, and celebrates self-love.

After slavery, we wrestled with how to assimilate our hair to fit white norms.

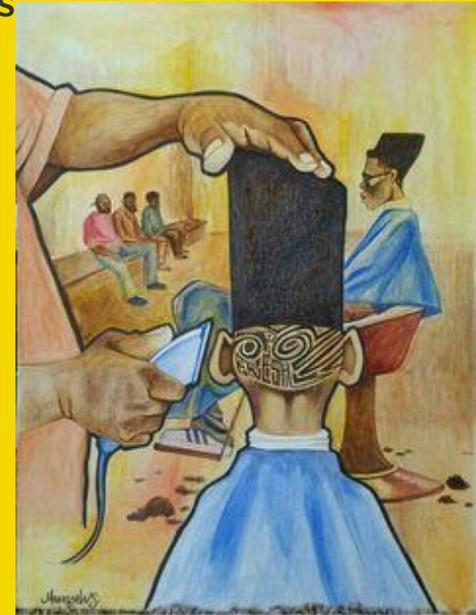
Black men felt that by immitating the hairstyles of white men they could improve their social status and earn a higher degree of respect from white men.

But, the Black Power Movement, among other things, taught us we can be ourselves, love ourselves, and proudly reclaim what others tried to take away! See Bob Marley's locs, Allen Iverson's cornrows, Colin Kapernick's afro, and the entire cast of Black Panther... all inspired by a rich HAIRstory. Men today are increasingly embracing the movement of resistance, self-expression, and freedom through their natural hair.

HAIR INSPIRATION

"Black hair is love. Black hair is power. Black hair is sacrifice. The seemingly simple choice to shape it as we choose is a daily decision that, in effect, activates and extends Black pride, mystique, and flair - not just for us, but to the outside world as well."

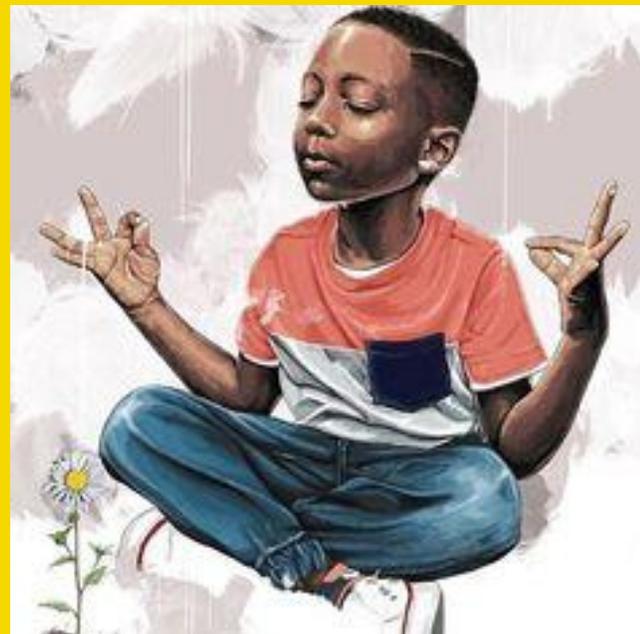
- Tirhakah Love



"You are growing into consciousness, and my wish for you is that you feel no need to constrict yourself to make other people comfortable."

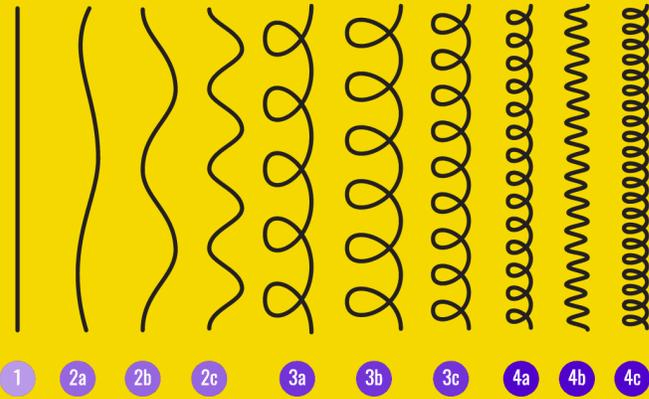
- Ta-Nehisi Coates

**Never forget... Your hair is good hair.
Your hair is beautiful hair. Your hair
is powerful hair. Your hair belongs in
every room you walk into in
whatever style you choose.**



HAIR TYPES

The longer your hair is, the more important it will be to understand what type of hair you have. This will help you take care of it and style it! Using a "hair typing system" can give you the language to describe your hair and teach you about your hair's characteristics. In this system, Type 1s are straight, Type 2s are wavy, Type 3s are curly, and Type 4s are coily/kinky. The A, B, C categories tell you the width of your wave, curl, or coil pattern. You may find that you have more than one type of hair.



and Type 4s are coily/kinky. The A, B, C categories tell you the width of your wave, curl, or coil pattern. You may find that you have more than one type of hair.

Finding your curls may be challenging if your hair is very short. You may want to try using a sponge brush and a curling product, looking up tutorials on YouTube, or asking a Black barber for support in understanding your hair!

3 A

shiny, large, loose curls
the size of sidewalk chalk

3 B

coarse, springy ringlets the
circumference of a Sharpie
marker

3 C

tight, corkscrew coils the
circumference of a straw or
pencil; strands are densely
packed together with lots
of natural volume

4 A



mini, dense, springy, "s" shaped
coils the circumference of a
crochet needle

4 B



fluffy, cottony, "z" shaped
curls; densely packed but
still defined

4 C



densely packed, tightly
coiled, less defined pattern

HAIR PRODUCTS

Once you have an understanding of your hair type or types, you may also want to learn about porosity and other characteristics of your hair. The more you know, the better idea you'll have about what products and styles your hair may prefer!

Some popular brands you may consider using...

**African Black Soap Collection:
DRY, ITCHY SCALP**
Dandruff, Eczema & Psoriasis
Caspa, eccema y psoriasis



Calm & Clear

Deep Cleansing Shampoo
What it does: Gently cleanses as it removes buildup from styling products, chlorine and hard water residue, while soothing dry, itchy and flaking scalp. Helps calm symptoms of dandruff, psoriasis and eczema.
How to use: Apply shampoo to wet hair and lather from roots to ends, massaging gently into scalp. Rinse thoroughly. Repeat if necessary.

Balancing Conditioner
What it does: Moisturizes and conditions hair while relieving dry, itchy scalp.
How to use: After shampooing, apply conditioner to wet hair from roots to ends, massaging gently into scalp. Rinse thoroughly. May also be used as a leave-in conditioner or pre-shampoo.

Dandruff & Dry Scalp Elixir
What it does: Concentrated treatment helps to calm itching and symptoms of dandruff, eczema and psoriasis.
How to use: Part hair in sections. Spray elixir directly onto scalp and massage gently. Do not rinse out, and style as desired.

Purification Masque
What it does: Detoxifies and conditions hair while relieving itchy, dry scalp. Removes product buildup and strengthens hair by sealing in natural moisture. Helps calm symptoms of dandruff, eczema and psoriasis.
How to use: After shampooing, apply from roots to ends, and massage gently into scalp. May place hair under a plastic cap and apply moderate heat. Leave on hair for up to 30 minutes, then rinse thoroughly and style as desired.

**Coconut & Hibiscus Collection:
THICK, CURLY HAIR**
Moisture, Body & Shine
Hidratación, cuerpo y brillo



Curl & Shine

Curl & Shine Shampoo
What it does: Gently cleanses and hydrates curls, while restoring body and shine, while reducing frizz.
How to use: Apply shampoo to wet hair and lather. Rinse thoroughly. Repeat if necessary.

Curl & Style Milk
What it does: Detangles, defines and conditions curls. Promotes body and shine, while reducing frizz.
How to use: After shampooing, distribute evenly through damp hair as a leave-in conditioner. Do not rinse. Style as desired. May be used daily.

Hold & Shine Moisture Mist
What it does: Hydrates and tames frizz, while providing soft hold and brilliant shine.
How to use: Spray liberally on damp hair and use a wide tooth comb to distribute evenly from roots to ends. Style as desired. May also be used on dry hair to refresh and revive curls.

Curl Enhancing Smoothie
What it does: Defines and hydrates curls. Enhances natural curl pattern without crunch and greasiness. Provides soft, long-lasting hold, while reducing frizz.
How to use: Section hair and apply product sparingly to damp or dry hair. Do not rinse out. Style hair as desired. For best results, use as a styling cream for twists, braids and wash-and-go styles.

**Raw Shea & Argan Oil Collection:
DRY, DAMAGED HAIR**
Heal, Grow & Strengthen
Salud, crecimiento y fortalecimiento



Moisturize & Repair

Moisture Retention Shampoo
What it does: This sulfate-free shampoo cleanses, moisturizes and transforms dry, damaged, over-processed hair to beautiful, healthy-looking hair.
How to use: Apply shampoo to wet hair and lather. Rinse thoroughly. Repeat if necessary.

Restorative Conditioner
What it does: Our daily conditioner moisturizes and helps repair dry, lifeless and damaged, over-processed hair.
How to use: After shampooing, apply conditioner evenly through wet hair. Work through hair from roots to ends. Rinse thoroughly. May also be used as a leave-in conditioner or pre-shampoo.

Reconstructive Elixir
What it does: Oil-based, intensely moisturizing leave-in treatment strengthens and protects strands while adding shine. Helps tame frizz, leaving hair silky smooth.
How to use: After drying and styling, spray evenly onto hair to seal the cuticle. Do not use during flat ironing or other heat styling.

Deep Treatment Masque
What it does: Penetrates deeply to moisturize and transform dry, damaged, chemically treated hair to healthy-looking hair.
How to use: After shampooing, apply liberally from roots to ends. May place hair under a plastic cap and apply moderate heat. Leave on for up to 30 minutes, then rinse thoroughly. May also be used as a styling cream.

Plantain Enzyme
Helps soothe itching and irritation.

Tea Tree
Naturally helps soothe and calm dry skin.

Willow Bark
Extracts soothe and decongest hair and scalp.

Melaleuca
Ayuda a reducir picor y irritación.

Extracto de corteza de sauce
Ayuda a calmar y desinflamar el cuero cabelludo.

Coconut Oil
Hydrates and prevents hair from heat and chemical damage.

Silk Protein
Reduces breakage, strengthens and smooths hair for a soft, silky feel.

Neem Oil
Strengthens hair while providing brilliant shine.

Acacia de Congo
Hidrata y protege el cabello como el color y los daños químicos.

Proteína de seda
Reduce la rotura y aumenta el volumen para tener un pelo suave y sedoso.

Aceite de Nim
Fortalece el cabello proporcionando brillo.

Sea Kelp
Tame frizz naturally and provides brilliant shine.

Argan Oil
Restores and seals the natural oil of the scalp.

Shea Butter
Deeply moisturizes and repairs damage to hair and scalp.

Alga luminaria
Ayuda a controlar el frizz naturalmente y proporciona un brillo brillante.

Argón
Restaura el pelo y le devuelve el aceite natural del cuero cabelludo.

Maní de Indias
Hidrata profundamente y repara el daño del pelo y el cuero cabelludo.



Cantu



Curls



Creme of Nature Argan Oil

Shea Moisture

You will likely use a mix of brands and products. Look for detangler, shampoo, conditioner, leave-in conditioner, scalp/natural oil treatment, curl enhancer, styling gel, or whatever else your hair needs. **All hair, regardless of length, will need some products** (ex. shampoo, conditioner, moisturizer). However, the longer your hair and the style you want will determine which and how many more products you'll use.

Tips:

Avoid sulfates, isopropyl alcohol, formaldehyde or propylene glycol. These ingredients are prone to dry out your hair and irritate your scalp.

HAIR CARE

It is important to establish consistent and appropriate routines to maintain healthy hair. The length of your hair and the style you choose to wear it in may vary, but you still need to set aside time to take care of your hair.

Here is an example!

Wash Day Routine

Detangle: Depending on the length of your hair, you may want to detangle your hair before you begin washing. You can do this by first spritzing your hair with water to dampen it and applying a detangling product of your choice. You'll finger comb (followed by wide tooth comb or detangling brush) until there are no knots or tangles.

Wash: Apply shampoo and finger comb it through all parts of your hair. Use your fingertips to massage the scalp. It may help to do this in sections if you have thick hair.

** shampooing is necessary, but it strips our hair of its natural oils and shouldn't be done too often (typically once per week) **

Condition: After rinsing out your shampoo, you'll want to use conditioner to help keep your hair moisturized. You'll use much more conditioner than shampoo, and you'll want to leave the conditioner in for several minutes before rinsing it out.

** conditioning is especially important after you shampoo, but you may also condition your hair even when you don't shampoo. This will keep your scalp hydrated and prevent hair breakage **

Moisturize and Style: After drying your hair, use a leave-in conditioner or oil to add an additional layer of protection. Depending on the style you choose, you may need to add a styling cream, use a sponge brush for curls, or add other details to your routine! No matter what... always remember to moisturize your hair daily!



YouTube tutorials about hair care

https://www.youtube.com/watch?v=kIG_m856Wso (LITTLE BLACK BOYS NEED WASH DAY TOO!)

<https://www.youtube.com/watch?v=8NZ-3QDvmek> (Back 2 School - Boys Natural Hair Routine)

<https://www.youtube.com/watch?v=xj1IAk63d84> (Busy 16 Month Old Toddler Hair Routine)

YouTube tutorials about techniques

<https://www.youtube.com/watch?v=yumJXEiEkoY> (How To Sponge Twist Your Afro)

HAIR STYLING

Buzz cuts, high fades, burst fades, neck tappers, line ups, mohawks, fro hawks, hair designs, curly high tops, twists, dreads, braids... the possibilities are endless. Long or short, find what suits you and wear it proudly!



HAIR CONFIDENCE

This guide is intended to help you think more deeply about your hair. Remember there is history and culture that you carry in your hair. You can show your power, your pride, and your personality through your hair. You're lucky to be a part of a legacy of blackness that will support you in your hair journey. No matter what length you choose to wear your hair at, always take care of it. Keep it healthy, style it freshly, and wear it proudly. Know how important it is and how important you are, Black King.



Please watch:

Loves Me Like a Rock (The Ojays) full scence from The Fighting Temptations (movie)

<https://www.youtube.com/watch?v=4jLPJiIS6Mo>

Blackish: Chop Shop (Season 2, Episode 8)

Barbershop (movie)

Black Gold (Esperanza Spalding)

Please know:

There are so many resources that tell our history, celebrate our essence, and help us get to where we want to be. Don't be afraid to try something new, and trust that taking care of yourself and your hair is worth it!