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No Lye: The African American Woman's Guide To Natural Hair Care



Synopsis

For years, African-American women have relied on harsh chemicals and relaxers to "manage" their hair--which more often than not did more damage than good. Improper braiding techniques have also contributed no small amount of harm, resulting in frail, damaged hair and even pattern baldness in women. No Lye! offers a safe and easy alternative. In this hair-care and styling guide Tulani Kinard reveals the secrets to obtaining and maintaining beautiful healthy hair--naturally. Discover... The art of making braids, terrific twists and lovely locks Easy recipes for products that clean, strengthen, and condition the hair Ways to heal damaged hair Painless methods of caring for your children's hair Fast, easy styles for all lengths and textures of hair The pros and cons of using hair extensions Ask me your hair-care questions...I'll tell you No Lye!

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Customer Reviews

Sadly, there are few books dedicated solely to the process of locking hair and its maintenance. It's really too bad since more and more women of color are viewing locked hair as a viable alternative to harsh chemicals, weaves and extensions. At the very least, you would think authors and experts would pick up on this trend and write a useful book just on the topic of lock maintenance alone. But I digress. Tulani Kinard may not have devoted her entire book to locks, but she comes quite close by focusing enough attention on the subject as to make this book both a highly useful primer and an inestimable ongoing reference guide. Anecdotaly, I locked my hair over the course of two days after finally accepting the reality that my quest for straight, sleek styles had caused me to develop dire and incessant scalp irritation for which I had begun using prescription shampoo (yikes), and a head

of hair that was more equine in nature than of the human variety. Read: It was a sad state of affairs. Needless to say, Kinard's book was invaluable in pointing me to products (and telling me which to avoid) that would help my puerile locks stay, well, locked. She recommended scalp treatments for the anything-but-enjoyable first few months when the committed self-stylist finds themselves abstaining from hair washing so as not to unravel their hard work (trust me, this is the hardest part).

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