



## HAIR HEALTH & LENGTH COURSE

### Winter and Harmattan hair care routine.

#### Your winter and harmattan hair routine –

- In winter and harmattan your hair is dryer than normal. This is not the time to leave your hair or your children's hair out regularly.
- These seasons are not the time to also slack on wash day, deep conditioning and I always suggest hot oil treatments in these seasons.
- Do protective styles if you want eg braids, wear your wigs, cornrow, twists but low manipulation and this is not necessary.
- WINTER is not the time to be missing wash day or deep conditioning.
- Oil treatments – avocado, coconut, olive oil, rosehip oil, khalila oil and so on.
- Use heavier oil to seal your hair or a butter.

#### Why is winter so bad for natural hair?

It's a perfect storm of bad conditions. Wind and harsh cold air suck moisture out of your hair. And once you're inside, the heated air is so dry, your office can be almost as bad as sitting under a blow dryer! All this dryness accelerates frizz, breakage, and split ends, and the shock of extreme temperature changes puts additional stress on your hair. If this weren't enough, hats, scarves, and sweaters are made from material that insulates heat, keeping your body warm- but they pull and snag on your hair, breaking strands left and right. Whether you're inside or outside, warm or cold, it seems like there's no escape.

#### Therefore, winter is not the time to slack

Use protective styles to your advantage. Wind and cold/dry air suck moisture out of your hair, leaving it brittle, weaker, and more prone to breakage. Protective styles cut down the manipulation to your hair, which will prevent breakage, and they tuck ends and strands safely out of the way of wind and cold air. That said, don't put your hair in a protective style and forget about it. These styles will help your hair retain more moisture than if you wore your hair out, but your hair WILL eventually dry out, even in a protective style. Pay attention to your hair and refresh or change your style. I recommend changing or redoing the style every week or two. Double up on nutrients! Your hair needs protein, nutrients, and vitamins to remain strong and healthy. It's a good idea to eat healthy foods year-round for the health of your hair (and your body!)

but it's especially important in the winter as a precaution against that dry and cold air. You may not be as sweaty or thirsty in the winter as you were in the summer, but be sure to drink water. There is no better way to keep your hair hydrated and moisturized than providing water straight to your body. Use steam to moisturize your hair. Steam is just warm, airborne water particles, which can easily penetrate and hydrate your hair strands. One of the easiest ways to treat your hair to steam therapy: Take a warm shower and ditch the shower cap. Just make sure you don't leave the house with wet hair!

Seal in moisture with a heavier oil especially after washing or moisturizing your hair. Watch out for knitted hats and scarves. The rough material will snag on natural curls and cause breakage. Don't worry, you don't have to let your ears freeze! Just use a thin silk cap in between your hair and hat. It may seem like an inconvenient step to take, but your hair (and your ears) will thank you! (You can do the same thing with scarves- line the outside of your scarf with a thin silk scarf to protect your hair from friction.) Trim, trim, trim. Your ends are extra vulnerable in the winter, prone to breakage and split ends. Cut off split ends as soon as you see them to keep your hair healthy. Stay away from heat. Steaming your hair is good but put away flat irons and keep your blow dryer on the cool setting for the season. These tools take moisture out of your hair, a process already accelerated by the wind and dry air outside. You can never deep condition too much! Seriously. Deep conditioners give your hair exactly what it needs during the winter and harmattan months penetrating every strand with conditioning agents.

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