

# *Here's your free e-book!*

## **An Easy Natural Hair Care Guide**

Simple steps for a beautiful head of natural hair



Keisa Sharpe, *The Natural Hair Diva*

Welcome to the family! I am so excited you've begun your natural hair journey and I would like to be a trusted resource and support for you.

I've been asked a number of times about "how" to get started on this natural hair journey or to simply provide good tips to maintain the course. So, I thought I'd publish this abbreviated An Easy Natural Hair Care Guide free e-book for all of you who need a start-up/maintenance guide for type 4C hair. I've also published an [\*e-book on Amazon\*](#) full of simple tips, pictures and other useful information for those who need more meat.

My journey began in March 2009 after a salon mishap - a young stylist, whom I'd never met before, applied a chemical relaxer to my hair and didn't thoroughly rinse it off. After discovering this a week later, after medical treatment and hair alternatives (like wigs and sew-ins), I was catapulted onto the natural hair journey.

So I've compiled a list of "best practices" for natural hair care. Here are my top five tips to help you get started *and* maintain your natural hair journey.

### **1) Begin with total hair health in mind.**

I always encourage my naturalistas to start with a really good trim, and get it regularly trimmed, with someone who styles natural hair. You can trim your own hair, too, but only if you're very comfortable. I style and trim my own hair and wouldn't have it any other way, but I'm very comfortable doing so. But **ONLY** do this if you're comfortable with it.

Don't expect immediate results after a first trim. It may take up to 6 months for your natural hair texture to emerge and for you to really know what you're working with. But moral of the story, give it a little time on this journey.

### **2) A little TLC will go a long way.**

Monitor and really baby your hair when styling, adding natural oils regularly including coconut, castor, olive, sweet almond or jojoba oils. Massage into scalp and apply a small amount to hair to give it super shine - the natural way.

Some curlies really like Shea butter, too, but make sure you test it to see how your responds. Some love Shea butter, while others don't like its effects on hair and know that it's very heavy.

Add protective styles, like this one pictured below, to help preserve the health of your hair, too, and cut down on the stress of daily styling. I make sure to include a light oil on my strands even with protective styles.

This style was done by Birmingham natural hair stylist Leslie Blakely.



## *Here's your free e-book!*

### **3) Condition “before” you shampoo.**

Deep condition hair for 15 - 30 minutes under a hooded dryer BEFORE conditioner washing (see definition just below) or shampooing. There are a number of deep conditioners which will produce outstanding results. You must go with what works for your hair - whether an all-natural product or not. Another tip here - I normally add an oil of some kind to my pre-conditioning routine, whether castor, coconut, olive or jojoba oil. We have an oil blend at [www.allsheanaturals.com](http://www.allsheanaturals.com) that will go great on your natural hair before or after you shampoo.

### **4) Conditioner wash or shampoo regularly.**

Conditioner wash or shampoo your hair regularly because water provides needed moisture and proper cleansing is the foundation for healthy hair. Weigh the pros and cons of alternating between conditioner washing (co-washing) versus shampooing your hair.

Conditioner washing involves using a conditioner to cleanse the hair (the effect is less stripping and super moisturizing for natural tresses). You apply a generous amount of conditioner to your hair, massage it in and cleanse your scalp thoroughly, then rinse. I normally do this twice.

As a general rule, I co-washed my natural hair tresses once a month, then shampooed two weeks later - which means I co-washed once and also shampooed once in a given month! I also applied some oil (normally castor or olive) before applying a cream to two strand twist my hair.

Today, I have locs and I shampoo with our All Shea Naturals' line Black Soap shampoo. Visit [www.allsheanaturals.com](http://www.allsheanaturals.com).

## **5) Make your health a priority.**

You've heard this before, but listen to it again. Take steps to ensure an overall more healthy lifestyle. Make the choice. Eat sensible portions and include your veggies and fruits. Get proper rest. Add your vitamin or supplements like biotin, iron, Vitamin E, Vitamin C and B-complex and others, if needed (make sure you consult your doctor). Also drink plenty of water. This will not only help protect your body, but it will aid your natural hair in its growth.

I wish you A-mazing success on your natural hair journey! Remember, no matter what challenge you face with your natural hair, your problem can normally be solved with information and support. Make sure you're armed with both - you need know how, but you also need people to help you along the way.

I'd love to know what you think about my tips. What are some other ways that you have jumpstarted or maintained your natural hair journey? What are some other resources you need on the natural hair journey.

Let's **CONNECT!** Email me at [keisa@allsheanaturals.com](mailto:keisa@allsheanaturals.com) or visit contact me via my website - [www.keisasharpe.com](http://www.keisasharpe.com). Purchase natural

hair and body products from [www.allsheanaturals.com](http://www.allsheanaturals.com). I've created these products to help you feel as beautiful as you look.

Our body products begin with a rich Shea butter base and includes other natural oils - olive, castor and coconut to help you look at feel fabulous.

According to our customers, YOU will LOVE it:

- “I **LOVE** your product.” ~Shewanna
- “**LOVE** this hair and body butter.” ~Jestina
- “I **LOVE** the pineapple scent.” ~Marla

For more inspiration, purchase our E-book on Amazon:  
<http://www.amazon.com/Easy-Natural-Hair-Care-Guide-ebook/dp/B006DBCQQ>

You can also reach out to me on any one of these channels:

- □ Facebook: <https://www.facebook.com/keisasharpe>
- □ LinkedIn: <https://www.linkedin.com/in/keisasharpe>
- □ YouTube: <https://www.youtube.com/user/keisasharpe>
- □ Twitter: [https://twitter.com/keisa\\_sharpe](https://twitter.com/keisa_sharpe)
- □ E-book: <http://www.amazon.com/Easy-Natural-Hair-Care-Guide-ebook/dp/B006DBCQQ>

Happy trails natural divas and I sincerely thank you for your time. Keisa,  
*The Natural Hair Diva*