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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Black Hair Care: How To Take Care Of Cornrows**

**By Jenny Andrews B**

Cornrows and braids are one of those timeless styles that have crossed all gender and ethnic gaps.

In fact, nothing is more beautiful than heedful of intricate braids and rows and no two styles are exactly alike. That is why more and more people are choosing to express themselves and their individual style through braiding and rowing.

But as with all styles, cornrows come with their own special challenges and problems. One of the most obvious problems associated with any tight braiding technique is breakage. While black hair has fewer tendencies to break than Caucasian hair, it can still take a great deal of abuse if the braids are not done and cared for properly. In addition to breakage, you can also experience dull, frizzy and dry hair as a result of wearing cornrows or braids.

To avoid all of these drawbacks and to keep your braids looking shiny and neat, follow the following care tips:

- Choose your artist wisely - As with any artistic field, braiders come in many levels of expertise. Be sure to choose one that has been in the business for a good while. Also, ask to see sample photos of the stylist's work. This will give you a good idea about their level of expertise.
- Grow hair to proper length – In order to get a good braid, your stylist has to have enough hair to work with. A good rule of thumb to follow on length is 10cm for straight hair and a minimum of 5 cm for curly hair.
- Cleanse without disrupting - Granted, shampooing your hair with all of those rows and braids is not an easy task. To clean down to the scalp without disrupting your style you can use a shower massager or dental water pick.
- Wrap to prevent frizz and breakage - When you're sleeping, your hair comes into constant contact with your pillow and your movements cause friction and tension to be applied to your braids. This can result in fly away hair, frizz and breakage. To avoid this simply wrap your head with a do rag or cloth before sleeping.

· Keep salon appointments - If your braid artist tells you to get a trim every 6 weeks, do so. And if he or she tells you to get your braids redone within a certain time frame, be sure that you do. This will help keep your braids looking neat and fresh.

Jenny is a hair expert, and the author of an incredible free minicourse, that explains how to find your unique style, how long or short you should have your hair, how to find the right hair color for you, how to find the right salon, and a lot more. Go to

<http://www.hairstylevillage.com/>

now and get this amazing

hair minicourse - absolutely free.

### **How To Use Avocado As Your Hair Care Product**

**By Loraine Lesley**

Let's role on...life must go on and the life of your natural hair is in your hand. Take care of your hair with avocado and don't let it look dull due of incorrect caring. It's your responsibility for having good looking hair since your appearances is based upon your healthy hair. You probably need good natural hair care products.

But, what does it mean when people said about natural hair care products? Well, hair care products that are advertised "natural" may probably mean free from chemical substance or it may also environmentally friendly products with plant and herbal additives as their substances.

How do you choose natural hair care products? Hmm...when you purchase hair care products please read the labels and make your own decisions on what level of "natural" ingredients you wish to accept in the hair care products that you use on your hair. This is the most responsible way to select the best products for you.

But there is other way; besides using natural hair care products, you can do some favor for your hair to make it more wonderful here using real natural fruit. This is the hair conditioning treatment using avocado. Check this out:

- Mash one avocado which is recommended for its hydrating benefits and proteins and mix with one-tablespoon lemon juice, one teaspoon of sea salt, and one tablespoon of pure aloe until it becomes a paste.
- Comb through hair with your fingertips.
- Cover hair with a plastic shower cap or bag, and wrap a towel around it to seal in the treatment.
- Leave in for 20-30 minutes and enjoy a great book, CD or even better - just savor the peace and

quiet!

– Unwrap you newly conditioned hair. Rinse, shampoo and rinse again for soft, luxurious hair!

Of course there are other fruits you can use for your hair natural treatment. But the step you do is the same like have been described above. You will have good looking hair by the time you check the Internet for more natural hair care products.

Why you need to look for your other natural hair care products at the Internet? Based on some people experiences, Internet is the best place to search for your hair care product. Although you already use fruit such as avocado above, your hair still need more nourishment from hair care products that is available in the Internet.

Loraine Lesley is editor for some Website concerning women. She wants to help women to look beautiful, that's why she offers practical articles and tips on Skin Care, Hair Care, and more. To discover her advice, visit

<http://www.myskincareonline.com>

and

<http://www.myhaircareguide.com>



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