



Just Oil

Hair & Body Solutions

*Love Yourself Naturally*

### What are the steps?

I was asked about the natural hair journey. The question was “What are the steps?” What are the steps? I don’t know. I was really perplexed. Initially my response was one that is well known. Well really there’s only two ways. 1. The BC- The Big Chop as it’s called. That’s when you cut off the relaxed or damaged ends to the point where it meets your natural or undamaged hair. Even to the point of a small afro or shaved. 2. Transitioning. It’s where you cut the ends off gradually as you allow your hair to grow. This way helps to maintain length. A lot of women choose this way as they may not be prepared for embracing a style as drastic as the Big Chop.

Upon thinking about this question further, I can only reflect on my own journey and what I have experienced. I will attempt to go through the “steps” as an attempt to bring clarity to the Why, How, Who, What, When and Where of The Natural Hair Journey to bring you to your optimal look.

### STEP 1 – The Why



### Why have I decided to wear my hair naturally?

Only you can answer that question. It is personal and there are no wrong answers. Though there are many common reasons. Some of the most common reasons are, in no particular order:

- To connect back with my heritage
- Tired of going to the Beauty Salon
- Tired of the process
- Thinning hair/losing hair
- Breakage
- Want healthy hair

# The Natural Hair Journey in steps

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## STEP 2 –The How

How do I go about it?



Which method are you going to use, the big chop or transition? Again, it's a personal answer. Whichever method you're most comfortable with is the right answer. Some people BC and wear their glorious afro while others may choose to get braids, wear wigs, or some other form of protective style while their hair grows if they're not comfortable with short hair.

Some women continue to straighten others start embracing hair styles that are textures such as braids other women may weave, wigs or other while they transition



transition and their hair while some of the natural good for both and twists. Still choose to wear protective styles their hair.

### STEP 3 – The Who

#### Who's products should I use?

Do I have to change the products I'm currently using? My thought on this and the reason I decided to make my own products, was that Natural hair deserves natural products to help it be the best. You can still use the products you've been using if that's where you're comfortable. Often times the search for new products begin because as your texture reemerge (change), your style may change with it. You may have been wearing your hair straightened before whereas now you may want to try some of the more popular natural styles such as the twists or twist-outs or bantu knots, etc. So finding the products that will give you that look is important.

Steps 3 & 4 really goes together as one helps to determine the other.

### STEP 4 – The What

**What is my hair?** (I know that doesn't sound right but you'll get the point)

Understanding your hair, what it needs and what it wants to do. What is hair? Is it soft? Is it curly or straight? What is the condition of my hair and scalp? Is it dry, normal, or oily? I would venture to say that a vast majority of us do not know. When I made the decision to transition I asked myself two questions. "What is my hair like?" and "What does it want to do?" I had had a relaxer for so long that I didn't remember anything about my natural hair. I looked at an old picture of me in 1<sup>st</sup> grade so I could see it but I couldn't remember the feel of it, how to care for it or if it would still be like that once I grew all the relaxer out.

What is Hair? - Hair is a biomaterial filament primarily composed of protein, notably keratin, that grows from follicles found in the dermis, or skin. The living parts of hair (hair follicle, hair root, root sheath, and sebaceous gland) are beneath the skin, while the actual hair shaft which emerges (the cuticle which covers the cortex and medulla) has no living processes.

What does it want to do? - The sebaceous glands in human skin produce sebum, which is composed primarily of fatty acids. Sebum acts to protect hair and skin, and can inhibit the growth of microorganisms on the skin. This oily substance gives hair moisture and shine as it travels naturally down the hair shaft, and serves as a protective substance preventing the hair from drying out or absorbing excessive amounts of external substances. Sebum is also distributed down the hair shaft "mechanically" by brushing and combing. When sebum is present in excess, the roots of the hair can appear oily, greasy, and darker than normal, and the hair may stick together. (Wikipedia, Hair and Hair care). So here you can see how we naturally produce the oils needed to moisturize our hair. The problem comes in when we either don't produce enough or amongst our activities, the

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products we use, and the environment, our hair gets stripped of the oils needed to keep our hair moisturized thus making it dry and brittle. I believe all if not most African, African-American hair has a curl pattern and is soft by nature. I do not believe that course hair=hard hair. Our hair has been conditioned to be that way through the products we use.

What you can do? - There are two important things your natural hair needs, to be hydrated and moisturized. To hydrate means to add water, this is important even when having a relaxer. To moisturize is to add oil (like the sebaceous glands) to make softer, more pliable and reduce evaporation.

Our hair love water, it's true. Our bodies are made up of 70% water so it is only natural that some of that water is contained in the "dead" cells of our hair. Have you ever wondered why your hair frizzes on humid days? Frizz comes as a result of not having water locked in, thus it is reaching to gain that hydration through the atmosphere. Hydrating keeps hair from drying, breaking and splitting by directly adding water to the hair. Have you ever noticed how soft your hair feels when immersed in water but as soon as it dries it's not so soft? That's because your hair has plenty of water to draw from at the time but not having anything to lock it in when it dries, it goes right back to being dry and brittle. Moisturizing help seal in the water thus giving you that softness, manageability, and reducing evaporation. When your hair is properly hydrated and moisturized, it likes to shine, be soft, and be show off its natural curls.

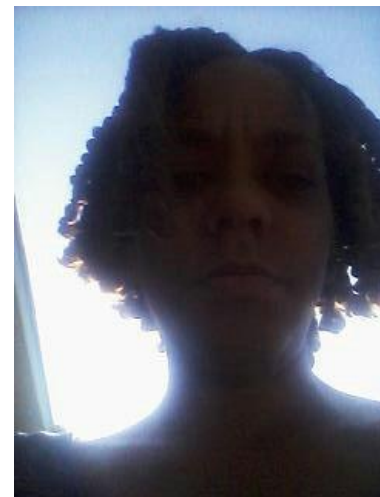
### STEP 5 – The When and Where

**When** is the best time to go natural? That is another question that may pop up in this journey. There really is no bad time regardless of the method you choose because of your options but you do want to consider the climate of **where** you live.



In a multi climate area, where the weather gets cold, think of the versatility of wearing a hat, especially on a bad hair day. Hats work for either method. Will the hat be adequate to hold all of your hair if you transition or cover the nape of your neck on a cold winters day if you BC?

On the flip side, the BC may be perfect in the summer as you will not have that issue in the summer. Also when considering climate, colder, winter weather tend to be more harsh on hair as you have the cold of air, the heat of the furnace, the friction of the hats, and general daily maintenance and manipulation that adds to the drying/dehydrating of the hair causing brittle and breaking hair. But don't worry as that too can be addressed by using the right products and investing time in what is called protective styling.





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### STEP 6 - The optimal look.

Naturally as you go through the changes of wearing your hair naturally, there will be a lot of adjustments no matter what method you chose. As you experiment with hair styles you're looking for the one(s) you think suit you best. One thing you can do is try on different naturally styled wigs. This way you can see the styles you like best and work your way to obtaining those particular styles as your hair grows into the desired length. Again, this is where products come into play. There are products designed to give or help produce a certain look. There are products designed to help you have the healthiest hair possible. **Just Oil Hair and**



**Body Solutions** are designed to give you both. The product line is developed to be as simple as possible in application yet giving you the optimal desired look. The end result is Beautiful hair that is healthy. The line itself is simplistic, asking “How do you wear your hair?” Just Oil has products that work well for relaxed or straightened hair which is great when transitioning.

Again this journey is a personal one in which what's right for you is the right one. I don't intend to become an expert in this area but I have become an expert on my own hair, what it is like, what it needs and what look works best for me. My hope is that I have helped you begin to answer these questions so you can become an expert on your own hair.

Thank you for reading this. If you have any questions or would like to purchase any Just Oil products, I can be contacted on my website at:

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