



CROWN

Clubs

Caring For Your CROWN





CARING FOR YOUR CROWN

Tips For Caring for your One and Only CROWN:
From Milady Standard Natural Hair Care and Braiding

- 1** Refrain from wearing braid styles or extensions too long. Braids should not be kept for more than two or three months.
- 2** Braids do not damage hair when there is not too much tension when there is no imbalance of extension to natural hair, and when they are not worn too long. Instead, they can often help promote healthy hair growth via this popular protective style.
- 3** While wearing braids, avoid heavy cream shampoos which coat the braid shaft. Instead, use clear gel shampoos that rinse thoroughly.
- 4** Always remember to comb out your hair thoroughly with a large, toothed comb after removing braids and before shampooing. This removes debris and loose hair that was shed while the braids were being worn.
- 5** Co-washing does add moisture, but it does not really clean the hair. It adds moisture and conditions and leaves the natural oils of the hair in place.
- 6** Cold Water conditioning seals in moisture and helps prevent frizz. Rinsing your hair with hot water can completely remove all the conditioner from your hair and wash it down the drain.
- 7** When detangling wet, textured hair, part the hair into six sections and start at the nape using a tail comb. Use butterfly clips to separate the sections. Spray with a moisturizing and detangling solution as often as needed for detangling and softening. Very porous hair may absorb the water quickly.



BLACK HAIR TEXTURES AND PROTECTIVE STYLES – A BRIEF HISTORY

by Nai’Vasha Grace

Black hair textures are as unique as fingerprints.

By definition, it’s hair that has not been altered by chemical treatments such as relaxers, which can be used to disrupt the natural curl pattern. Black hair textures defy a straightforward definition and can be thick or fine, wavy, curly, or coiled. Some people may even have different curl types on different areas of their head. While it may appear strong and thick, Black hair textures are often incredibly delicate. That’s why many of us invest a lot of time and care in keeping our hair moisturized and healthy. Protective styles are one way of maintaining strong, happy hair while also playfully expressing creativity through unique looks.

Braids, Locs, Cornrows, Bantu Knots — those are just some of the many kinds of protective styles people can choose to wear to keep hair tucked away for minimum manipulation. We usually leave our hair in protective styles for a long period of time, anywhere from a few weeks to a few months.

By tucking away our delicate locks, we’re shielding them from harsh weather in the winter, protecting them from sun and water damage in the summer, or keeping them from snagging on our clothes or jewelry. To prevent damage and keep our hair looking and feeling fresh, we might choose to sleep on satin pillowcases or wear bonnets, apply products like leave-in conditioners and moisturizers, or exfoliate our scalp using gentle shampoos or oils. Everyone’s routine is uniquely their own.

Protective styles are nothing new. In fact, people have been wearing their hair in Twists, Knots, and Braids for thousands of years. Creating these beautiful styles can take hours, sometimes days, leading to moments of connection and community with women of all generations coming together to carefully braid each other’s hair.

Techniques became heirlooms passed down from mother to daughter, from generation to generation, with many of these same styles still bringing the community together today, centuries later. Black hair textures and protective

styles have remained a symbol of Black identity, but throughout history, some would attempt to strip us of this identity. In the 15th century, Black women were made to cover their hair with headdresses or to emulate European styles, to fit a standard that told them their natural hair wasn’t beautiful. Styles like the Afro would become symbolic of Black people fighting to change the course of history during liberation movements in the United States in the ‘60s and ‘70s. Wearing hair natural or in protective styles became a protest in itself, a brave rejection of Eurocentric beauty standards.

Eventually, natural hair products for Black hair textures began appearing on local supermarket shelves, we no longer had to trek to specialist stores to find the right shampoos and conditioners to care for our hair. Still, echoes of those Eurocentric beliefs — that Black hair textures are less beautiful, less tidy, less professional — endure to this day. Around the world, schoolchildren can still be punished for wearing their natural hair, adults going for job interviews still worry if their Afro will cost them the role, and female athletes are forced to take out the beads in their braids in order to compete. Reclaiming our natural hair has become a process of relearning, with many of us only now beginning to untangle those beliefs and reconnect with our natural hair. Transitioning and reconnecting with our natural hair can take time.

Some will begin exploring different protective styles for the first time, learning how to express their personal style through complex, beautiful looks. How people choose to style their hair is personal; what matters is ensuring that every person’s style has a chance to be celebrated.

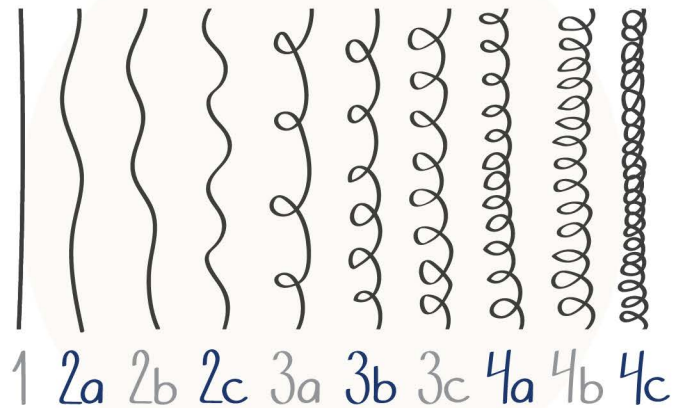
How people choose to style their hair is personal; what matters is ensuring everyone has the freedom to make that choice. **For the complete article visit [Dove.com/myhairmycrown](https://www.dove.com/myhairmycrown).**

EMBRACING THE SPECTRUM OF TEXTURED HAIR



Most people with natural hair will, at some point in their lives, wonder what kind of curl pattern they have. In the 1990s, celebrity hairstylist Andre Walker introduced his own hair typing system to promote a new hair product collection. The Andre Walker system has become the industry standard, a way of articulating how different products work on different hair types.

The system is broken down into numbers that represent whether hair is straight, wavy, curly, or coily, and the letters A, B, C, which represent how curly, coarse, or fine the hair is, with A being the least curly and C being the curliest. This system can help people choose the right products for their hair or the best protective styles to wear. In the era of social media, it can be a useful tool for having more productive conversations about Black hair textures as people may follow certain social media influencers who have the same hair type as them, so they can get more relevant haircare advice.



The Andre Walker system isn't perfect. People rarely fit neatly into categories and this is especially true for those of us with natural hair. No two heads are the same and our hair type can even change over time. Some people transition between relaxed and natural hair, or their pattern may be altered after bleaching or dyeing. Age, weather, and the plethora of styling options can result in someone having different hair types at different points in their hair journey.

For more information on this topic, and to learn more about how Dove is Creating a Respectful and Open World for Natural Hair in the gaming world, go to Dove.com/Codemycrown



All materials have been developed in partnership with Black hair care experts.

Log on to thecrownact.com for more tools to help care for your CROWN, handle microaggressions, and much more.