

Ready, Set, Go!

Test your natural hair knowledge.

March 12, 2012

1. All black hair in its natural state has a curly or kinky texture.
 - a) True
 - b) False
2. Shampooing natural hair too often can dry it out.
 - a) True
 - b) False
3. What is the best way to shampoo natural hair?
 - a) Lather the hair only, not the scalp
 - b) Lather the hair and scalp, then rinse until squeaky clean
 - c) Saturate the hair with water first then rub shampoo only on the scalp
4. Kinky hair has a coarse texture.
 - a) True
 - b) False

Answers

1. b/False. Natural hair simply means “hair in its original state.” This can be wavy, curly, kinky—or straight.
2. a/True. Curly/kinky hair already has a tendency to be dry since the curl pattern makes it harder for natural oils to reach the hair shaft.
3. c/Scalp only. Shampoo is really meant to clean the scalp (where hair roots are). It’s better to concentrate on cleaning the scalp once a week to remove dirt and product build-up. As you rinse, enough shampoo will get on the hair. If hair feels dirty or has excessive product buildup, rinse it with water. Always use conditioner; concentrate on the ends and then apply to the rest of your hair.
4. b/False. All hair types can reflect the three major textures: coarse, medium and fine. What’s

more, people may have a combination of all three hair textures on different parts of their head.

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<http://beta.docker.realhealthmag.com/article/Natural-Hair-Quiz-22048-9711>