Ready, Set, Go!

Test your natural hair knowledge.

March 12, 2012

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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