Naturally Curious

May 29, 2014 By Mona Ramsey

Lately, I've noticed I often get asked the same questions regarding my hair. That's why I decided to share my most frequent inquiries and the answers I've given to these questions. Enjoy!

How long have you been natural?
I have been natural for a little more than 3 years now.

What made you decide to wear your hair in its natural state?
I had been considering going natural for many years, but was too scared to make the jump. My mother started me on the routine of wearing my hair relaxed since I was a small child. Like many others, I was nervous about dealing with my God-given hair texture because I was so used to maintaining straight, chemically-treated hair. Needless to say, I needed a little push--a small sign if you will. That push came from the co-owner of Eufora International, Don Bewley. He was walking past me at a local hair show and told me, "You know you should really go natural. Wear your hair natural" and that was that. That was the sign I had been waiting for. The following week I started my journey.

Did you do the big chop or transition?
I did a combination of both. First, I cut my shoulder length hair into a short pixie look. But I still had some relaxed hair in the mix. Once my new growth was long enough for me to feel comfortable wearing a TWA (teeny weeny Afro), I cut the remaining relaxed pieces of hair off.

What products do you use?
I use Eufora products and organic coconut oil once every two weeks. In the beginning I was bombarded by all of the product advice on the web. But often I was left disappointed with the results and I wasn't fond of the harsh ingredients used in many brands. I had a slight advantage being a hair stylist and a Eufora educator. I knew what was in those bottles and what would work for my hair. It's all about finding what works for your hair type and keeps it healthy at the same time. My go-to products right now are the Eufora Smooth 'n and Curl in Collections. High performance products blended with pure essential oils = a little piece of heaven for my hair.

Since you've been natural, what's one of the biggest mistakes you've made?
For about a month or two in the beginning I continued to treat my natural hair like I would my relaxed hair. Needless to say, my natural hair did not respond the same as my previously straightened hair did. I changed my approach and it's been smooth sailing ever since.

What do you like to do to give your locks a little edge?
Color, color, color!! I am a fully textured girl who loves to add pops of color to my Afro. I love high-fashion tones. Right now, I'm rocking red or red-violet tones. A few months back, I sported teal. Different hues can give you a totally different look. Visit a local colorist and try it.

What is the wildest hair treatment you have done?
I'm not really into putting yogurt, eggs, milk, or any foodstuffs into my hair. I'm not knocking anyone who does, but it's just that I prefer to keep my food in the kitchen and my hair stuff in my bathroom. The "wildest" thing I use would have to be organic coconut oil. I use it for protective styling, but it can also be used to cook with, so I guess that's a little wild.

What is your favorite thing about being natural?
The versatility. I love that I can wear my hair curly, bushy, twisted, or straight if I choose. Natural hair gives me so many options, depending on how I'm feeling inside. I guess that would be my favorite part about this journey. I love the freedom of expression that comes with wearing my hair in its natural state.

What is the one product you cannot live without?
Eufora Curl Forming Cream.

What's your advice to someone thinking of growing out their natural hair?
I say, go for it! Take that jump; you will be so happy you did. Also, I would suggest doing research to learn how to maintain your hair based on your hair texture and curl pattern. All curls are not created equal. What works for one woman may not work for you.

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