

Evelyn Products

Black Hair Care

M.O.I.S.T.U.R.E.

8 Golden Rules

Rule 1

M is for Moisture. Hydrate Your Hair Inside and Out.

Water is the natural regulator of all physiological functions and the key source of energy for every single cell of the body including the cells that drive hair growth.

The appearance of your hair is a reflection of what's going on with your body. So if the body's overall water supply falls short, the skin and the hair are the first to suffer as water is re-directed to the vital organs.

Internal Water Needs

The scalp containing the hair roots is made up of a thicker tissue than the interior tissues of the body. Blood and water travel to the base of the skin that covers the scalp and the hair roots, and circulates upwards through all the layers of the skin to reach the outer layers of the scalp providing nutrient and removal of waste. The water not only nourishes scalp but is also constantly being lost to environment through factors such as sun, wind, and chemicals.

Therefore proper water intake on a regular basis is also necessary to keep the body free of toxins as if allowed to accumulate, they can cause your hair, and your complexion to dull.

When hair has is fully hydrated it is more flexible and elastic therefore less breakage occurs. Water is

External Water needs

Now we all know that a drop of moisture sends most naturals running for cover for fear of the shrinkage but external moisture is also important. Yes our hair shrinks but if you want length shrinkage in the long run will be a good thing. Water is the most effective moisturise so invest in a good water based moisturiser. You could even try a hair mist which are useful before combing .

Currently a lot written about humectants such as glycerin, manuka honey, molasses, cassia, orchids Which attracts moisture from the air to the hair, but like everything only in moderation. You see too much water and the hair swells, which is damaging also and too much glycerine will dry the hair also. However like your skin do not be afraid to mist your hair particularly on hot or windy days.

There you have it, Rule 1.

M is for Moisture.

**Water= Elasticity = Less
Breakage= Healthy
Growing
Hair**

therefore essential for healthy hair growth.

Dehydration & Hair Problems

It is currently suggested that drinking enough water can eliminate many hair and scalp disorders such as dandruff.

Even mild dehydration which is as little as one to two percent loss of your body weight, can make you feel tired and cause skin, hair roots and strands to dry out.

The amount of water that is required is dependent on a number of factors ranging from how much water you get from your food, your state of health, your physical activity level and of course the climate. But it is recommended that drink 8 to 10 glasses of water be consumed. That is, plain water not juice, tea, coffee etc as these are not absorbed by the body in the same way and therefore do not have the same effect. Caffeine and alcohol are also diuretics which make you urinate more frequently and thus depleting your water sources.

Exercise helps to redistribute water but the more you exercise, the more water you should drink to compensate for water loss through sweat.

Also one point worth remembering:

Black/ African hair contains less water than Caucasian and Asian hair and is also more susceptible to breakage.

So begin transforming your hair.



Now follow the other 7 rules to create longer, stronger, more shiny hair.

Extracts from the Ebook

**Black Hair Care:
What They Always
Forget to Tell You** by
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www.evelynproducts.com