



# Read The Writing



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## Hydrate Your Thirst-Quenched Ethnic Hair

By Reader

Water, the ultimate moisturizer, is a key component in life to growth and stability. It is ever-present on our planet Earth, comprises much of the human body and is a major contributor to achieving soft, manageable Ethnic Hair. To achieve healthy luxurious tresses that any woman would want, one must first understand the importance of moisture to Ethnic Hair. Ethnic Hair's ability to absorb moisture is contingent on its curl pattern, the type of moisture and the PH balance of conditioners or styling products. Maintaining a healthy textured mane, and the envy of others, is reliant on keeping your locks moist.

### What is Ethnic Hair?

Ethnic Hair is not privy to any one particular ethnic group, race or tribe; in fact, it can be found in people of all hues and complexions. Undoubtedly though, Ethnic Hair is beautiful and, without question, is sprung with versatility and vibrancy when it receives the nutrients and moisture it needs to maintain homeostasis. It comes in a range of textures; it can flow kinky, curly, coily or even corkscrew. All have their distinct pluses and minuses in terms of producing, maintaining and retaining moisture. Deciphering one's hair type and utilizing correct methods, tools and products can change a bad hair situation to a phenomenal one.

Kinky Ethnic Hair takes the shape of a "z" pattern formation. This curl allows sebum, the scalp's natural moisture, to be compacted near the roots, inadequately able to travel down the hair shaft to hydrate the ends. Therefore, the remaining hair ends tend to be parched from the lack of receiving sebum to retain moisture. This curl pattern requires strict attention to supplement the hair with moisture to engage in proper hair growth. The bends and curves of Kinky Hair's zigzags leave a coarse impression down the hair cuticle, making it difficult to seal itself flat like relaxed or straight hair. Therefore the tresses are left susceptible to external forces like cold, heat and abrasive contact without proper protection. This hair is easy to absorb moisture, but the pattern also makes it easy to surrender as well. Unfortunately without it, Kinky hair may suffer from brittle ends that will become easy to damage, thwarting all efforts to grow healthy ethnic hair. At times, Kinky Hair may appear dry but actually is well moisturized. The tight "z" formation tends to diminish sheen and brilliance, but allow the feel to be the tell-tale sign of healthy moisturized ethnic hair. Erykah Badu, Lauryn Hill and Oprah Winfrey are visible examples of individuals wearing naturally ethnic Kinky Hair.

Coily Ethnic Hair is appropriately named after the shape of a coil or a spring. Its twists and turns are less compacted than Kinky Hair; however, it may suffer from the same cons. The coils are positively impacted by the hair's sebum allowing more lengths of the hair to receive natural moisture because the cuticle is less coarse. However, this hair still requires attention to its ends and its cuticle to ensure moisture is absorbed and sealed in. Often this hair pattern takes a noticeable form when lubricated but may appear frizzy when dry. Frizziness may reveal true health. Too much manipulation to hair may be the cause of frizziness but also dehydrated ends may be a factor. This hair has less of a tight curl pattern so the sheen and radiance may be more apparent than kinky hair but again, rely on the feel of the hair to determine health. Jill Scott, R&B crooner Maxwell, and Lenny Kravitz are visible examples of individuals wearing naturally ethnic Coily Hair.

Corkscrew Ethnic hair is similar to Coily Ethnic Hair with one exception; the curl pattern is elongated and similar to ringlets. Since the formation is of a stretched "o" shape, it is easier for sebum to travel down the hair shaft than the previous two aforementioned. Corkscrew hair also takes a more apparent shape when lubricated; however, it can lose its moisture and appear frizzy as well. Its bends and curves allow the shingles of the cuticle to seal together smoother than the previous two, therefore, Corkscrew hair or ringlets have a likelier chance of reflecting light and vibrancy with less product than Coily or Kinky hair. Corkscrew Hair is not immune to frizziness and to maintain this Ethnic hair, it requires less dense moisture products, but moisture nonetheless. Cree Summer, Tia and Tamara Mowry are wonderful examples of naturally ethnic Corkscrew Hair.

Curly Ethnic Hair takes the shape of an elongated "s" pattern formation; if weighed down with product, one may venture to say it's more wavy than curly. Curly hair can also battle its bout with the frizzies if improperly cared for. It also needs moisture based products to enhance and define the curl for duration of time. Unlike the others, however, it may take fewer products and less attention to this curl pattern than the rest to achieve a desired healthy look. Lisa Bonet, Jada Pinkett Smith, and Tracee Ellis Ross are prime examples of Curly Ethnic Hair.

Ethnic Hair tends to have personality and much like people, no two personalities are exactly alike. Take the time to analyze your hair when wet, when dry and after stylized to determine which hair type described above actually fits your mane. It is not uncommon that one's head may hold a combination of two or three.

### Why is water important to Ethnic Hair?

The option to wear healthy ethnic hair pin-straight or not comes with ease and minor damaging manipulation when it's been tamed with proper moisture treatment and regular conditioning. But with improper or infrequent care, it can be unruly, thirst-quip, easy to damage, split or break. Therefore water becomes a catalyst to absorbing the nutrients found in styling and conditioning products, ensuring their

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infusion within the hair's cuticle and remaining there.

According to Jane Carter, President and Creator of Jane Carter Solution, Home Grown Hair Care, Ethnic Hair loses moisture every two days on average. To re-supplement moisture, one must re-infuse the hair with water and water based products. Folklore has taught many inexperienced and do-it-yourself hair care specialists that oil based products, like those containing Mineral oil, petroleum and lanolin, are fundamental to moisturizing hair. Jane Carter solidifies that this is fiction and the fact is that these oils attract and trap dirt and grime to the scalp and hair. These "crude" oils prevent the scalp and hair cuticle from breathing and blocks tresses from receiving vital moisture. Essential oils, wholly derived oils of distilled plant whose essences were extracted from, are the only exception. Since essential oils are a lighter consistency than petroleum, mineral and lanolin oils, their absorbability is palpable. Coconut Oil, Tea Tree Oil and Jojoba Oil are popular examples of essential oils that have proven quite beneficial to Ethnic Hair. Suffice to say, these oils do not take the place of water altogether; they are to be used in conjunction with.

### Retaining Ethnic Hair Moisture: Porosity and Humectants

Ethnic locks' ability to retain the moisture received from favorable daily hair care regimens is contingent upon an industry known fact called Porosity. Hairfinder.com's article, Hair Porosity and how to determine or measure the porosity of your hair, defines Ethnic Coarse Hair to have raised cuticles and thus high porosity. Again this fact supports that Ethnic Hair's curl patterns allow moisture in as readily as it will relinquish it. In an effort to reduce the symptoms of highly porous hair, it is imperative that the hair care regimen of Ethnic Hair follows a high acid based treatment.

Acids, which are low on the PH scale, offer highly porous hair an opportunity to seal the cuticle tighter offering better detangling, natural shine and most importantly the chance to lock in potentially lost moisture. Salonweb.com offers a guide called [Hair Products Chemistry](#) and All about Dry Hair for readers to follow.

Humectants are substances that attract, absorb and retain moisture from its surrounding environment. They serve as an antistatic, treating surfaces with a coating that protects itself from binding with one another. In laymen terms, they keep Ethnic Hair moist and simultaneously detangle. Tony McKay of NaturallyCurly.com wrote CurlChemist: Humidity, Humectants and Hair for those who want to delve deeper into humectants. One easy and cost effective humectants that one can use on Ethnic Hair is the natural ingredient of Honey.

Thankfully for the internet, and the emphasis of Natural and Ethnic Hair care, all Ethnic Hair women and men have a plethora of engaging forums and blog sites for other like-haired individuals. It is relieving and exciting to know that one's undisciplined hair personality is not alone and together, these forums from professional aestheticians to do-it-yourselfers provide a niche. No matter which one of the many one chooses to engage with, one theorems rings true: All Ethnic Hair needs is some tender loving care of 2 Hydrogen Atoms and 1 Oxygen (H2O). Happy and Healthy Ethnic Hair Growing....

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In 2006 I took the path less travelled and that has made all the difference. And as each new day arose, I became one day stronger; hence my literary pseudonym, One Day Stronger.

Janessa Mondestin has had successful careers working in Retail, Real Estate and Corporate Banking. She ran multi-million dollar boutiques and brand name clothing stores of the likes of Barami, J.Crew and Liz Claiborne before the age of 21. She managed multi-million dollar banking portfolios for highly profitable offices of Washington Mutual and TD Banknorth in Bergen County and Passaic County, New Jersey. A former Rotary member of Teaneck, she continues to believe in the spirit of service and fellowship.

She ?retired? from the corporate world in 2006 to lead a life that encompasses the passions she had for each industry rolled into one; a life of flexibility, pride in ownership, and diligence. She thrives as a freelance writer who pens her blogs and articles with a perspective that is both canny and candid. Her bout with Lupus sparked her desire for a holistic makeover, better health care, hair care and healthy living.

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January 15th, 2010 at 9:34 pm

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