My Journey to Natural

by Renia Bates

In the 1970s, the symbolism that followed the word natural hair was in the shape of a hair fro. When that word is mentioned today, one can now see a variety of hair styles, products, and attitudes. I have been natural for a little over two years and saying that the journey was easy would be an understatement. Everyone has their reason of why they decide to take the natural hair journey. Some do it because their hair has become damaged due to over-processing, and others do it because everyone else seems to be doing it. Now I was inspired by the comical yet realistic blockbuster "Good Hair" which was directed and narrated by Chris Rock. Chris explored the perception of "good hair" through the eyes of the consumers and the sellers. Once the movie was concluded, he made people, especially black women, realize that we need to appreciate our own hair. That straightening our hair was a mechanism developed in order to help us assimilate to society's definition of beauty.

It is a huge misconception that one has to chop their hair off completely in order to start their natural hair journey. I did the method of grow and cut. Every two weeks I would get about ½ inches of haircut and then a blow out and flat ironed. Now some people may consider that as cheating, but everyone has to go through their individual journey the best way they know how. It took a year for all of the relaxed hair to come out but once it did my hair texture and curl pattern had completely changed. I have a Type A kinky curl, which is more coils. Due to my selection of products which I will go over soon, my hair is now tremendously soft and holds moisture very well.

Finding the right products for your hair is a journey in itself! "Should I use only organic products or a generic brand?" are usually some of the questions that arises when one begins to deal with their natural hair. Organic products are better for your hair because they have no alcohol or chemicals in them. However, products like Kera Care are great enough in quality to still give you similar or better results. When I am at home,

I use Vatika's Almond/Coconut seed oil to moisturize my scalp. I use the new Kera Care's Natural Textures Cleansing Cream for my shampoo and then I use the Kera Care's Dry and Itchy Scalp as my conditioner. I also use natural coconut oil to moisturize my hair itself because it can decrease frizzing as well as leave your hair feeling moisturized but light. Kinky Curly's Leave in Conditioner/Detangler, Castor Oil and Olive Oil's Hair Milk are also really great products that also provide moisture and strengthening to the hair. Being natural is truly a journey and everyone is entitled to create his or her own path. However, being natural does not mean that your hair is healthy. Using good products, avoiding too much, and moisturize, moisturize, moisturize will lead you to better hair!

Posted June 2012