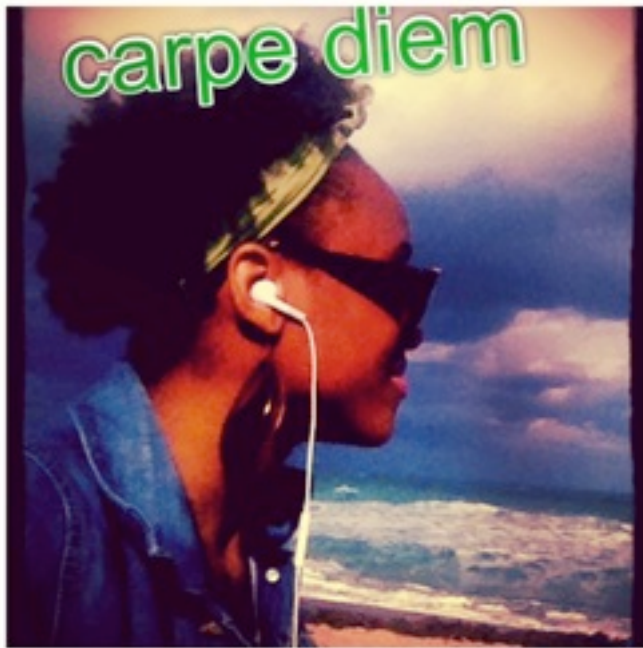


Rough Endz by Renia Bates



There are two words that are detrimental to one's hair, SPLIT ENDS! I recently went to the beautician and she cut almost 2 inches off my hair due to split ends. All the hard work I had put into my hair during the summer disappeared with her shears. As I watched my hair hit the floor, I couldn't help but feel aggravated at the fact that my hair might never leave my shoulders. What's the point of being natural if my hair never grows in length was the question I always would ponder after each trimming or cut. Using what I know now I would respond to that by saying that natural hair grows healthy in width before it can grow in length.

How can you avoid split ends? I have a permanent color in my hair that I have not replenished since I've gotten it. A BIG NO NO! When one colors their hair, it is imperative to keep up with your color. When your dye is a lighter color than your natural hair color, it strips your hair of pigment which makes the hair follicle weaker if not replenished. My hair was dyed as an auburn burgundy and now it looks like an ashy orange. I know that does not sound beautiful but that is what happens when you don't keep up with color. So due to my color maltreatment, split ends found me.

For those of you who do not have color in your hair and you are still dealing with split ends the problem could be from too much heat or the overuse of combs and brushes. However, I would put most of my money on too much heat. Styling irons can fry the hair and cause breakage to the hair follicles. It is very important to use heat protecting creams or sprays when blow drying or flat ironing your hair. If you are natural try finding more heat protective styles such as flat twists, bantu knots, rods, and many others.

A hot oil treatment is a great way to heal split ends. Deep conditioning your hair for a minimum of an hour is another way to help your hair recover. Last but not least, keep up with your trimmings! A lot of time as Naturalistas we hate straightening our hair and we just let our curls go wild but you must straighten it in order to trim your hair. Keeping up with your monthly trims helps you to avoid the two inches or more cut later down the road.

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