

A guide to protective styling

Curls

Kinks

Coils

Introduction

Recently there has been a revolution of people embracing their natural afro hair texture. In the past afro textured hair has been seen as unprofessional and or unattractive. Before recent years there were rarely any depictions of natural hair displayed in popular media. Black models on the runway, models in print, and any TV personalities or characters all sported chemically processed hair.

The natural hair movement is a direct rejection of rigid European beauty ideals and a powerful statement of self love. Although embracing your natural hair texture is amazingly empowering, afro and curly textures are

completely different from straighter textures. Afro and curly textures can be extraordinarily fragile and prone to breakage. Learning to understand what works for your own specific hair type can be time consuming and disheartening. This is where protective styling comes into the picture. If your goal is healthy undamaged natural hair then protective styling should be an essential part of your routine.

A protective style is any hair style that reduces the daily manipulation of your hair and that tucks away the ends of your hair. The amount of manipulation that afro hair textures require, such as proper detangling can cause a ton of stress to the hair strands and

can lead to an increase in breakage. Clothing plays a major role as well. The ends of your hair can snag on high neck lines and scarfs.

Environmental factors such as temperature and humidity can play a factor in damage as well. The ends of your hair are typically the most fragile because they are the oldest and part of the strand. Protective styling prevents damage, increases growth retention, helps strands stay moisturized and reduces knots and tangles. Protective styling can also be beneficial in saving time during your daily routine.

Above all else, afro hair textures tend thrive the most when they are just simply left alone. However, just because a protective style is chosen doesn't mean that the hair or scalp should be overlooked. Your hair and scalp should still be shampooed and moisturized during a protective style. Your scalp should also be

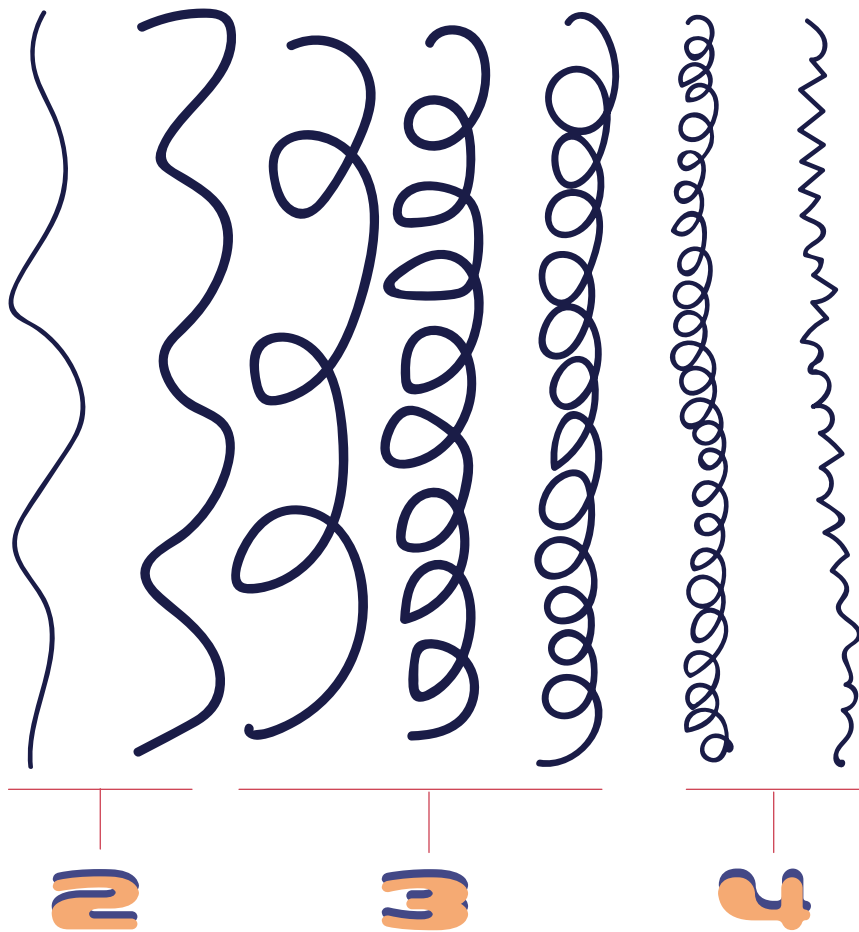
prepped before your protective style as well.

The most important step in choosing the protective style that is right for you should be understanding what type of texture you have exactly and deciding how long you plan on wearing the style.

Certain protective styles last longer than others and your specific texture can also play a factor in how long your protective style can last. Most protective styles can easily be touched up with a simple wash and "re-twisting" for prolonged wear. But, proper care is a necessity or the purpose of the style will be completely defeated.

Learning to embrace and properly care for your natural hair can be a long and unrelenting journey. However, introducing a protective style will absolutely add some stress free days into your journey. you protective style regularly and properly the results can be amazing and you'll be sure to appreciate your texture more than before.

Get to Know Your Curl Pattern



TYPE 2

- Wavy hair has a S-shaped curl. Much of the hair can appear straight with slight bends towards the ends of the hair.
- 2A is a slight S shaped wave. This hair type usually lacks volume and definition.
- 2B is an “S” shaped wave. This wave has slightly more definition than 2A; however, it still tends to have loose curl definition.
- 2C is considered a super defined wave.
- 3C have a combination of curly and coily strands that are tightly coiled. They are described as tight corkscrew shaped curls with super definition that are voluminous and both tightly coiled

TYPE 4

- This hair type has the tightest curls ranging from fine to coarse in s-shaped and z-shaped patterns.
- 4A is described as a tight and coarse curl pattern.
- 4B is described as a zig zag shaped curl mostly referred to as a kinky curl.
- 4C is described as a more afro state where curls are so tight they appear non-existent.

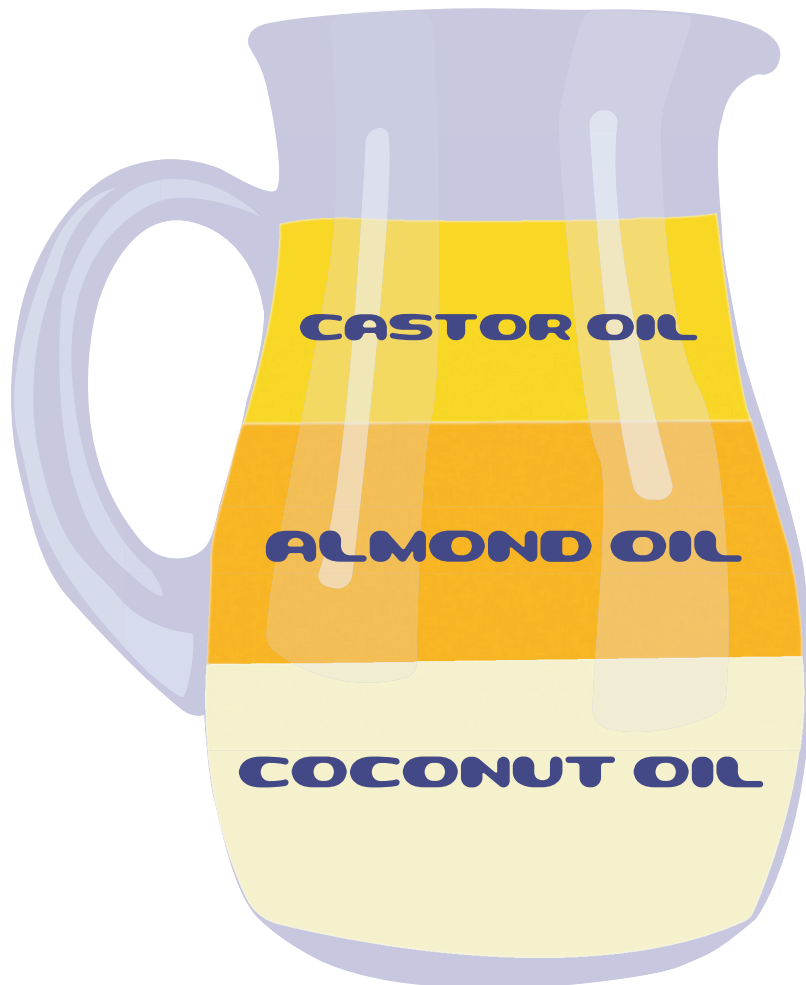
TYPE 3

- Curly hair can range from slightly curly to a more defined curl
- 3A curls are a loop “S” curl that is big and loose.
- 3B have more springer curls that range from ringlets to corkscrews. These curls tend to be a more spiral shaped curl

Curl Pattern is determined by how evenly the two sides of a hair strand grow. Genetics play a huge role in curl pattern. Your Curl pattern can be straight, wavy, curly (S-shaped), or kinky/

tightly coiled (very tight zig-zag shape). This is where our 4 curl types come from. There are subcategories A, B and C to better describe each type of curl.

Moisturizing Your Hair Properly



CASTOR OIL

- Promotes hair growth
- Strengthens hair
- Prevents hair breakage

COCONUT OIL

- Eliminates dry frizzy hair
- Dandruff remedy
- Adds shine

ALMOND OIL

- Repairs split ends
- Seals in moisture
- Relieves inflammation in scalp

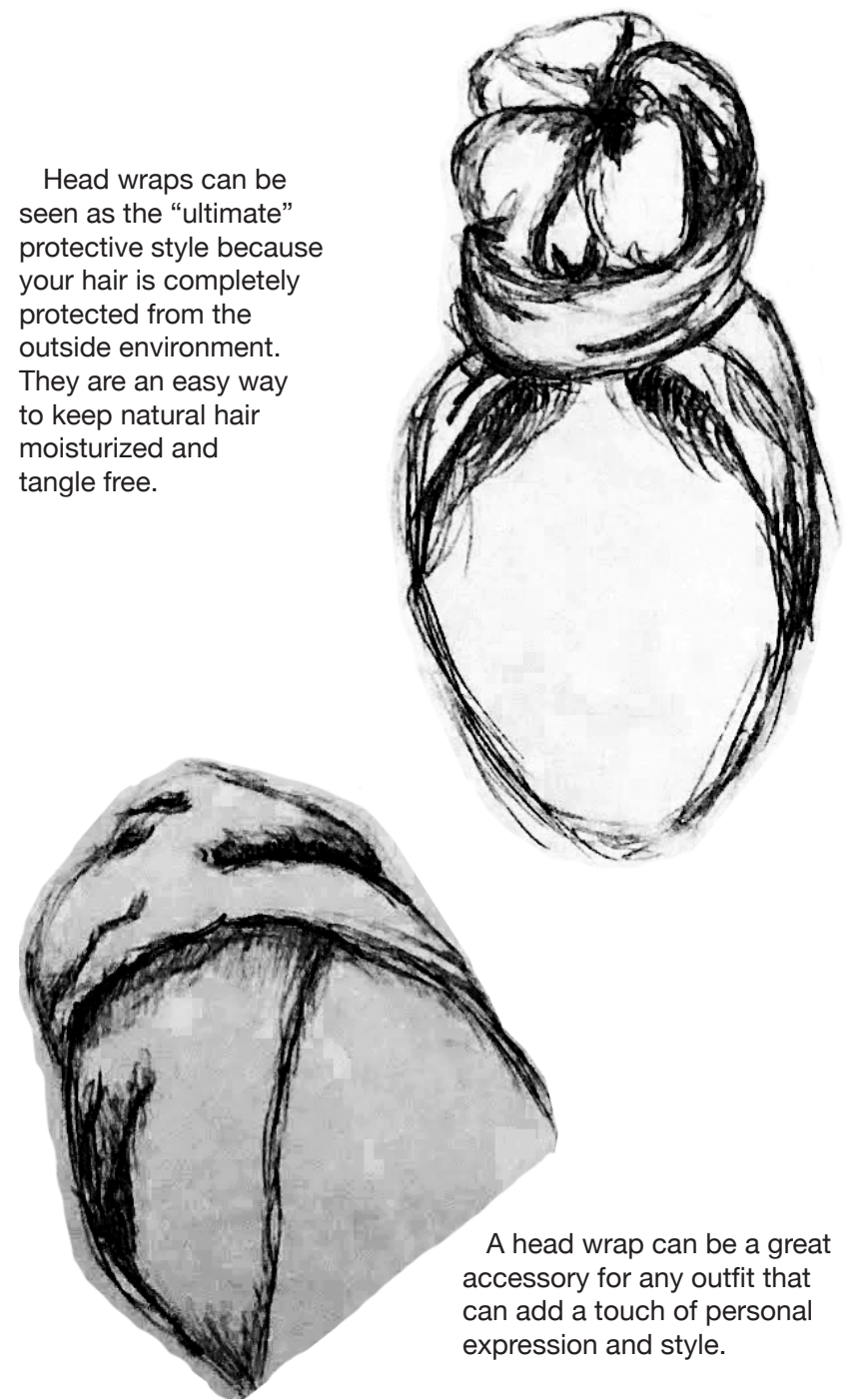
A major factor in making your protective style last is moisture. Textured hair is naturally dryer than straighter textures. Not moisturizing properly can

lead to breakage and flaking. You can't moisturize your hair without water. You can use a thick, natural oil to seal in moisture from a water-based moisturizer.

Head Wraps



Head wraps are an easy get up and go style. If you're pressed for time a head wrap can take maybe 5 minutes to assemble versus taking the time to protect a hair style.



Head wraps can be seen as the "ultimate" protective style because your hair is completely protected from the outside environment. They are an easy way to keep natural hair moisturized and tangle free.

A head wrap can be a great accessory for any outfit that can add a touch of personal expression and style.

Styled Up-dos

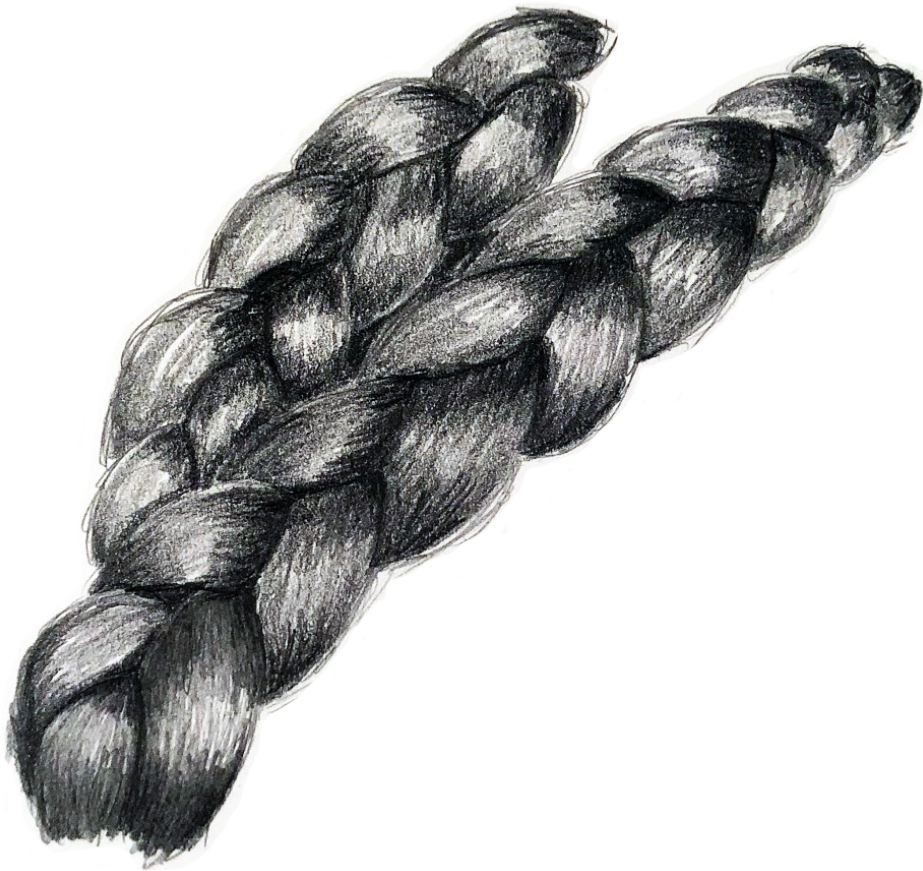
Up-dos keep your hair out of your face and your ends tucked away and protected.



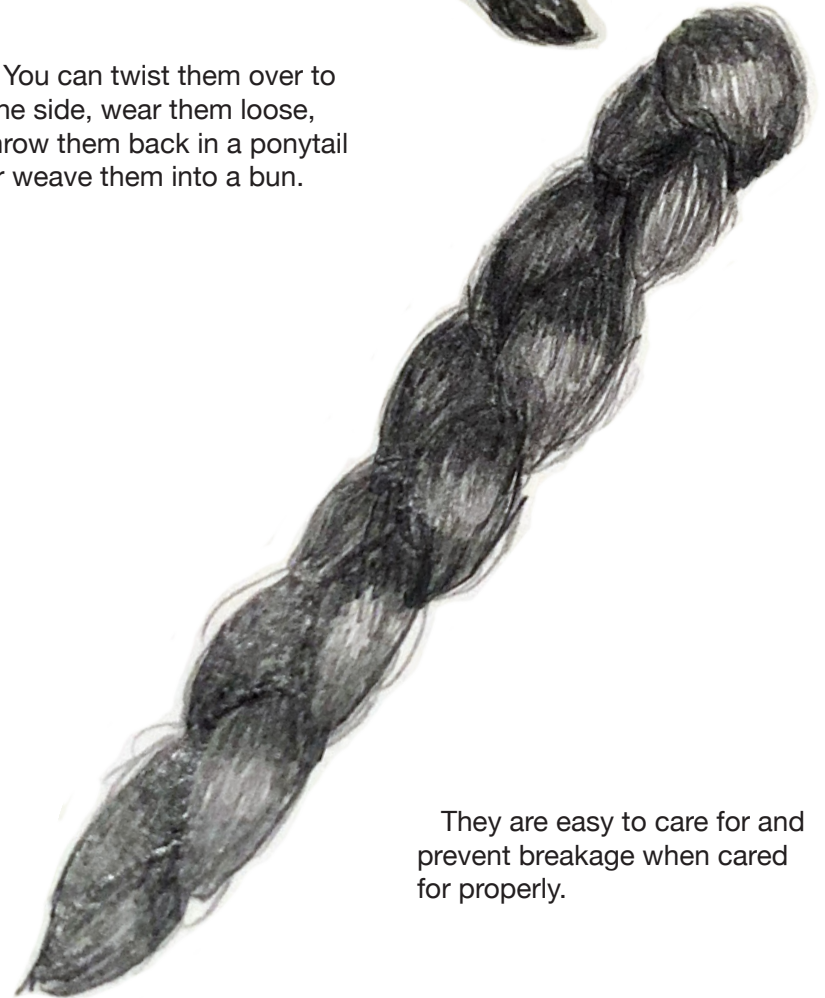
Looser up-dos are a great option to avoid putting too much tension and stress on the

Braids

Braids are a classic protective style. They are also one of the most versatile protective styles.



You can twist them over to one side, wear them loose, throw them back in a ponytail or weave them into a bun.



They are easy to care for and prevent breakage when cared for properly.

Bantu Knots



Bantu knots are a cherished traditional African hairstyle that are remarkable at protecting natural hair.



“Bantu knots also are known as Zulu knots because the Zulu people, a Bantu ethnic group, are the originators of the look we love and wear today”. -NaturallyCurly Branded Content Editor Gerylyn Hayes.



Faux: Locs



Growing your hair into real dreadlocks is an extremely long process. Caring for and maintaining dreadlocks are a full time lifestyle choice. Faux locs offer the same great style without any of the commitment.



Faux locs are meant to resemble real loc or dreadlocks. This style is often created using yarn or synthetic braiding hair. The hair is wrapped tightly around braids or twists in a downward motion to resemble real locs. Lasting up to three months, the faux locs allow your natural hair to take a break and grow. The style is becoming extremely popular and many celebrities have even been seen wearing them recently.



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