**Category: Self care**

**Hair secrets you should know before you are 20!**

**By Glady’s Njoki**

Kinky hair is all too real for the African child and we often struggle to find the right products for the right look. Even then, we are not immune to some of the common problems such as dandruff, itchy scalp and stunted growth. Consequently, whether long or short, natural or texturized, lady or gentleman, there are a few hair care regimen that you must know and live by.

* **Dryness**

Kinky or curly hair dries up easily because of the shape of its follicles. The natural curls limit the movement of oils from the roots to the ends of the hair causing the ends to dry up over time. We can’t do much about our curly DNA but we can manage dryness on a regular basis by embracing products that offer daily moisture and deep conditioning.

* **Split ends (Trichoptilosis)**

Hair grows old and tired too. It also becomes weak due to damaging practices like; excessive blow-dry or use of heat tools, poor hair detangling methods and chemical treatments (amongst other vices). Like the name suggests, split ends come about when the hair splits into two and the weaker strand falls offs. This leaves you with an even thinner end which eventually breaks off too denying you that health and length that you crave. Addressing this problem requires a change of tact in our styling and hair care regimen. Top of the list is limiting the amount of heat that gets to your mane!

* **Length retention**

Failing to wash the hair frequently or putting too much oil on the scalp, clog its pores and attracts dust and pollutants. The scalp eventually becomes suffocated and this causes your hair to fall. A regular wash would do while finding the rights products for your scalp will ensure that you don’t lose hair way earlier than you should.

* **Mists**

Hair growth mists are the craze right now. Most are formulated to act as a balanced diet for your hair with just the right amounts of oils, moisture and vitamins. The range of concoctions include; coconut oil, Shea butter, olive oil, castor oil, canola oil and almond oil as the main ingredients to grow and maintain the hair. With proper use; some hair growth mists deliver increased hair volume, reduced dandruff/itchiness and even more length for those keen on growing their hair.

Long term use of the wrong shampoo can result in extreme dandruff problems and dry and weak hair resulting to hair fall, hair loss or bald patches. This is because the chemicals in the shampoo eventually damage the hair. The right shampoo will however, balance the ph of the scalp and regulate sebum production. It won’t also strip your hair of all moisture or deny it the necessary nutrients.

A daily moisture regimen, regular conditioning and finding the right products is all you need for strong, clean and healthy hair.

The writer is the Founder of GeenyLove hair products.

Instagram ***@geenylove\_naturals*** Facebook ***@geenylove***