



### ABSTRACT

Hello. I greet you in the name of the almighty. 4C hair is also known as AFRO hair. If you have this kind of hair and you've been wondering about how to care for it then you have the right book in your hands.

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# KNOW ABOUT 4C

# Table of Contents

<b>What is 4c hair .....</b>	<b>2</b>
Texture of 4c hair .....	2
Which people have 4c hair.....	2
How do you know you have 4c hair.....	3
<b>How to care for 4c hair .....</b>	<b>4</b>
products to use .....	5
Go to saloon.....	6
 Figure 1.....	2
Figure 2.....	3
Figure 3.....	4

## What is 4c hair

According to Gibson, 4C textured hair is very tightly-coiled in ringlets or springs, which makes it the most fragile of all hair types. It's also known for shrinking a lot when wet (up to 75 percent, to be exact) and "is more prone to dryness because the scalp's natural oil (aka sebum) has to work its way around the tighter coils to penetrate and reach the ends."

Gibson also notes that the coils will "appear as an afro" when dry, so if your hair has an afro-like shape or you have super tight, dense coils that are tough to distinguish, then chances are your hair type is 4c.

## Texture of 4c hair

4c hair type has the tightest curl pattern of all the curly hair types. Strands are formed in tight, springy, ringlets. 4c hair tends to clump more at the ends and is even more prone to shrinkage than 4b hair. According to CURLS, 4c hair can shrink up to 75% of its length! (Andavolgyi, 2023)



Figure 1



## **Which people have 4c hair**

Black people from Africa and also African-Americans.

## **How do you know you have 4c hair**

4c hair is the queen of thick, bold afros. From afar, 4c hair looks like a thick fro, but if you look closely, you'll notice very tight, small springs or coils on each strand. Coils are pretty different from curls. (George, May 12, 2019)



*Figure 2*

## How to care for 4c hair products to use

Wash at least once a month	shampoo
Condition and moisturize on a daily	Cantu hair conditioner and moisturizer
Tie a satin head wrap when you are going to sleep to avoid breakage	Satin head wrap
Don't comb dry hair. Always spray some water or a moisturizer of your choice	Spray bottle

(Davis-Sivasothy, 2011)



Figure 3

## Go to saloon

The following are the best natural hair saloons according to me;

- Afros and Mo
- Afro couture

thanks