

A woman with long, voluminous, curly hair is smiling and looking over her shoulder. She is wearing a white halter-neck top. The background is a solid blue color. The text is overlaid on the image.

how to grow
your hair healthy,
long, and strong

curly like me

Teri LaFlesh

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Curly Like Me: How to Grow Your Hair Healthy, Long, and Strong



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The simple secrets to growing your curls healthy and very long. Do you spend countless hours—Tightly frizzy hair isn't like any kind of other type of hair, and it needs totally different care to create it happy. Curly Like Me empowers you to take back the treatment of your locks so you can allow your own beautiful curls shine.com and to write Curly Like Me. Do you wrestle daily with hair you can't get yourself a brush through? It gives you the info and techniques you have to celebrate— Not really wanting any one else to go through with their locks what she do with hers influenced Teri to generate the favorite Web site TightlyCurly.If you answered yes to these questions, this book was written for you personally. Do you struggle to keep from hurting your son or daughter when you comb through her restricted curls?not fight against—Curly Like Me may be the off-the-grid, do-it-yourself owner's manual for tightly frizzy hair:Learn to wear your personal curls in their organic curl patternsOver 250 photographs and illustrationsIncludes the best products, tools, ingredients, curl-enhancing hairstyle ideas, tips for developing away your perm, and moreShows you pain-free of charge techniques on how to comb and style your curls or your son or daughter's curlsOver thirty easy, curl-enhancing hairstyle ideas, tips for growing away your perm, and moreHelps you spend less by avoiding costly treatments, products, marketing misinformation, and regular salon visits so you can enjoy your own curls without pain, chemicals, or the use of weaves or extensionsThe story (with plenty of photos) of Teri's journey from hair damaged simply by relaxers, texturizers, improper care, trying to force it to conform, and fighting her weave dependence on finally understanding her very own curls. Become familiar with how not merely to care for your curls, but to cherish them, all the while saving time, work, and money.your extremely curly hair. Now her organic hair gets to to her hips.End your struggles with misunderstood, damaged hair and commence your trip to thriving organic curls. Applying the suggestions and details in this reserve will show you how to love your locks the way it truly is.and untold dollars—Teri LaFlesh spent nearly thirty years working to find a method to make her curls happy. Would you like to grow your firmly frizzy hair long and healthy?on weaves, perms, salon visits, and items that promise to change, heal, or make your hair more manageable, and then end up a lot more frustrated?



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Life-Changing!!!! About me: I am an African-American woman with okay, 4b/4c hair. Like a lot of women, I've usually loved long hair. :-) Thank you Teri! For some of my childhood, I wore my hair straight also to my collarbone. Excellent information and very inspirational to see her hair journey. Excellent information and very inspirational to see her hair journey. And then, when I acquired older, something changed! Coming from a "straight hair may be the right hair" type of women, it under no circumstances even crossed my brain to try going organic. You may as well have explained to avoid shaving my legs! Also, she promotes some hair products that test on pets. I divide my hair into 4 sections, apply extra virgin coconut oil and set into 4 buns. It's so freeing and refreshing to not be afraid of nature anymore! - to maintain my kinky curly hair complementing the bone-straight false locks..with many caveats that I did not desire. Sew-ins had been expensive, hot, itchy and high-maintenance, so when I styled my hair with it I got to employ a LOT of heat- flat irons, curling irons, popular rollers, oh my!. The only good aftereffect of this hairstyle was that I instantly pointed out that the hair concealed beneath my extensions, my genuine hair, was growing like wild weeds. Girls at the salon in fact starting giving me compliments on my hair's thickness and blown-out length, asking me why I was covering it up with weave! Either she will not care or did no study on this. I was terrified and acquired no idea where to start, so I started by buying several books about African-textured locks care on Amazon and watching other Naturals talk about their regimens on YouTube. I gravitated towards "Curly Like Me personally" for three reasons: Teri's beautiful, spectacular, lengthy curls; Teri can be a curly hair purist and designed her technique around embracing locks "shrinkage. Genuinely changed my life. I loved the actual fact that her Firmly Curly Method eliminated 99% of the hair items that I was thinking if I should buy. I loved that it included a couple hours of work only once a week, and mere minutes of interest in the morning and during the night for the rest of the week. But once again, it retains my curls and it offers long-enduring moisture, which my locks really needs, therefore i just put up with it.. She provides detail breakdown of her routine and provides examples for several curl patterns. Curls are gorgeous, nicely defined, locks feels clean and soft. So the point of this posting is normally that years later, I am still in love with this method, so it passes the test of period, certainly. I get therefore many compliments, stares and questions about my hair texture now, it really amazes me. I have already been utilizing this method for nearly a year now, and I absolutely love it. I love the emphasis on curl description. My fresh fave combing conditioner can be Pantene Pro-V Smooth &.). You'll think my hair type was rare or something! :-) My locks also LOVES this routine and can be thriving. Because my hair is certainly often worn in it's tightly curled, "shrunk" design and rarely stretched too much, my hair length and growth is frequently hidden and not apparent.. The appearance is wonderful, but my locks is currently damp until it dries, and in wintertime this can have a loong time, therefore i have to do it early. You can if you want to, and they are majestic and gorgeous, but if you are lover of curls like I am, you can select to embrace your curl pattern (yes, Type 4 hair has a curl design!.and it ain't done yet! Holy Locks! I can't even let you know how grateful I am. I am pleased to say that never has a new issue made me so excited! wonderful book. Reference book Have been using this for a long time. It can become one of the main factors in identifying if this technique is successful for you or not, so that it is important to follow her instructions to the T for choosing a great combing conditioner.and just simple weird.) In the event that you try to make use of one which doesn't contain more than enough of the key things that she lists,it will most likely offer you less than satisfactory results. I'll always be grateful to her for that. Teri recommends silicone as a key component in your combing conditioner as it provides a lot of slip to get the brush through your wet locks easily

AND pounds to weigh down and secure your curl pattern.). In the event that you would straighten my locks, it might be the longest it's ever experienced my life, well at night "border" of my collarbone and down to my breasts. I also loved the idea of no dry brushing (YES! I remember using college glue to keep down the frizz on my crown right into a "regular", neat pony tail and buying relaxer from the dirty, hidden back part of the drugstore, behind the cleaning supplies, where all the black haircare products were concealed. They gave me the (synthetic) right, long hair that I desired.except for the actual fact that I'm confident that that's environmentally frowned upon. As instructed, I use A LOT of conditioner on wet locks, and I LOVE the outcome, but conditioner will go flying just about everywhere! It's on the mirror, the ground, all over me in splatters, on the wall structure. So clean-up is a pain in the trunk. It also, as the name implies, is made to keep your locks in it's tightly curly state. the simpleness of the technique;. And again, i lived in a small, predominantly white town - also if those billboards were in big towns, I by no means saw them. The evidence is certainly in the pudding (her hair is beautiful). I don't believe God gives us desires that can not be fulfilled, and learning how Teri refused to accept the BS everyone have her has provided me inspiration to do the same. I also usually do not braid my hair during the night like she suggests.So when my hair started getting shorter, I gave up relaxers and just made a decision to cover up my hair with sew-in extensions.), a lye ingredient that is used in things like relaxers (eek! The 4 buns work effectively for me and keep my curls, even through sweaty morning workout sessions. And like Teri says in her book, always check those ingredients, because beauty companies alter them without announcement. I am not "bi-racial," but this technique really works for me. I love it's simpleness and the gorgeous results it offers me: a thick head-full of "mini-slinkies", tiny defined curls around that remain quite defined for 3-4 times and then get increasingly frizzier from then on (I simply style my hair partially or completely up after that....A very important factor that We sometimes wish I can change is the way the curls are "re-vived" every day: through the use of water and more of the combing conditioner. But so far as the essential, foundation method, this has been a fantastic source of knowledge for me, and I am a lover for life! I discovered that I'm alright, and that I'm not alone. I really like that she offered me with a narrow, basic road free of confusing product and styling distractions that overwhelmed me at the beginning, and I really like her for posting her story and empowerment. I am permanently indebted to her. Actually, I wish I possibly could burn my flat iron, the most recent device of my hair's oppression. and that stretches my locks down former my shoulders WHILE keeping my curl design in tact (YouTube has many videos on locks stretching).. :-) Another (small) complaint: the real combing process is a little bit messy. When I comb it out every week with my Denman brush, that's when I must say i see the quickly accumulating length." She does point out, instruct and model the two-strand twist-away look that stretches locks and models it in waves, but she even admits that she prefers her tight curls and individually frowns upon any curl stretching. (Natural Essences Hello Hydration Conditioner offers and can always be my Number One favorite. :-)In case you are someone who has not yet formed your perfect regimen, I highly recommend that you at least provide this book a try. Even though you don't adopt it in its entirety, you may come aside with a couple of things or, at the very least, feel really good about being blessed with a head filled with unique curls. :-)02/19/14 Product Upgrade: Still loving the regimen, but currently, I sadly can't suggest Hello Hydration's conditioners due to the inclusion of Sodium Hydroxide (because of Teri La Flesh's own internet site for pointing this switch out! Probably I started using an excessive amount of heat, maybe it was a hormonal change, I have no idea, but my locks REALLY began breaking. She recommends just a satin pillow, but I choose to cover my hair

completely when I rest by wearing a satin bonnet or scarf.). Nevertheless, it is explained that the SH is used in a small amount (it is very low on the ingredient list) mainly as a PH balancer to smooth out the chemical composition of the conditioner, and, my locks Offers thrived using this for nearly a year (not sure when they started adding this ingredient..still looks adorable!! know that my first couple of bottles, at least, did not contain it). But again, it very well may harm it over years of use, and the combing conditioner can be a thing that you will make use of a whole lot of, so. Another point is that you will find to tweak it to discover parts of this technique that work for you..I'm switching to Aussie Moist Conditioner currently! But, look it up for yourself and use your personal judgement!So all in all, I absolutely love this technique.! I used to go a bit crazy, and today add only a tad, literally just enough to dampen it, with a dime-sized drop of combing conditioner section by section (I really do this in 4 sections). This has given me much better outcomes, allowing my hair to dry considerably faster. :-) Also, my hair is now moving PAST my shoulders and achieving down towards my collarbone in its tightly curled condition. I was too young for Oprah: I acquired Beyonce and can Smith/the cast of Fresh new Prince- most other dark performers were regarded as "trashy" and unacceptable. For this reason, I really do stretch my hair in the mornings using hair clips. :-) In it's "shrunken" curly state, my hair is currently beginning to graze my shoulders, and I'm needs to knowledge Teri's pointed out "hazards" of long tightly curly hair.! Unlike Teri, when I was young my relaxers that my mother devote religiously actually took relatively well to my hair.8/12/17 UPDATE: I am STILL like this, I STILL love it and I now have waist-length hair in the event that you would straighten it! I totally love my natural curls! Going natural together with your Type 4 hair will not mean you need to rock an Afro. I found this was not healthy for my hair and noticed breakage. I've also adopted (and highly recommend) finger detangling first washed hair, using water, the combing conditioner And further virgin coconut oil. I still use the Denman brush, but I mainly use it as a curl definer and secondary detangler, if I can't get yourself a tiny not really out with my fingertips, for example. Three Stars It's a good book but nothing spectacular :-) Straightened, it would now be past my breasts..?.Teri LaFlesh, in my eye, is a saviour.11/11/14 UPDATE: I've finally realized a few months ago that I won't need to use so much drinking water on my locks to refresh it in the mornings. Inspiring I'm Indian and also have fine, thin 3a hair, that i prefer to keep longer. Lorraine Massey's reserve was OK, but her methods didn't actually work for my locks and that book put too much emphasis on maintaining your hair short in order to avoid the OMG DREADED TRIANGLE HEAD. While my locks isn't tightly curly, I've shared many of Teri's life experiences:- spending a long time attempting to comb out knots while crying- having hair that will take 30 minutes to comb out again, even if you start immediately after you just did it- having hair so dry that small pieces of it break off every time you comb or brush it- finding that also wide-tooth combs put way too much stress on your hair (a brush with rubber is crucial)- wishing and longing (pun intended) for beautiful lengthy hair, only to have well-meaning but ignorant parents and hair salons keep chopping off your hair unnecessarily because they don't know how, or possess the patience, to obtain a comb through it- growing up in a world where your natural consistency of hair is considered bad, ugly, unprofessional, etcWhat I really like about this publication is that the author has eliminated beyond the usual, accepted techniques and discover what works for her own hair, and along the way, has accomplished her heart's desire, which some component of her KNEW was feasible. You'll be applying water and conditioner each day, so again, the whole method could keep your locks "shrunken" in a tight curl every day. I'm actually interested to see how the methods focus on my hair and can report once I've tested them. and her friendly and intensely informative writing design and

personality. This book not only taught me how exactly to care for my hair. In addition, it taught me to feel great about my hair. I also was raised as a multiracial child in a white family members, in a white little town, where no one knew how to look after my hair and every message I got from the media and my peers was that my locks was unmanageable, ugly, frumpy, trashy, and "wrong". I remember, as well, the giant clumps of locks that fell out when I attempted to use a relaxer and travelling with a bald patch because of it. Furthermore, the combing conditioner will keep my curls beautifully against high moderate rainfall, wind and humidity. My curls weren't just "ugly and messy", to me, they were representative of the "socially unacceptable" half of my racial heritage, something that every influence in my existence implicitly or explicitly taught me I will deny and despise. In those times I'd search desperately for mentions of dark-skinned personas in the books I'd read and the shows I'd watch. (I believe it will be further down if I didn't have such an extended neck! I recall desperately ironing my hair with my mother's clothes iron, trying to create my hair fairly and straight and swingy like everyone else's. This is before the internet was ubiquitous the way it is now, and for more than the initial half of my entire life I didn't even really understand that there **were** various other young ladies like me. The few popular culture figures that arrived to my world that have been black or mixed all had their hair straightened (Beyonce's hair was smooth and sleek), or else in braids or dreads- styles I'd been taught were trashy or dirty or ghetto (unless they were on white girls), and unacceptable for me personally. Teri's honesty and candor spoke to me personally- for the very first time someone seemed to know very well what I was going through. In transitioning from relax back to natural I didn't want to have a drastic trim of my below shoulder blade size hair. When you put on your hair in its natural tightest curl, your hair may appear to be about half its actual size, like mine. My journey of learning to love and care for and accept my organic hair as beautiful and worthy has been part of understanding how to accept myself as gorgeous and worthy, and understood. I don't simply feel like I learned how exactly to care for my locks from Teri's reserve and website. :-)) I may still be Natural today without her, but I definitely would not have got transitioned with such calm and stability without her publication guiding me and setting up some much-needed guidelines. If you opt to go silicone-free of charge, as another example, this method will probably not work for you. In the Nearest Trash container I can find!!!! Thank You Teri! The book is questionable. Few items were as painful and scary to me as having a brush or comb rip through my hair to obtain out knots), but simultaneously I found that a bit international and frightening (I just brush my hair once weekly?.she promotes leaving hair conditioner in the hair without rinsing it out. Sleek Dream Treatment conditioner. :-)) Ridiculous, I know. Curious about my own hair for the first time in my lifestyle, I wanted to try out this "going natural" factor. I am offering this book to a trash container. Fantastic Tips for Natural Hair I could thus relate with this book. I found her before I found mixed race beauty gurus on YouTube, before curly headed, combined race models had been as common on billboards and in advertisements. My hair was a mess I just couldn't understand how to design it. This reserve had the tips on how to embrace my curls how to style them correctly etc. :-)) So while "Curly Like Me" is my undisputed hair Bible (tweaked in a few little places to fit my preferences), I am aware that this will not be for everyone. Five Stars Grest book ! Life altering THANK YOU! I will have to be cautious that my hair doesn't get captured in back again zippers, under my bra strap/purse strap or actually on low-hanging items. How's that likely to work? It could break at the collarbone rather than grow any longer, nonetheless it was still long-ish so I didn't mind.? If you like frequently straightening or at least stretching out your curls to a frizzier, dramatic style that maximizes your length (a gorgeous look, BTW), this routine may not work for you. For

instance, the combing conditioner may be the key component in this method. Love having it on my kindle. Highly recommend. Truly works for growing natural hair. Three Stars It wasn't as helpful for my type of hair which is kinky in texture. It's hilarious, because despite the fact that my hair would today become to my waist if straightened, it is still so tightly curly that it barely clears my shoulders when it its organic curls.



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