



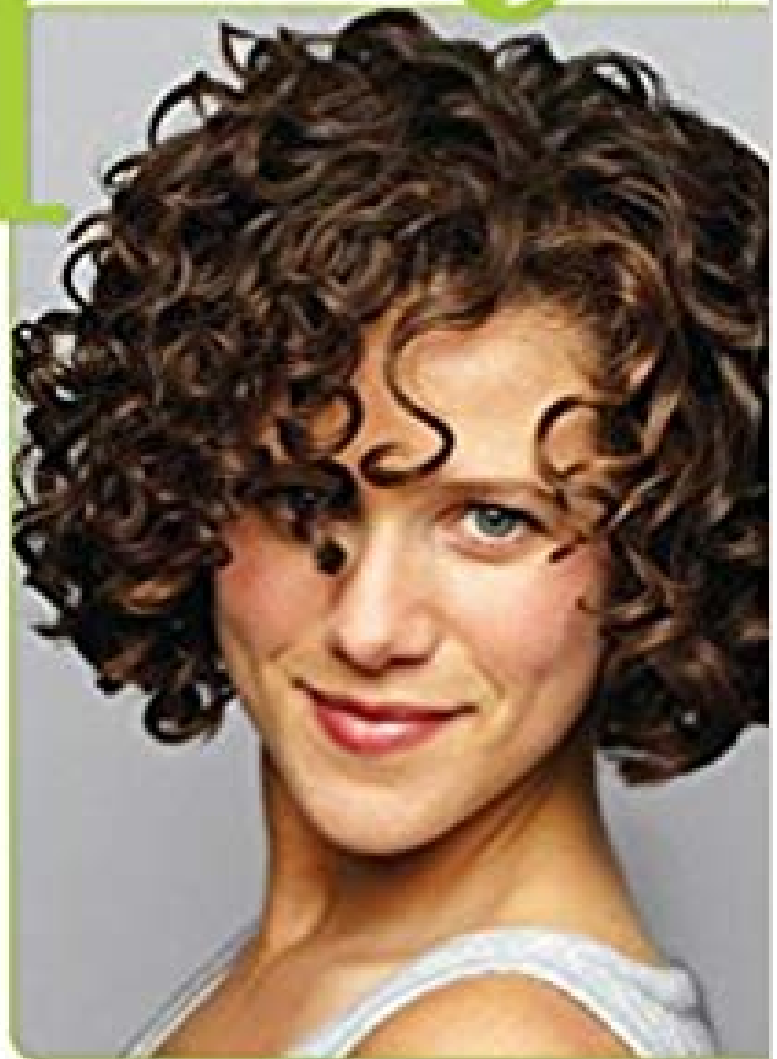
curly girl

THE HANDBOOK

EXPANDED SECOND EDITION

A CELEBRATION OF CURLS

- Daily Routines for Different Curl Types
- Lorraine's "No More Shampoo!" Epiphany
- Trimming Your Own Hair
- Plus Q's & A's



by Lorraine Massey *with Michele Bender*

Michele Bender

Curly Girl: The Handbook



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The Curly Woman manifesto is back again, now completely revised, updated, and expanded by more than a third with all-new material. owner of the Devachan salons in New York; a chapter on multicurltural hair written by an African American expert at Devachan. Created by frizzy hair evangelist Lorraine Massey—);s no such issue as a bad hair day. Curly Gal is packed with exclusive and fail-proof hair-care strategies, inspiration, and an empowering pro-curl attitude. homemade lotions and potions. Lorraine's all right here: daily routines for Botticelli, fractal, and wavy curls;s no-more-shampoo epiphany—handle your locks as gently as you do your very best cashmere sweater; It's not what you remove; it's what you leave on. and creator of a multimillion-dollar line of all-natural Devachan items— a section on this needs of wavy hair; Lorraine' Plus, updated details on green and chemical-free products, 20 brand-new Q& more fabulous 'dos for wedding ceremonies and other special occasions;the go-to curl expert featured in Allure, InStyle, Lucky, Seventeen, and The New York Times;s Down-and-Dirty Curly Boy Program; Not used to this edition: an illustrated, step-by-step lead to trimming your own hair (Keep in mind: It's, and a DVD with tutorials on caring for four various kinds of curls. To any extent further, there'Curly Girl is the astonishing bible for the 65 percent of women with naturally curly or wavy hair and a desire to celebrate it.



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Officially Converted I have locks like Natasha Lyonne, 2c/3a curls. Overall, not for me personally, and there is as much if not more info in blogs that don't cost \$10. Navigating the frizzy hair products is a lot much easier after scanning this book, and I believe its a good resource for anyone who wants better curls. In case you are struggling to accept your locks, it's a bit Chicken-Soup for the Soul, with the Curly Confessions, and the 12 Methods Promise (never to abuse your hair anymore) and the hair horoscopes. Curly sisters have to have this book If you have frizzy hair, you got to get this reserve. Since the first time I reviewed the book I cut about 10 inches of my locks off. It rests at my shoulders right now, and is easier to test out since there is indeed much less of it. As of May 2015, no heating equipment have touched my mind, and it spent some time working out very perfectly! It is almost the end of the summertime and I have not cursed the humidity once. I'm still using a sulfate-free hair shampoo (AG Fast Food Shampoo), and I change between Tresemme Un(performed) conditioner (silicone and glycerin free of charge) and Yes to Carrots conditioner. This book gave me too much confidence/authority over my hair. I've frizzy, upon frizzy, upon frizzy, wavy/swavy occasionally frizzy hair with seborrheic dermatitis/psoriasis (weird oily/dry scalp). For the publication, not the method I'm disappointed that this book wasn't what We thought it might be. Curly Hair Meets Identity Politics It is not possible to provide advice about care for every type of frizzy hair, since individuals' hair varies widely. Edit: I'm changing my review from a 4 to a 5. I was personally hoping for more balanced insight on porous/texture areas of hair rather than main focus on the form of each curl. I will say I found the hairstyles nice to include, along with the recipes for protein masks and diy gel spray, and tips for cutting your own hair, but We was disappointed that none of the movies were supported by my gadget. I could see how many of these tips function for other folks, especially very frizzy hair. I hoped for more technical info and techniques, and less guru style fluff. My hairdresser thinks I'm a snob now I have constantly had what others make reference to as 'The Bush' as in this wad of curly frizz on my head. I found some great guidance for my wavy hair I found some great guidance for my wavy hair. Using oils while it's drying so that there's no frizz. Much of the hair treatment advice that people get for straight hair is actually the opposite of what ought to be done for frizzy hair, so if you start the Curly Lady regimen, you may be surprised to find that you actually do have organic curls. The tone can be light, such as a woman's magazine content extended to book duration. Tried the technique for the very first time and I really like the results. Apparently, very many people with curly hair have had traumatic experiences where they didn't know how to care for their locks nor did anyone else (such as for example their moms and hairdressers). The solid ideological tone grew out of the author's own connection with starting out hating, and then understanding how to love, her locks. Already got compliments on my hair after trying a few of the practical advice. If your intrested in another method of caring for your hair I would recommend this book. Now my hairs mellowed out into what looks like long beach curls. So I looked it up and heard bout the book that began the haircare trend. Great book to understand curly hair Great book to comprehend frizzy hair. But that's only fifty percent the book. Hairstyle ideas, and a good Curly Girl Horoscope. Among the women, in her testimony, also refers to it as the "curly girl religion" (unless that was a typo for program), and that's not too much off the tag. I am normally curly, but I don't think of myself as belonging to a victim course. Still, the book has good information about hair treatment, and I could imagine that some individuals might have an extremely hard time giving up straightening their locks, and would need all of the identity stuff as an encouragement. Some were told their locks was unruly, wrong, "I cannot do anything with it," or "unprofessional. Based on the book, around 65% of

women have hair which has some quantity of natural curl to it (varying from waves to "fractal" curls). I can only imagine that very many of them must be straightening theirs. Although I don't by any means think of straight-haired folks as oppressors nor do I want anyone with straight locks to experience inferior either, I really do hope that an increasing quantity of curly-haired women opt to go natural, in order that curly hair can become as normal, professional, and severe a look as right. If not properly looked after, much curly hair will not appear curly but simply frizzy, poufy, flyaway, and out of control.) then provides care and style system. The guide can help you recognize what your hair type is certainly (wavy, curly, coily etc. I'm a wash and move woman, and prefer naturals, so I appreciate the perspective that encouraging healthy hair with good, natural ingredients and no fuss may be the easiest way to shine. It needs spending a little money and going outside the normal drugstore aisle to discover good products, but there are excellent products out there that won't break your budget." Curly hair is treated as a problem to be solved. Nevertheless, this book attempts to classify several different types of curls and gives some general concepts that the reader can apply, through learning from your errors, to find out what works best on her behalf (or his) personal curly head. Sprinkled throughout the reserve are testimonies by men and women about how they found accept their curls. Roughly I've been told. In any event I used a few techniques out of this book, like how exactly to cut my hair without fraying it. If this describes your locks, it's possible that you have curls and don't know it. And recognizing that I don't need to use hair shampoo, which is still scary to me. What I really like about the publication is that it doesn't read just like a manual. It reads like someone with experience is telling you how to take care of your locks. It has relate able tales from fellow curly ladies, about their curls. We thought the curly-as-identity stuff was a little heavy-handed. My physical copy was included with a DVD as well, for those that require visuals when reducing their own locks or styling it. On the downside, my hairdresser thinks I'm a snob now. Because I'd like my hair cut dry, and I present her exactly where to cut. I take advantage of a leave-in conditioner and Ouidad Climate Control Gel (alcohol free of charge). Read at your personal risk. Short and to the point Very informative. Inspiring I was viewing youtube video's about locks and hearing them reference the "Curly Girl Technique" intrigued me. There is even a tongue-in-cheek "12 Actions" at the trunk (some of them relatively contrived) to lead the reader accept his or her curly hair and invest in care for it as such. Definitely an excellent book to keep around. The spouse is sort of manifesto. There exists a strong ideological element of this book, to help naturally curly folks get over the mental block caused by this societal attitude. There are also numerous "curl" puns sprinkled throughout. I really like the illustrations and the authors sense of humor. Important Information As a curly young lady finally embracing her curls, I found this reserve to be full of great tips and information. Five Stars The curly headed "Bible" Worth the buy Great info for a new curly girl! I wish it was longer and had more information on ingredients to appearance for/avoid and just why. A great starting point for anyone considering letting their frizzy hair return to natural type. I'd argue it might be a good way for anyone with dry or damaged hair generally. To those that feel discouraged, there is hope! There's sooo very much info in it. So much details for the curlies and wavies Love love love this book. So helpful



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