

Silver Hair

A HANDBOOK

Say Goodbye
to the Dye and
Let Your Natural
Light Shine

FROM THE AUTHORS OF THE BESTSELLING
Curly Girl: The Handbook

Lorraine Massey with Michele Bender

Lorraine Massey and

Silver Hair: Say Goodbye to the Dye and Let Your Natural Light Shine: A Handbook



[continue reading](#)

UNCOVER THE POWER of Silver Whether you' With original treatments and methods from locks guru Lorraine Massey, Silver Hair is a call for celebrating and enhancing your organic radiance, with thrilling results. Here are step-by-step tips on letting nature take its program— Going silver isn't just about a certain appearance, or saving time and money at the stylist— Welcome to the inspiring guidebook for every female who' Plus, the most flattering clothing and make-up to accentuate any shade of gray. Products, like the DIY variety.re naturally graying, weaning yourself off the dye, or coveting the chic #grannyhair trend, your locks will shine with this empowering instruction. Tips on haircuts, tricks to get the best treatment (conditioning is crucial).s prepared to find her true colors.it'or using lowlights, highlights, blending, and toning to transition with minimal drama (and avoid a skunk line). Written by the authors of the national bestseller Curly Girl, here' s everything you want to know, from heading gray stylishly to living silver gorgeously, including Silver Lining Tales and before-and-after photos of real females.s about fulfilling a deeper desire for authenticity, empowerment, and the freedom to be oneself in any age. So let's begin. Featuring:The many perks of normally silver hairStyle and beauty to play up the silverToners and color blendingAvoiding the skunk lineHair treatment routinesDIY dishes, including Lavender and Verbena Natural Hair TonicFace-framing silver streaks



[continue reading](#)

Fantastic book for all those in the process of transitioning to being a silver sister I pre-ordered this book almost a year ago (back March of 2017), and am so content that it's finally out! When I felt my resolve wavering (and, in all honesty, it's happened even lately), looking at those photos helped remind me that silver locks doesn't age group you. If you're unfamiliar with Lorraine Massey, she's the writer of *The Decision to Stop Coloring is Such a Personal One*; I still pin new looks and images of silver goddesses to inspire me. The book helps you no matter what stage of the process you are in. Wherever you're at in your journey, I'd recommend getting this book. For me personally, when starting the transition process, I had regarded as adding highlights or taking a pixie cut, but decided ultimately to cut about 13 inches off my waist-length locks and to steadily grow it out. Just Like Curly Hair, Silver Curls Are Beautiful, Too! Amazing Lorraine Massey did it once again! The last two chapters are especially invaluable, and I also like just how many photos are included throughout the book to show what the process looks like on so many different women. Considering embracing your gray hair? I'm in my early 50s and have been dyeing my locks for about 10 years. As stated at the start of my review, I simply passed the three-year mark of being dye-free of charge. When I made a decision to stop dyeing my hair at the age of 43, only a little handful of my close friends had been supportive; most explained that letting my silvers sparkle would age group me, and there were just a few books out there that contributed to the process. Loved this book *Letting your gray locks shine!* com Very pleased So many helpful tips! *Curly Girl: The Handbook* a lot of women stop because they can no longer handle the fumes or because they possess allergic reactions to the chemicals in the dye. For me, it began because I wanted to move from chemical color and had been doing my own henna for a couple of years, nonetheless it had stopped within the grey. I finally realized that I also wished to dismantle the stereotype that females can't look stylish and youthful if they embrace their greys. Whatever your epiphany or "ah ha!" minute is, this book can help you through those rough patches that are bound to appear. Assists me feel better about going normal! Checking in and viewing the procedure and the finished looks helped maintain me on course during the procedure and held me from wavering. It's ditching worries of being "different" because you do not die with a bottle of locks dye firmly grabbed in your hands! (Warning: when you had been dyeing your hair, it seemed like it could grow so quickly and you always got to color your roots, but when you're developing it out, time seems to sloooooow method down! :-)) * Start a Pinterest board of inspirational women with silver locks. Although I've currently transitioned to my silver hair and just passed my three-season dye-free anniversary, this is this invaluable resource -- for those who are considering transitioning, for those who are in the process, and also for those who have currently finished. and the creator of the Deva Curl line of hair products.* Have a look at websites and websites for more ideas. There is only one in the entire book. Her half-up style was my go-to to greatly help hide the demarcation collection. My hairstylist (who does Deva cuts for frizzy hair) said that Lorraine Massey can also be developing a line of hair products for silver hair, and I sure hope that she does! The book is organized into several primary sections: * *The Glories of Being Silver* -- explains the benefits of going dye-free * *Enlightened* -- provides ideas for how exactly to grow out your hair without adding any chemicals * *The Highs and Lows of Transitioning* -- explains ways to use highlights and lowlights to help with the growing-out process * *Silver Streaks* -- explains how adding a few streaks can help make the transition easier * *Pixie Magic* -- shows types of how cutting your hair short might help start the process * *Dyeing to Be Silver* -- highlights (no pun intended) how adding silver can jump-start the transition * *Glorious Grey to Stay* -- includes homemade recipes to keep your hair healthy and shiny, particularly if you intend to avoid silicones and sulfates * *Silver Wear* -- covers how exactly to select clothes and makeup for your new coloring What's great about this breakdown is that it covers all of the various techniques that are out there for transitioning so that you can make the best decision as to how you need to start it. Many thanks for the education! Lorraine, if you're scanning this review, many thanks for shining your light on us and providing us with such great information! The first couple of months (when it appeared as if I was just lazy about coloring my roots and got a "skunk stripe," as it's called, heading on) were the hardest, but using different design methods and cutting off most of my hair made the process easier for me. I have to make up my mind whether to stop the hair dye or go organic. Massey walked me thru extremely scary uncharted waters. This reserve gives you that extra boost and encouragement! Right now, she is carrying out the same with how exactly to survive the changeover from coloring my hair every 6 weeks for my entire adult lifestyle to embracing my organic silver hair. Like the majority of ladies going right through this experience, it can

be a very emotional ride...accepting the natural "you", plus friends, colleagues, and family reactions to your decision. This reserve is actually a MUST HAVE in case you are on this journey. The reason I'm not giving it five superstars is basically because African American women were hugely underrepresented in this publication. Silver Locks - Grow Your Hair Out Naturally - Five Stars! It can help motivate you to see how you *are* making progress, even though it may not believe that way. In this book Lorraine explains how to develop your hair out naturally and bid farewell to dye and harsh chemical substances! I haven't dyed my hair in about 6 months. I've been coloring it forever. Right now I have organic silver highlights! I wanted to learn how to be more natural and authentic. This new reserve does the same thing for the silver-hair movement that her earlier book did for the curly-hair motion, and is a wonderful guidebook to embracing your organic silver hair. Lorraine will encourage and offer tips on how to achieve success and feel assured! I purchased the Kindle edition and it had been great. Great book Gray Hair is Beautiful! I stopped coloring mine a long time ago. This book not only answered my queries it answered a lot more! Lorraine Massey also contains "recipes" for hair remedies for transitioning and fully silver hair, that I want to try. Most of the women in this publication had different reasons for going gray but what they all had in common was that they had no regrets after carrying it out. If you are considering growing out your natural gray hair and need to be informed it's OK to achieve that, you can read about a third of this book to obtain all you have to out of it. Here are a few other tips while transitioning: * If you are in Facebook, consider joining a few of the grey hair groupings that are out there. Thought I would get her book on letting your hair go naturally gray.. Her book helped start the Curly Girl Approach to not using silicones or sulfates on your locks, and helped me make the changeover to embracing my natural waves when I initially discovered her book over seven years back. katiegoesplatinum. I still possess most of the color I was created with but I really wanted to honor my locks and who I am as a woman. Smart, well-organized and supportive. This is a very inspirational and positive publication. The publication covers the many ways to handle the heading natural process. Not necessarily that informative This book contains hardly any useful information. No problems at all. I'd recommend this reserve to any female, of any age, who's considering quitting the coloring process!! It's one I'll refer to over and over!! Amazing Lorraine will it again! After in the beginning cutting it to that shoulder-size lob, about ten months in, I made a decision to get it cut to just below my ears. She actually is all about accepting our natural beauty. She achieved it for curly ladies and now she's completed it for silver sirens. Very helpful for transitioning from coloring your hair to natural gray. I found the book so inspirational that I not only embraced my gray, but I started a full-time blog about it where I talk about my transition story, as well as tips & Michele journey to acceptance and change is true and sincere. I should know because I went to the same process nearly 2 yrs ago and our encounters were amazingly equivalent. This book left me feeling great about my decision. not only about locks, it's about the liberating experience of being ourselves and braving the chains with the idea that there surely is something intrinsically incorrect with being natural.* Take monthly improvement photos. The multiple histories of the women portrayed in the publication are humbling and empowering. Love the book! Many thanks Michele. This is disappointing. It's mainly a couple of "feel good" stories about females who stopped hiding their gray hair and how glad they were they did. We are at the start of my heading gray journey. It helps to know what things to expect as you begin this journey. I really like that it includes several "case studies" for women going gray. But, apart from briefly mentioning there are toners of varied shades obtainable and, oh incidentally, a great cut will make all of the difference (which is true regardless of what color your hair is, so thanks a lot, Captain Obvious), there is nothing specific I could take to the salon to achieve my goals. There are also different ways to move gray from going "chilly turkey" to having your colorist help you in gradually revealing the gray. Heading gray is exactly as she says; Like others, I am therefore wishing DevaCurl introduces a gray/silver hair product line! Lauren of How Bourgeois in particular has some wonderful articles about the process, as well as techniques for styling your hair during the grow-out process. I'll in it! Part of what helps you to feel good about this trip is seeing ladies who look like you. inspiration. This Book Inspired Me personally to Embrace My Silvers This is an excellent book in case you are thinking about embracing your gray hair as it has a lot of pictures and stories from other silver sisters to inspire you! So few salons possess any knowledge in managing the unique needs of maturing hair and I'm looking for solid specifics concerning toners, textures and cuts I can consult with a hairdresser to really bring out the best in it. Embracing our silver hair I found this book completely inspiring.

Thankfully there are online resources for this. It's now solid gray/white. Although I've much less grey than I believed I did and it seemed to take so long to develop out, the process helped me learn a lot about myself. I made a decision to trust my instincts and prevent dyeing, and also have been so pleased with that decision. I really like Lorraine Massey's "Curly Young lady Handbook". I've had gray hair since my late 20's. A few years back, Ms. Five Stars Plenty of information. Knowledge is power! I am 59 and my gray hair is to arrive in patches under my colored dark auburn hair that was naturally moderate ash brown. I warned my hairdresser the other day that I needed to embrace my gray. I see her in a few days. It looks great, but I'd like it to look spectacular. The photos of each stage gave me a much more realistic look at of what I will expect. It covers so many different situations although it seemed most versions were very young, and many seemed to have long frizzy hair. I did find a few situations that pertained to me. The information is indeed helpful and important, and I know I will go back to this book again and again for ideas, just as I really do with the "Curly Girl: The Handbook". Going gray with support and style! Seeing photos provides motivation and makes the procedure seem less frightening. How exactly to finally after 60 years of fighting my organic curls, embrace and actually learn to like them. I've decided to ignore it natural which book actually helped me to feel great about the decision. Recommend to help you through this journey.



[continue reading](#)

download Silver Hair: Say Goodbye to the Dye and Let Your Natural Light Shine: A Handbook mobi

download free Silver Hair: Say Goodbye to the Dye and Let Your Natural Light Shine: A Handbook txt

[download Body Kindness: Transform Your Health from the Inside Out--and Never Say Diet Again epub](#)

[download 417 More Games, Puzzles & Trivia Challenges Specially Designed to Keep Your Brain Young pdf](#)

[download free What to Expect When You're Expecting txt](#)