

The ABCs

How to Always Be Curly and Love It!



Curls of Wisdom from...

ADINA SHERMAN

Founder of Curly Girls Studio

Ms. Adina Sherman

The ABCs~How to Always Be Curly and Love It!: Curls of
Wisdom from Adina Sherman Founder of Curly Girls Studio



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Rock your waves and curls! Whether your locks can be wavy, curly, kinky or any curl pattern in between, The ABCs will teach you how to care for your locks and embrace and love what you were born with, instead of fighting it. Curl expert Adina, owner of Curly Girls Studio, has generated a popularity for helping customers of all ages and curl patterns in hair despair with her "curl coaching classes. The ABCs is similar to having among Adina's personalized coaching sessions right in your house, and can forever change how you look at your hair, one curl at a time." Customers learn step-by-step routines to bring out the very best in their waves and curls. Learn: -How to regulate frizz -How to recognize your curl pattern and its wants -Why elasticity is so important for your locks and how exactly to restore it -Curly rehab and recovery from poor routines, heat harm and chemical providers -Proper washing and conditioning routines to greatly help hydrate and add moisture to your locks -How to look after multi-curl and super-kinky locks patterns -About styling items and application solutions to get the best curly design -How to dry, diffuse, add volume and protect your curls during the night -How to get better next-day curls -DIY curly tips and techniques -How to color your hair or like your gray, thanks to transitioning and highlighting suggestions ...and a lot more to draw out the curl in you! The ABCs will guide you all the method and that means you, too, can "CONTINUALLY BE Curly"—and love it! As you explore the chapters, you'll become inspired and your hair routine will be made easy.



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. We've had the great fortune to have Adina share these valuable ideas with .. Adina is a great educator and has place so many tips and tricks for dealing with your curly hair into this publication. Its a great read and you may learn a great deal about how to style and keep your locks healthy and gorgeous...Adina is a good educator and has put so many guidelines . To all or any the curly/organic haired (or those along the way of going curly/normal) women out generally there on the verge of quitting and going straight, this book is a real must! More than my years as a customer of Adina, I've seen my coils go from frizzy and undefined to resilient and radiant. Visiting her at the salon, I've got the great fortune to have Adina share these valuable tips with me and see the amazing outcomes firsthand. Take time to browse the helpful and useful information in The ABCs and you'll see the results for yourself.



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