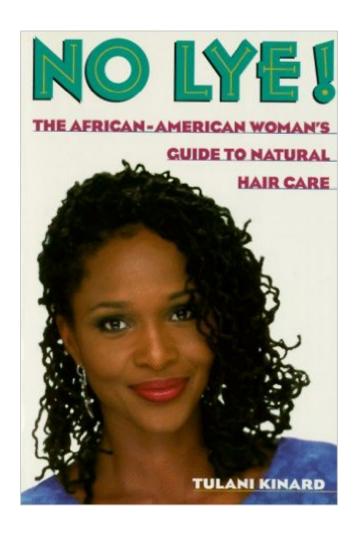
The book was found

No Lye: The African American Woman's Guide To Natural Hair Care





Synopsis

For years, African-American women have relied on harsh chemicals and relaxers to "manage" their hair--which more often than not did more damage than good. Improper braiding techniques have also contributed no small amount of harm, resulting in frail, damaged hair and even pattern baldness in women. No Lye! offers a safe and easy alternative. In this hair-care and styling guide Tulani Kinard reveals the secrets to obtaining and maintaining beautiful healthy hair--naturally. Discover... The art of making braids, terrific twists and lovely locks Easy recipes for products that clean, strengthen, and condition the hair Ways to heal damaged hair Painless methods of caring for your children's hair Fast, easy styles for all lengths and textures of hair The pros and cons of using hair extensions Ask me your hair-care questions... I'll tell you No Lye!

Book Information

Paperback: 208 pages

Publisher: St. Martin's Griffin (September 15, 1997)

Language: English

ISBN-10: 0312151802

ISBN-13: 978-0312151805

Product Dimensions: 5.5 x 0.6 x 8.2 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 3.8 out of 5 stars Â See all reviews (60 customer reviews)

Best Sellers Rank: #1,317,653 in Books (See Top 100 in Books) #58 in Books > Health, Fitness

& Dieting > Beauty, Grooming, & Style > Hair #7021 in Books > Politics & Social Sciences >

Social Sciences > Specific Demographics > African-American Studies

Customer Reviews

Sadly, there are few books dedicated solely to the process of locking hair and its maintenance. It's really too bad since more and more women of color are viewing locked hair as a viable alternative to harsh chemicals, weaves and extensions. At the very least, you would think authors and experts would pick up on this trend and write a useful book just on the topic of lock maintenance alone. But I digress. Tulani Kinard may not have devoted her entire book to locks, but she comes quite close by focusing enough attention on the subject as to make this book both a highly useful primer and an inestimable ongoing reference guide. Anecdotally, I locked my hair over the course of two days after finally accepting the reality that my quest for straight, sleek styles had caused me to develop dire and incessant scalp irritation for which I had begun using prescription shampoo (yikes), and a head

of hair that was more equine in nature than of the human variety. Read: It was a sad state of affairs. Needless to say, Kinard's book was invaluable in pointing me to products (and telling me which to avoid) that would help my puerile locks stay, well, locked. She recommended scalp treatments for the anything-but-enjoyable first few months when the committed self-stylist finds themselves abstaining from hair washing so as not to unravel their hard work (trust me, this is the hardest part).

Download to continue reading...

Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) No Lye: The African American Woman's Guide To Natural Hair Care African: African Recipes - The Very Best African Cookbook (African recipes, African cookbook, African cook book, African recipe, African recipe book) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Sollutions) The Men's Hair Book: A Male's Guide To Hair Care, Hair Styles, Hair Grooming, Hair Products and Rocking It All Without The Baloney African Cooking: for beginners - African Recipes Cookbook (African recipes - African cooking -African Food - African Meals 1) Hair Loss and the Big Pharma - The Ultimate Guide on Avoiding Frauds, Disinformation and Bad Medicine (Hair Loss Cure, Hair Loss Nutrition, Hair Loss Solutions, Hair Loss Alopecia, Alopecia Areata) How to Cure Baldness and Prevent Male Hair Loss (Mens Hair Loss, Propecia, Minoxidil, Receding Hair Line, Hair Regrowth, male pattern baldness, mens hair) Hair Loss: How it Happens and How to Fix It (Hair Loss, beauty and fashion, hair, loss, aging parents, hair growth, healthy hair) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) Grow African American Hair Long - 7 Days To Faster Growing Hair: Grow Hair Fast Methods and Natural Treatments for Balding NATURAL HAIR SCALP REGENERATION - STOP hair loss and regrow hair very FAST GUARANTEED: YOUR LAST CHANCE TO REGROW YOUR HAIR NATURALLY Homemade Natural Hair Care (with Essential Oils): DIY Recipes to Promote Hair Growth, Shine &

Repair (Shampoo, Conditioner, Masks, Aromatherapy, Hair Loss Treatment - 100% Cruelty Free)
Homemade Shampoo: Beginner's Guide To Natural DIY Shampoos - Includes 34 Organic Shampoo
Recipes! (Natural Hair Care, Essential Oils, DIY Recipes, Promote ... Masks, Aromatherapy, Hair
loss treatment) Classic Hairstyles for Men - An Illustrated Guide To Men's Hair Style, Hair Care &
Hair Products Hair Loss Cure: A Revolutionary Hair Loss Treatment You Can Use at Home to Grow
Your Hair Back little book on hair loss restoration that really works..: unassuming hair regrowth
method actually grows hair back

Dmca