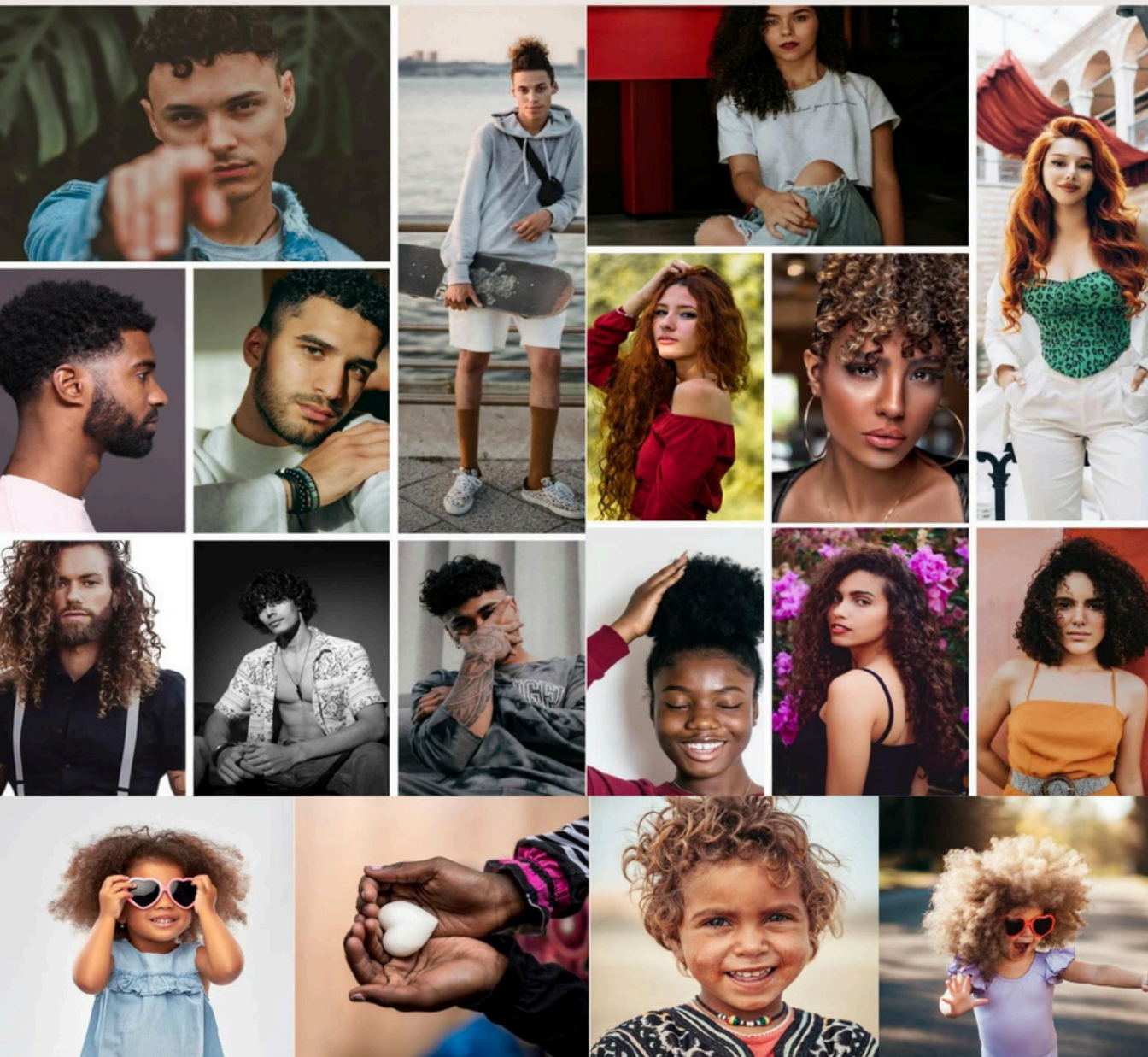


Know Your Curls

Inside Out

A Complete Guide to Curly Hair for All



BY PLABCURLOVE

Know Your Curls – Inside Out

A Complete Guide to Curly Hair for All
PLABCurlove

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Table of Contents

Acknowledgement _____	1
Preface _____	2
Section 1 – Inside the Curly Hair – Know Your Curl Type! _____	5
Chapter 1 – Understanding Curly Hair Type for Girls _____	6
Chapter 2 – Know the Manly Curls _____	29
Chapter 3 - Why You Need to Take Care of Your Curly Hair _____	41
Chapter 4 - Common Curly Hair Problems _____	49
Chapter 5 - How You Could Be Damaging Your Curls? _____	81
Chapter 6 - The Significance of Moisture for Curly Hair _____	95
Chapter 7 - Morning and Nighttime Curl Care Routine _____	104
Section 2 – Taking Care of Your Curls _____	48
Chapter 8 - The Weather and the Curly Hair _____	111
Chapter 9 - Enhancing Your Curls with Oils _____	119
Chapter 10 - Moisture vs. Protein _____	126
Chapter 11 - Appropriate Tools For Your Curls _____	132
Chapter 12 – Taking Care of Color-Treated Curls _____	142
Section 3 – Curls and The Girls – How to Flaunt Your Curls _____	146
Chapter 13 - Curly Girls Hair Cutting _____	147
Chapter 14 - Styling Your Girly Curls _____	154
Chapter 15 - Curly Haircuts for Men _____	162
Chapter 16 - Curly Hair Styling Methods _____	168
Chapter 17 - Hair Products for Curly Guys _____	174
Chapter 18 – Managing and Maintaining Your Child’s Curly Hair _____	181

Section 4 – Curly Guys – How to Manage and Style Your Curls_____	161
Section 4 –The Younger Curls - Taking Care of Your Kid’s Curls_____	180
Chapter 19 – Restoring Natural Curls As Your Child Grows Up ___	188
Section 5 – You Are What You Eat - Nutrition for Your Curls__	194
Chapter 20 – Plant-Based Superfoods for Your Curls _____	195
Chapter 21 - The Not-So-Great Foods For Your Curls _____	206
Chapter 22 - Quick and Easy Power-Packed Recipes for Your Curly Hair _____	213
Chapter 23 - Hydration for Your Curls _____	225
Postface_____	231

Preface

Long ago, when I was a young kid trying to brush my hair, I would think my hair was possessed! Every time I tried to comb my hair, I would end up with more frizzy hair that was even more difficult to manage. As time passed by, I started believing that something was wrong with my hair. And the not-so-great experience with my hair was not limited to combing it at home. Every time I would go to the hairdresser, I noticed the “you-wouldn’t-want-those-curls” attitude which led to a long blow drying session, especially after every cut.



Despite the stride that many individuals with curly hair have made to accept and love their curls, the comments, not only by the hairdressers, but also from those around, reflect a typical mentality which still assumes that straight hair is beautiful. After all, it is this mentality that fuels the \$9 billion industry of hair-straightening products that are sold every year. They need to make individuals with curly hair think that it’s not the type of hair you should have.

While I was partially falling into the “straight hair” trap, over the last few years I started spending some time to understand my curls. For a fact, I grew up believing that nature decides the best for you. And that subconscious belief made me realize that there can’t be anything wrong with something that nature has offered me. As a result, I started pondering over what am I doing with my hair? There can surely be something wrong with how I managed my hair.



Regardless of what has been happening around me, over the last few years I spent days understanding my curls and how I can better take care of them. As I delved deep into knowing more about my curls, I was fascinated by the amazing beauty and diversity of natural curls. My newly-developed curiosity for knowing more about curls pushed me to study other people's curls and how they would take care of their natural locks.

The other significant event that happened since I first started writing this book is the development of PLABCurllove, which is going to be your one-stop solution for your curly hair needs.

This and so much more that I have learned over the years and that's all that what I want to share with you. If you are new to the "curly" world, and are willing to know more about your curls, welcome. This book serves as a complete guide that will help you understand your curls better so you know how to treat them right. With this book as your guide, you can learn a new way of living with your curls.

Today, I am very satisfied and pleased with my curly hair. Through trial and error and closely studying curly hair of numerous individuals, I learned how to take care of my curls and ended up caring for my curls the way they deserved.

As I write this book, I am finally in love with my sweet, natural curls and the experience has been amazing. I am very satisfied with my hair and I want others to experience the same satisfaction. Thus, I have compiled this all-encompassing guide for curly hair for men, women and children which provides a solution that was always required, especially for you.



BEST

MOMENTS



As you read this book and learn how to better take care of your lustrous curls, you will be proud of your curly hair. You will not only learn how to manage and take care of your curls but you will also figure out how to regard your curly hair as a trait of yours.

Writing this book has been a long journey and needless to say, it has been a great experience that I have thoroughly enjoyed along the way. I am glad that I am able to share it with you. If there's one thing that I can assure you about this book is that you will never regret reading it.

Happy reading!

OF MY

LIFE



Section 1 – Inside the Curly Hair – Know Your Curl Type!



Chapter 1 – Understanding Curly Hair Type for Girls

If you have got straight hair, it's easy to tell your hair type. But the answer is not as simple when you have textured hair. Is your hair wavy? Or curly? Or coily?

Getting the clear answer to what your hair is like can be much harder.



If you have got textured hair and are wondering what your hair type is, we feel you. Decoding textured hair can be complicated as there are several different textures that can exist on a single head of curly hair. You may have strands of hair on your crown that are looser than the strands of hair on your sides and ones at the back of your hair can be completely different and you may wonder “How do I style my hair so it looks cohesive?”

Welcome to the world of textured hair.

The road to understanding your curly hair type may not be straight, but it isn't also overly complicated. While the curl typing system may not be perfect, it serves as a guideline that can be super useful in at least helping you identify your curl pattern. And the understanding is critical so you know where to start taking care of your curls.

It's a lot to think about, for sure. Luckily, we have closely worked with industry experts in understanding the texture to break down some of the

finer points of the curly hair typing categories. Whether you have got soft bends or tight coils, there's an easy way to identify exactly what's going on up top.

As a general rule of thumb, hair types can be categorized into four broad categories - straight, wavy, curly, and coily.

Why Knowing Your Curl Type Matters

Isn't your curl pattern pretty clear when you look at yourself in the mirror?

In some cases, indeed you get a clear idea about your hair type simply by looking at yourself in the mirror. But there are big differences that you need to know. Understanding curl types makes a great way to figure out your hair care routine. If you have got major curls, you shouldn't be wasting time in using haircare products that are too weak and need to opt for heavy curl creams. Or it might be just the opposite when you have finer waves, you can focus on the haircare products that don't weigh them down.

Moreover, since most curly hair care products aren't classified by the numerical system, knowing your curl type can help you better understand the buzzwords that are commonly used in the haircare industry.

Understanding the Curl Type - How to Figure Out Where You Fall on the Curl Type Chart

Understanding your curl type starts by learning about the shape of your hair follicle through which the hair grows. The more oval-shaped or flatter the hair follicle would be, the curlier your hair. On the other hand, the more circular the cross-section of your hair follicle, the straighter your hair.

Your curl pattern is also determined by the shape that your hair strands make; whether they are wavy, curvy or kinky.

It is also common for individuals with textured hair to have more than one type of curl pattern on their head so you may have a combination of wavy and curly hair or a combination of curly and coily hair.

Chapter 2 – Know the Manly Curls

Believe it or not but there is no difference between the hair of men and women.

With that said, let's not forget that the world is full of diversity. From different cultures to eating habits, lifestyles and a lot more everyone seems to be different from the other.

And that's exactly what the difference between men's and women's curls look like.



But defining curls is slightly more complicated for men because they often have shorter hair, so it's not very obvious to figure out what type of curls do they have. As a result, men can have curly hair that may range from apparently straight wavy to super tight coils that are obvious at the shortest possible length. It is due to the typical length of men's hair that most curly men walk around without knowing what type of curly hair they have.

But if you are someone who wants to ensure that your hair looks great and healthy, then you need to know your curly hair type because depending on what is growing on top of your head, you may need to make several changes to your hair care and hair grooming routine.

Understanding Men's Hair – Curls vs. Straight Hair

While most of the advice that you will find in different chapters of this book will be applicable to all types of curly hair, there are some specific details that you need to know about men's curly hair as there are certain

tidbits that need to be emphasized more or less according to your curl type.

Since managing curly hair is often more challenging and can be a major problem for men, I have worked on this chapter specifically for men so they can understand whether they have wavy, coiled, or kinky hair. Because only when they can learn about different types of curly hair will they be able to identify the specific type of curly hair they may have.

This chapter is specific to different types of curly hair for men and doesn't talk about straight hair as, unlike curly hair, straight hair doesn't have any sub-types that need to be understood. So, if you are someone whose hair doesn't identify with the hair types discussed in this chapter, congratulations – as you will at least find out that you have straight hair, you can manage your straight hair in the same way as you manage wavy hair (which we are going to talk about later in this chapter), so this chapter is not just for men with curls. Even if you don't have curls, you can learn to manage your straight hair or the straight hair of men around you!

Knowing Men's Curl Types



As with women, curly hair comes in several different expressions, which is why it is important to categorize them according to their type. By definition, curly hair is one that doesn't grow in a straight manner, so from the very beginning (right from the root), the hair grows in a curled pattern. However, the curl pattern in which the hair grows can vary significantly from person to person (regardless of gender). Moreover, the curl pattern may also vary between different sections of your scalp. But in general, we can categorize curly hair for men into five different types ranging from Type I – V. To avoid confusion, I will be discussing men's hair type using

Taking Care of Your Child's Curly Hair



Wash Less Frequently

One of the simplest tips related to taking care of your child's curly hair revolve around how often you wash your child's curls.

When dealing with curly hair, the key is to wash less often. Washing your child's curly hair can deprive the curls from moisture leaving them dry and dull. You can wash your child's curls twice a week using shampoo but you can also consider using dry shampoo that helps get rid of build up from your child's scalp without drying out the strands.

Moreover, you can also co-wash the hair which means using a conditioner only instead of washing using a shampoo. Co-washing provides nourishment to your child's dry and damaged strands making them look healthy and shiny.

Whether you are washing your child's hair using a shampoo or a dry shampoo or are co-washing, never pile up your child's hair on top of the head. Instead, let your child's hair fall down the length while washing to avoid tangles and knots.

Use More Conditioner Than Shampoo

Another important aspect of taking care of your little one's curls is the use of conditioner. Since curly hair are naturally more dry and brittle, you should ensure that you provide enough nourishment to the little curls through the use of a conditioner.



Go for walnuts, almonds, pecans, cashews, and Brazil nuts. As for seeds, don't forget to add flaxseeds, chia seeds, pumpkin seeds, and sunflower seeds, for they make an awesome choice.

Wrapping Up – Plant-Based Superfoods for Your Curls...



Wrapping up this chapter is simple because a one-liner would suffice.

Be sure to add a lot of protein, minerals, and vitamins to your diet every day and enjoy greater hair health.

And don't worry.

Doing so doesn't have to be challenging.

With five basic plant-based superfoods, you can get all your hair needs to stay healthy and happy!

Plant-Based Recipes for All

Plant-Based Milk



Ingredients

- 1 cup soybeans soaked overnight in water
- 4 cups of water

Drain soaked soybeans with water in a high-speed blender and blend until smooth and strain using a cheesecloth.

You can try out several other types of plant-based milk such as cashew milk, hazelnut milk and almond milk, using the same quantity of ingredients and the same method.

A Few Tips to Keep In Mind When Trying Out These Recipes...

- Always buy fresh and organic ingredients,
- Starting with a green base for salads is the key to a nutrient-rich recipe.
- When trying out salads, never limit yourself to veggies as you can add in as many and as much as you want.
- Pack your recipes with proteins such as chickpeas, lentils, and quinoa.
- Remember to add healthy fats that are incredibly powerful for growing curly hair. Feel free to add seeds, nuts, olive oil, avocados and more!
- Experiment with complex carbs like potatoes, peas and corn.

Wrapping Up - Quick and Easy Power-Packed Recipes for Your Curly Hair...



These simple and easy five recipes that I have shared with you are there to give you an idea of all the amazing things you can try out in your kitchen.

Now that you already know some great ingredients for your curls and the foods that you should avoid, along with the tips that you should keep in mind when trying out recipes for curly hair, know the endless opportunities that exist in your pantry. Remember to add fruits, veggies, nuts & seeds!

Know Your Curls Inside Out...

Are you ready to embark on a curl revolution?

“Know Your Curls — Inside Out: A Complete Guide to Curly Hair for All” unveils the secrets to healthy and luscious curls through hair care routines and a plant-based diet.

From understanding your unique curl pattern to understanding their particular needs, you’ll gain valuable insights and practical tips to nourish your curls from the inside out.

Emphasizing the remarkable connection between a plant-based diet and healthy curls, this book reveals the wealth of nutrients, vitamins, and minerals that can promote hair growth, enhance curl definition, and combat common hair concerns. Taking care of your curls has never been this fun and easy!

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