

The Ten Hair Commandments For Girls With Curls



The Ten Hair Commandments For Girls With Curls

by Elise Monahan

★★★★★ 5 out of 5

Language : English



File size	: 179 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 23 pages
Lending	: Enabled



A Guide to Healthy, Beautiful Hair

Are you a girl with curls? Then you know that your hair has a mind of its own. It can be frizzy, dry, and unmanageable. But it doesn't have to be that way! With the right care, you can have healthy, beautiful curls that you love.

This book will teach you everything you need to know about caring for your curly hair, from washing and conditioning to styling and protecting it from damage.

You'll learn:

- How to wash your hair without stripping it of its natural oils
- How to condition your hair to keep it moisturized and healthy
- How to style your hair without using harsh chemicals or heat
- How to protect your hair from damage caused by the sun, wind, and pollution

With the help of this book, you'll be able to achieve the healthy, beautiful curls that you've always wanted.

The Ten Hair Commandments

1. Thou shalt not wash thy hair every day.
2. Thou shalt use a shampoo that is sulfate-free and pH-balanced.
3. Thou shalt condition thy hair every time thou washest it.
4. Thou shalt detangle thy hair with a wide-toothed comb or brush.
5. Thou shalt avoid using heat styling tools.
6. Thou shalt protect thy hair from the sun and wind.
7. Thou shalt get regular trims to remove split ends.
8. Thou shalt eat a healthy diet that is rich in vitamins and minerals.
9. Thou shalt drink plenty of water.
10. Thou shalt love thy hair and embrace its natural beauty.

By following these commandments, you can achieve healthy, beautiful curls that you'll love.

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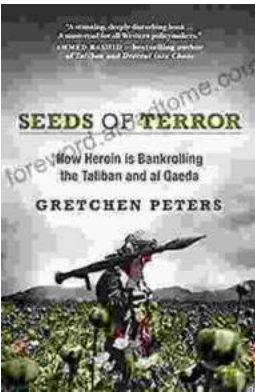


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