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Introduction

Welcome to Helpful Hints Virtual Makeover Reference Manual, a manual that combines an extraordinary collection of the do's and don't for your health and beauty. This reference manual shows a versatile and safe way to maintain your health and beauty. You can easily expect to be able to take care of your health and hair, whether you are a professional or just someone who wants to look and feel beautiful.

What you'll be Able to Do

Even the impossible seems possible. Finding your artistic ability with The Helpful Hints Virtual Makeover Reference Manual, there are no limits to your own creativity. By using the right products, colors and style for you or your clients you can create and personalize your own individual image, with the right changes for the right person. Helpful Hints Virtual Makeover Reference Manual Is for those who won't to apply what you know, to what you don't know.

UNDERSTANDING YOUR HAIR; *it's important that you understand your hair.* The hair structure is originated from the base of the sheath “Hair Follicles” the hair follicles, sebaceous glands, hair muscles (arrector pili), and some instances the apocrine glands make up hair keratinized structure that is pushed upwards from the follicles and the hair under goes changes as it is pushed outward hair color is determined by the amount of melanin pigment in the hair.

African American hair structure is different. The difference lies in the way those components are put together or the structure of African American hair. The structure of African American hair is more prone to breakage and dryness. Your hair has twice the amount of “cuticle” or outer layer. The type of hair texture is kinkier which makes it more difficult for the oil secreted from the scalps to reach the ends of the hair. African American hair is coarser and sometimes thicker doesn't mean that Caucasian hair is weaker, African American hair is more fragile.

The parts that make up the hair are, Cuticle; outer layer of the hair, **Cortex;** the middle layer, **Melanin;** Determines the color. The more melanin the darker the hair and **Follicles;** this is the name for hair before it emerges from the scalp.

Normal hair growth: Hair has been found to grow in phase know as “Anagen” the growth phase, “Catagen” the atrophy phase, and “telogen” the resting phase. Genetically hair growth for most people is a maximum of 6 inches a year.

Normal hair loses: Most people lose about 100-150 strands of hair per day. But don't be alarmed you grow new hair as you lose hair. **Ethnic hair growth** (African American) hair

grow slower than Caucasian (white) hair, the kinky texture in ethnic hair is what makes the difference in the length we achieve. When you comb kinky hair it is believed that the natural curly pattern causes the hair to weaken and this leads to breakage. A hair relaxer helps remove the natural curl pattern, but the process of breaking down the hair with a relaxer causes another problem. The chemical process weakens the strands and this too can cause breakage which can also prevent your hair from reaching its maximum growth. Whether you're in your mid 20's or mid 40's hair that is natural, chemically treated, short or long, studies have shown that African Americans are losing their hair faster than any other nationality. But with the right treatments and the right products and more professional advice you can save your strands. Trying to wear the latest looks, you do more damage to your hair. The excessive use of chemical treatments, and too much heat and tension from tight hairstyles cause a lot of damage. "There is no such thing as good hair no matter what your hair texture is, healthy hair is good hair.

The 5 most common non-hair losses in African Americans are. 1. **Traction Alopecia**; characterized by loss of hair primarily along the hairline, especially around the temples and above the ears. Over time it becomes permanent. 2. **Central Centrifugal Cicatricial Alopecia (CCCA)**; formally known as hot-comb alopecia. Professionals have said this form of styling comes from heat and chemical processing. (Hair loss in the crown area) 3. **Androgenetic Hair-loss (female-pattern baldness)**; this usually comes from hormonal or hereditary conditions. 4. **A hormone**; as we age it's normal for your hair to experience changes such as

decreased follicles, and increased shedding and slower hair growth. It has been said that a decrease in estrogen may have a negative impact on your hair. **5. Medications;** there are many medication that have possible side effects such as thinning or loss. *(Always ask your doctor about your medication).*

African Americans need hair therapy twice a year or as needed. It has been said that combing therapies can help stimulate new growth this may have a negative affect on some people and may require a Cortisone injection to reduce inflammation. Home remedies may not be best for you, Professional help is highly recommended.” *Seek professional help before it’s too late”*

Treatments that may help or reduce hair loss;

Topica Minoxidil; used to treat female-pattern baldness. ***Biotin Supplements;*** provides nutrients to promote hair growth. ***Anti-inflammatory;*** treatment for CCA and Traction Alopecia, this treatment comes in different forms of cortisone, a direct shot to the scalp or oral antibiotics proscribed to help anti-inflammatory effects and kill bacteria.” *Many experts believe supplements with biotin can improve the state of hair. One product that is most often used is, “Phyto” Phytophanere Dietary Supplement, for Hair and Nails”.*

Helpful Hints; *Limit the use of heat, Limit the use of chemical treatments (processed hair can some times break easier than virgin hair), Avoid excessive combing and brushing. Nourish the hair with hot-oil treatments and deep moisturizing conditioner, Use a wide tooth comb (fine tooth comb can contribute to breakage), Use a leave-in conditioner (helps remove tangles) Avoid too much tension (tight pony tails, braids or weaves).*

Guide to Chemical Hair Relaxer or Chemical Hair Straighteners; The difference between chemical hair

straightener and chemical hair relaxer, is that straighteners will result in stick straight strands and relaxers will soften and relax the hair. Chemical hair straighteners are much stronger than relaxers and can be very harsh and damaging. Depending on the hair texture, type, and condition and prior use of chemicals, some hair should be chemically relaxed instead of straightened.

Why should you get a relaxer? The first thing to remember when choosing to perm or relax your hair is that the chemical process can do damage to your hair. Chemical hair relaxers penetrate the cortex or cortical layer and loosen the natural curl pattern, the inner layer of the hair shaft gives curly hair its shape and provides strength and elasticity, this process is irreversible. Virgin relaxer is performed when you have never had a relaxer; “touchups” should only be applied to the new growth no less than every 4-6 weeks. It’s standard to wait 2-4 weeks before applying hair color (*or dye*) to recent relaxed hair. Educate your self and make good decisions regarding your hair and scalp care. Relaxing can cause Hair breakage, hair thinning and lack of hair growth. This process also can result in scalp irritation and scalp damage, and can even contribute to hair loss. Pressing the hair (with a hot comb has the same effect on the hair as a relaxer over a period of time. “Experience and skill plays an important part in the success of a good Chemical Relaxer” seek professional help.

Different types of Relaxers, (Lye or No-Lye); *both chemicals can be strong and do damage to hair and require special care.* Sodium Hydroxide is the strongest chemical relaxer; it gives long lasting dramatic effects (lye relaxer) the pH factor of 10 - 14 the higher the pH the faster the straightening solution will

break the hair down, and the more the damage. Guanidine Hydroxide is the other chemical relaxer used today (No-Lye Relaxer) this relaxer can be very misleading, this chemical is strong and also does damage to the hair. When using Sodium Hydroxide, there are 2 types of formulas base and no base. The base formula is a petroleum cream that is designed to protect the scalp during a sodium hydroxide chemical process. This can also be used in chemical straightening it's applied to protect the hair that has been previously chemically treated, to prevent over processing and breakage.

Neutralizer: The neutralizer also called stabilizer or fixative. This is a very important step when processing a relaxer. You must use a neutralizing shampoo after you apply a relaxer or straightener. The neutralizer stops the action of any chemical relaxer. Even after you have completely rinsed the hair there still may be some relaxer present in the hair. If there is any relaxer left in the hair after rinsing, the neutralizer will stop the chemical action.

***Helpful Hints:** Professional application is highly recommended conditioning treatments before and after application. This requires long term commitment for healthy hair care. Thin hair; try a semi-permanent hair color the same day of your relaxer to give a thicker and fuller appearance. Over processed hair can not be repaired it can only be cut!*

QUICK GUIDE TO PERMS (*permanent wave*) Curly perms are coming back! Permanent waves do not necessarily have to give you a tight curl, there is different reasons for curly perms the most common reason is to add body and texture to your hair, (For some Caucasians). For other ethnic (African American) groups most perms given today are waves rather than curls.

Example of perms (permanent wave) Ammonium Thioglycolate (alkaline wave) pH 9.0 product are used to pre-soften hair prior to winding a perm. Ammonium thioglycolate and Hydrogen peroxide (exothermic wave) pH 8.4 - 9.0. Glycerylmonothioglycolate (Acid wave) pH 6.5 - 8.2. The neutralizer for a thio type relaxer reforms the cystine (sulfur) cross-bonds in their new position and re-hardens the hair this is not a shampoo.

Helpful Hints: *Why do perms (permanent waves) fail? Medication and different type of health problems, previously color treated or highlighted hair, even perm, straightened hair that has been altered and in bad condition. Use an ultimate treatment before and after. Use a shampoo that removes build-up. Use a pre-wrap conditioner*

Alkaline Perm Only; Shampoo hair with a clarifying shampoo (help remove dirt and debris, minerals, metals, medication from the hair). Saturate the hair lightly with a leave in conditioner (detangle). Before you neutralize use a bond solution (optional). After neutralizing, but before rinsing apply the leave in conditioner for 30 seconds and rinse, use a shampoo for dry hair.

Hair care kit tools you should have; A good shampoo and conditioner, a good Bristle brush (use sparingly), a good hot oil treatment or deep treatment, a spray bottle to mist your hair (optional), a good leave in conditioner, a satin scarf, cap, or wrap to wear on your head at night, a comb for your hair type, a satin pillow case. ***Secret to beautiful hair; is a good shampoo, a good quality conditioner and scheduled treatment.***”

SIMPLE GUIDE TO HAIR COLORING Which hair process is right for you? When choosing hair color, select colors that complement your skin tones, eyes and clothing

color that look best on you. There are 7 different-hair coloring methods?

1. Temporary color
2. Semi-permanent hair color
3. Demi-permanent hair color
4. Permanent hair color
5. Highlights
6. Lowlights
7. Double process coloring

Temporary Color; this is the easiest and quickest way to touch up gray hair and eliminate yellow tones from the hair. This color has many draw backs, color may rub off on clothes and pillows, and if moisture is present it may run. (This color does not contain peroxide or ammonia). This color coats the cuticle layer of the hair and does not penetrate. *Color last from shampoo to shampoo.*

Semi-permanent hair color; This color is used for those who won't to enhance the natural hair color or just make a small amount of change to the hair. This color has its advantages, this color is good for people with 10% to 20% gray, and this process blends the natural highlight to the hair. Semi-permanent color can also bleed on the clothes and pillow, and this color contains no peroxide and deposits color into the cuticle layer, of the hair. *Color last from 4 - 6 shampoos*

Demi – permanent; this color is best recommended for men and women who would like to enhance or tone and color gray. This color will brighten the hair 1 shade brighter than the natural hair color. This color deposits between the cuticle and the cortex layer of the hair, contains little or no peroxide or ammonia. *Color last from 6-10 shampoos and you only touch up re-growth.*

Permanent; this hair color is usually used when a person is