

DRESS TO IMPRESS: HOLIDAY FASHION DO'S AND DON'TS"

Candice M

Meet

Crystle Jones

taking over the Natural hair game

ABUNDANCE MADE
EFFORTLESS
(THE FRUIT TREE METHOD)

Jade The Blade

TABLE OF CONTENTS



*NAVIGATING THE GREAT GREASE DEBATE: A HAIR CARE DILEMMA UNVEILED**

Twin Nation

DRESS TO IMPRESS:
HOLIDAY FASHION DO'S
AND DON'TS"

Candice M

9 CRYSTLE JONES-BONDS

Taking over the Natural hair game

LOCKTICIAN SPEAKS
TO CLIP OR KNOT, THAT IS THE
QUESTION

NUWBNS Queen

* * Navigating the Great Grease Debate: A Hair Care Dilemma Unveiled * *

Since time immemorial,
Black women have turned to
the classic combination of
grease and water to nurture
their hair. Grease has been a
staple in every beautician's
station, forming the
foundation of countless hair
care routines. So why,
suddenly, has grease become
the subject of controversy?
Why are we pointing fingers
at grease for hair troubles?



TWIN NATION



The Modern Disdain for Grease:

In the realm of modern hair care, grease has taken on the role of the villain in many conversations. It's accused of clogging pores, leading to scalp irritation, making hair feel heavy and greasy, and causing styling difficulties. Moreover, it's said to contribute to build-up, attracting dirt and debris. Admittedly, these accusations sound rather ominous.

Understanding Hair Porosity:

Yet, let's not be too quick to condemn grease. Perhaps the real issue lies in understanding our hair types and porosity levels. Individuals with high porosity hair are more likely to benefit from grease, as their hair can absorb it more effectively.

The Nuanced Perspective:

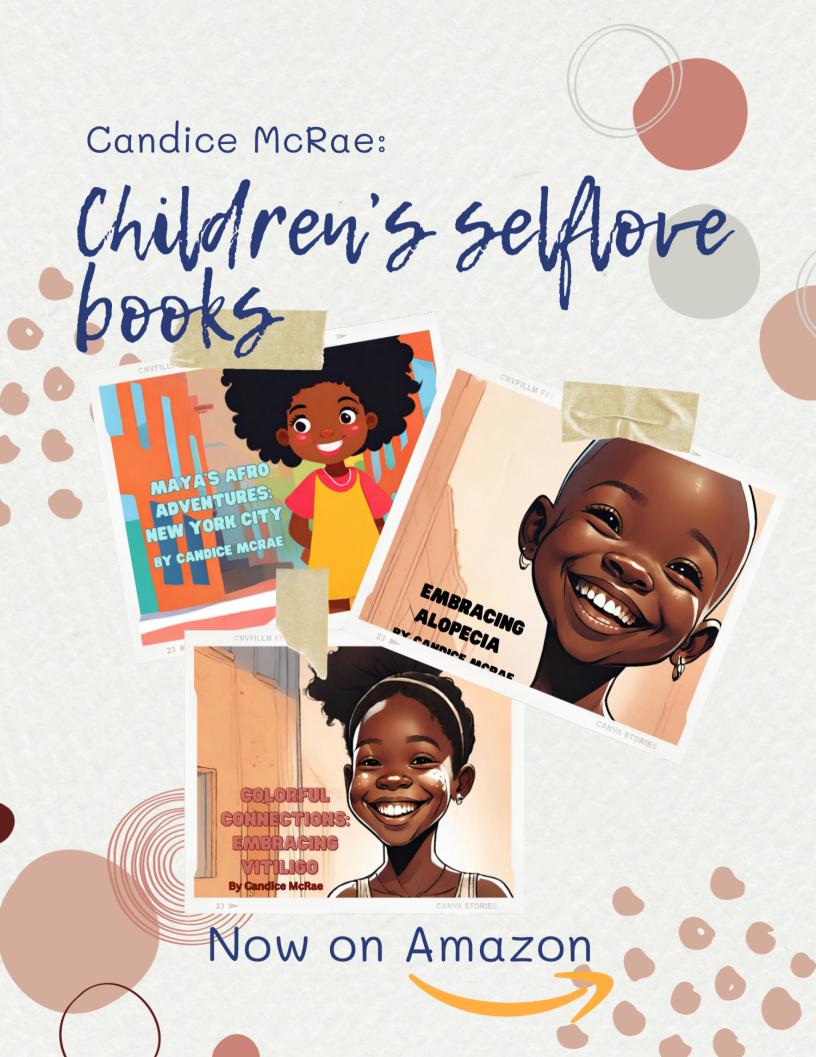
It's essential to consider the nuance in this discussion. Rather than dismissing grease outright, we need to acknowledge that its effectiveness depends on factors like hair porosity. One size doesn't fit all in hair care. What works for one person may not work for another.

The Overuse Conundrum:

One perspective suggests that the reason grease hasn't worked for some generations is due to overuse. Often, we tend to use excessive amounts of products, complicating our hair care routines.

Grease, like any other product, should be used in moderation. It's about finding the right balance for your unique hair type.

In the ongoing debate about grease, it's crucial to remember that hair care is a deeply individualized journey. What may be a hair tip for one person could be irrelevant for another. Let's unravel the complexity of hair science and recognize the diversity of hair types. Rather than placing blame on a classic product, let's approach our hair care routines with an understanding of our own unique needs.





Absolutely everything curly.com



Fashion Edition Vol. 01

"Dress to Impress: Holiday Fashion Do's and Don'ts" The holiday sea festivities comes

By Candice M



The holiday season is upon us, and along with the festivities comes the age-old question of what to wear to various gatherings. Whether it's an office party, a family dinner, or a New Year's Eve bash, here's a guide to help you navigate the world of holiday fashion. Do's:

- Festive Colors: Embrace the spirit of the season by incorporating festive colors like red, green, gold, and silver into your outfits. These hues exude warmth and instantly put you in the holiday mood.
- 2. Layers: As temperatures drop, layering becomes both practical and stylish. Opt for a chic sweater or cardigan over your outfit for a cozy yet polished look.
- 3. Accessorize: Elevate your ensemble with holidaythemed accessories. Think statement earrings, a sparkly clutch, or a festive scarf. These small touches can make a big impact.
- 4. Velvet and Sequins: 'Tis the season to shine! Velvet and sequins add a touch of glamour to your outfit, making them perfect choices for holiday soirées.

Don'ts:

- 1. Overly Casual Attire: While comfort is key, avoid overly casual attire like sweatpants or overly wornin jeans. Instead, opt for well-fitted, stylish alternatives that strike a balance between comfort and sophistication.
- 2. Too Revealing: While it's tempting to show off that new dress, be mindful of the occasion. Avoid overly revealing outfits, especially at family gatherings or more formal events.
- 3. Clashing Prints: Mixing prints can be a bold fashion statement, but during the holidays, it's best to keep it simple. Avoid clashing patterns that may distract from the festive atmosphere.
- 4. Inappropriate Footwear: Be mindful of your choice of footwear. While it's tempting to wear those skyhigh heels or flashy sneakers, consider the venue and dress code. Opt for stylish yet comfortable shoes that suit the occasion.

Remember, holiday fashion is all about striking the right balance between festive flair and personal style. So, go ahead, embrace the season, and dress to impress at every holiday gathering!

**"RADIANT HOLIDAY



GLAM: Makeup Tips for Black

The holiday season is the perfect time to experiment with makeup and express your unique style. For black women, the beauty of diverse skin tones offers an incredible canvas for creativity. Whether you're attending festive parties, family gatherings, or ringing in the New Year, here are some makeup tips to help you slay your holiday look.





* * 1. * * Skincare First: * *

Start with a solid skincare routine to ensure a smooth base for your makeup. Hydrated and well-moisturized skin not only enhances your makeup application but also gives you that coveted holiday glow.

** 2. ** Flawless Base: **
Choosing the right foundation is crucial.
Opt for a foundation that matches your
undertones. Brands like Fenty Beauty,
Pat McGrath Labs, and NARS offer an
extensive range of shades for black
women. Blend well for a seamless,
natural look.

3. **Glow Up with Highlighter:
Highlighter can be your secret weapon
for a luminous complexion. Apply a
champagne or gold-toned highlighter to
the high points of your face—
cheekbones, nose, and Cupid's bow—to
catch the holiday lights.

4. **Eye Drama:
Experiment with eyeshadows that
complement your outfit. Rich, warm
tones like copper, burgundy, or deep
greens can make your eyes pop. Don't
forget a bold mascara or false lashes for
that extra drama.

5. **Slay with Lip Colors:
The holidays are the perfect time to go bold with lip colors. Classic reds, deep berries, or even metallic shades can add a touch of glamour. Make sure to line your lips for a polished look.

6. ** Define Those Brows:
Well-defined eyebrows frame your face.
Use a brow pencil or powder to fill in any sparse areas and create a strong, clean brow shape.

7. **Set It Right:
Set your makeup with a translucent
powder to ensure it stays in place
throughout the festivities. This step is
crucial for a long-lasting flawless look.

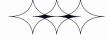
8. **Glitter and Shimmer:
'Tis the season for a little extra sparkle.
Experiment with glitter eyeshadows or
shimmery pigments for a festive touch.
Just a pop in the center of your eyelid or
inner corners can make a significant
impact.

**9. **Experiment with Bold
Liners:**
A well-executed winged liner or a pop of
color on the lower lash line can add an
edgy and festive vibe to your makeup.

10. **Body Glow:
Don't forget to extend the glow to your
body. Use a shimmering body oil or
lotion for an all-over radiant look.

The holidays are all about embracing joy and expressing yourself. These makeup tips are here to inspire you to unleash your creativity and confidently showcase your beauty during the festive season. Whether you go for a classic look or something more avantgarde, the most important thing is to feel fabulous and enjoy the celebrations.





HAIR TALK SPECIAL EDITION









KNAPPY TEACHING US ABOUT EXTENSIONS







CRYSTLE JONESTAKING OVER THE NATURAL HAIR BONDS

In an exclusive conversation with Crystle Jones-Bond, the visionary owner of Classic Hair Care Salon Systems, we delved into her dynamic approach to revolutionizing the natural hair game. The exchange unfolded as a testament to her passion, expertise, and unwavering commitment to transforming the landscape of natural hair care. Here's a glimpse into our enlightening discussion

Journey into the World of Hair Care and Entrepreneurship

From a 9-year-old dreamer fascinated by hair magazines to a trailblazing entrepreneur, my journey into the world of hair care was born from a childhood passion. Begging my mother for hair magazines and recreating styles in the bathroom, I found freedom and calmness in the creativity of hairstyling. Despite a family of educators urging me towards college, my dream of owning a salon led me to the University of Tennessee for a business entrepreneurship degree.

Business Entrepreneurship and Success in Cosmetology

My business entrepreneurship degree wasn't just about business; it taught me professionalism, seminar skills, financial acumen, consistency, and an unyielding thirst for knowledge. These skills became the foundation for my success in the cosmetology industry.



Dedication to Education at Paul Mitchell the School

Teaching at Paul Mitchell the School is fueled by a passion for witnessing students' "aha" moments. The most valuable lesson I share with aspiring stylists is to keep going and keep learning. Beyond the chair and education, the industry offers numerous avenues for growth and innovation.

Innovative Approach to Hairstyling Featured in Publications

Featured in publications like Vegamour, Birdie, and Nashville Voyager, my innovative approach emphasizes educating individuals about their hair types. A healthy hair balance of moisture and protein is crucial for vibrant, stunning styles.



Hair Care Tips and Industry Insights on Popular Radio Shows

Appearing on radio shows like Nashville's 92Q and Kerry Hines Hair Radio allowed me to share important hair care tips. The key insight was to educate clients on their hair, building trust and promoting a healthy relationship.

Authoring "I Want to Go Natural, Now What?" Inspired by a seminar and overcoming dyslexia, I authored a book to guide individuals through their natural hair journey. The mission was to help and educate women transitioning to natural hair, especially during the surge in natural hair movements.

Creating the Classic Natural Hair Salon System

My journey into natural haircare led me to create the Classic Natural Hair Salon System. Formulated based on porosity, it provides tailored solutions for high and low porosity hair. Lavender, aloe vera juice, olive oil, and shea butter are the organic ingredients promoting moisture, manageability, and continuous growth.

Success Stories and Customer Feedback

The impact of Classic has been transformative, with clients adoring the products. Success stories include significant hair growth, and a celebrity client praises the unique softening and growth properties of Classic.

Exceptional Services at Assuage Hair and Body

At Assuage Hair and Body, consultations, education on hair types, and personalized services cater to the client's lifestyle. Emphasizing healthy hair care, the salon suggests dermatologists if needed, building trust akin to old-school salons





Experiences as a Trusted Celebrity Stylist
Being a celebrity stylist remains a surreal
experience. Tailoring styles for TV shows,
award ceremonies, and music videos involves
listening to clients' preferences for different
events.



Influence of Partnership with Husband, Reginald Bond

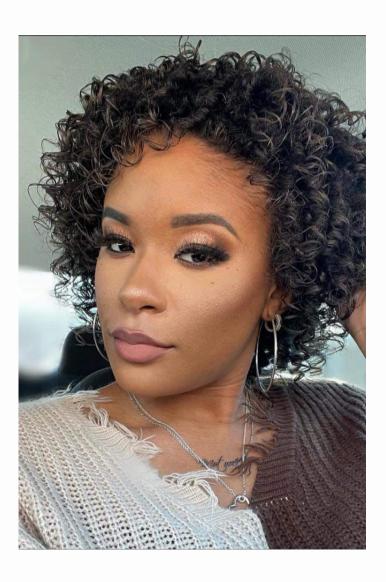
The right support system is crucial, and my husband, Reginald Bond, provides unwavering support. His can-do attitude and prayers change my perspective, pushing me past fear.

Future Aspirations and Goals

My mission is to redefine elegance, challenging societal norms about straightened hair for special events. I aspire to expand my salon and product line into a multi-location franchise, bringing natural hair care services to underserved areas.

Defining Natural Beauty and Conveying a Message

Natural beauty starts with confidence. Confidence transforms any hairstyle from good to great. Real beauty begins with self-assurance, as seen in celebrities turning hair disasters into fashion sensations. Embracing your natural beauty is the key message, projecting elegance in every curl, afro, or loc.







HAVING THE NEEDED CONVERSATION!



Host

Alicia Wilson

CLOSING THE GAP IN BLACK HAIR

HOW TO CARE FOR NATURAL HAIR UNDER A WIG

By Dr Gaby



Are you tired of the daily battle to protect and maintain hairwhile still wanting experiment with different looks? Look no further! Wigs can be a game-changer when it comes to protecting your hair while indulging in versatile styles and colors. Wigs provide a protective barrier, allowing your hair to thrive underneath, while you flaunt stunning hairstyles effortlessly.

The Benefits of Wearing Wigs **Protection and Damage Control** One of the primary advantages of wearing wigs is the protection they provide for your natural hair. By wearing a wig, you shield your strands from daily exposure to styling heat. tools. environmental factors that can lead to damage. Wigs offer a much-needed break from constant manipulation and harsh styling routines, allowing your natural hair to thrive and regain its strength and vitality.

Versatility and Expressive

With wigs, you have the power to transform your look instantly. Embrace the freedom to experiment with an array of styles, colors, and lengths that suit your mood and personality. Whether you desire a short bob, luscious curls, or a sleek updo, wigs grant you the versatility to express yourself without any commitment.

Different types of wigs:

- Lace Wigs (Lace fronts and Full Lace)
- Capless wigs
- Monofilament wigs
- V-part/U part wigs

Time-Saving Convenience
Say goodbye to lengthy hours
spent on daily hair routines.
Wearing a wig allows you to skip
the time-consuming process of
washing, conditioning, and styling
your natural hair. Instead, you can
simply slip on your wig and be
ready to conquer the day in an
instant.

How to start

Start with a fresh canvas by cleansing and conditioning your hair. Apply a light leave-in conditioner or a lightweight moisturizer to ensure your hair stays hydrated. Seal in the moisture with a natural oil or butter, paying attention to the ends, which tend to be more prone to dryness.

Wear a wig cap

A wig cap is a must-have for protecting your natural hair and ensuring a comfortable fit. Choose a wig cap that matches your skin tone or opt for a mesh or nylon cap for breathability. The wig cap creates a barrier between your hair and the wig, preventing friction, tangling, and potential damage.

Create a Sleek Base

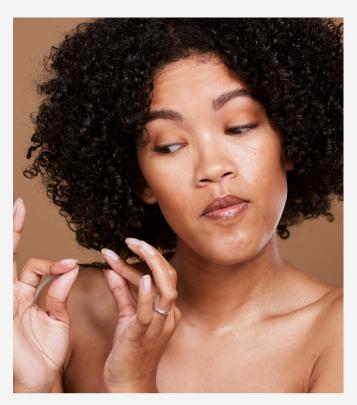
Preparing your hair for the perfect wig-wearing experience requires a solid foundation. The braid down ensures a neat and flat foundation that allows your wig to sit comfortably while maintaining the health of your natural hair.

Allow Your Hair to Breath

Although wigs are fantastic protective styles, it's crucial to give your natural hair regular breaks from wearing them. Take off your wig at night or on your non-wig-wearing days to allow your scalp to breathe and your hair to rejuvenate. This helps to maintain a healthy scalp and promotes hair growth.

Timing is Key

It's essential to have a timeline in mind when it comes to the duration of your wig wear. For cornrows, it is generally recommended to take them down after 4 or 5 weeks. Over time, buildup and tension can affect the health of your natural hair, so it's crucial to avoid exceeding the recommended time frame.



LOCKTICIAN SPEAKS TO CLIP OR KNOT, THAT IS THE QUESTION

We've discussed the process of Locks, what about a procedural discussion. What procedure are you taking in order to get a healthy Lock? You've learned that it is the shedding that's responsible for the character of the Lock and that you take the shed from the root down the shaft. So what happens once you remove the sheds from the root area? If you've said twist it, you are right.

First, The hair must be moist...... please do not attempt a retwist on dry hair! Pull shedded hair down the shaft till you encounter the knot which serves as a base. Next, twist the Lock clockwise once; make the twist strong, deliberate, and directional. The next step is where the controversy lies....

To clip or Knot......

Have you ever seen Locks that look like they are breaking in the root area (you may even

experience this yourself), it's as if the Lock is weakening or deteriorating. That is because it is,

It is being burnt out!

Let's talk about the clips...... I began using clips when I first started offering Retwists as a service. In my mind I needed a way of anchoring the twist until the hair dried. So on moist hair that was covered in gel I would anchor this metal clip at the scalp and place the client under the dryer for 30 minutes. I had no idea as to how much damage I was causing. The client would complain of discomfort while under the dryer. I did it for almost 3 months all the time thinking and wondering about it. I began reading science books and literature and I was reminded that metal was a conductor of not only electricity but heat also. hmm I thought, this is why clients felt so much discomfort. It was the equivalent to holding a curling iron on that spot for 20-30 minutes.

Painful thought I know but that's what happens when that metal meets the heat: The outer electrons of metal atoms are not attached to any particular atom they are free to gain kinetic energy which is what happens when that metal is exposed to heat from the drver because the electrons are quick moving and transfer the energy through the metal which has the ability to burn the hair and scalp. It is from that knowledge base I vowed never to use clips again and I began educating clients against the use of clips and the dryer. I am not declaring the use of clips is not beneficial because yes they serve a purpose. I want vou to know the harm comes in when heat is introduced. I have actually seen this. Whenever a new client comes in I assess their Locks, I go through a full consultation and yes I want to know all history. It is from that point I begin to make my observations. I can see where the LocKs are hanging on by a strand or where there is breakage throughout the shaft of the Locs. Once I diagnose then I implement a treatment plan. First thing is to stop using the clips immediately and find a new way to anchor. You can anchor to a towel around the neck, still clip during the process and remove them right before you go to the dryer, or use a wraparound method where you anchor one lock onto another sort of like a knot around a Lock.

There you have it, science and the Lock'n process! Remember you can't stay strong forever..... someday you'll Lock. Join us next month as we continue our chat on Locks. We welcome any comments, questions, or concerns to nuwbnshairclinic@gmail.com

Yours truly, NUWBNS Queen



Spotify

Abundance Made Effortless (The Fruit Tree Method)

In life, it's completely normal to sometimes feel disheartened by the things we lack. But let me tell you, dwelling on what we don't have? That's just a waste of time. In fact, it has a way bigger impact than you might think. How so, you ask? Well, let's dive into the story of Adam and Eve during the creation of the Earth by the Almighty. Picture this: a splendid Garden of Eden filled with countless trees, each one more delightful and nourishing than the last. God made it crystal clear to Adam and Eve that they were free to feast on any tree in the garden, except for one – the notorious tree of knowledge of good and evil, right smack in the middle. But here's the thing: they had a whopping 2.2 million fruit trees to choose from! So why on earth did their focus gravitate towards the one forbidden tree? Sound familiar? You see, just like in our lives, fixating on what we lack, even if it seems tempting, can lead to dire consequences and unsatisfactory outcomes.

Instead, let's shift our gaze towards the abundant blessings that effortlessly surround us.

Now, I've got five key reminders to help us make this mindset shift a reality:

- 1. Gratitude: Take a moment to truly appreciate all that you have. Gratitude opens up our hearts and minds, allowing us to recognize the blessings in our lives both big and small. Cultivating gratitude is the secret sauce that helps us see the world through a lens of abundance, rather than scarcity.
- Strengths and Talents: Instead of fixating on what you lack, embrace your unique strengths and talents.
 Recognize the qualities that make you stand out and use them to your advantage. Celebrate your abilities and unleash their power to achieve your goals.
- 3. Growth Mindset: Adopt a growth mindset, my friend. Understand that your current circumstances don't define your future. Believe wholeheartedly in your ability to learn, adapt, and grow. Embrace challenges as golden opportunities for personal development and tackle them with unwavering positivity.
- 4. Support Network: Surround yourself with positive and supportive individuals who lift you up and cheer you on. Having a strong support network can provide you with the guidance, motivation, and inspiration you need during the toughest of times. Together, you'll conquer obstacles and celebrate victories.
- 5. Purpose and Passion: Discover your purpose and chase after your passions with all your might. When you align your actions with your values and interests, you tap into an endless wellspring of motivation and fulfillment. Focus on what truly matters to you and direct your energy towards it.

Always remember, life isn't about what we lack, but about what we have the power to create and contribute. Embrace these five principles to shift your mindset towards unwavering belief in yourself and keep forging ahead!

With utmost confidence,
Jade The Blade