

What Cosmetologists See Wrong When People Take Care Of Their Own Hair

By Loretta Manago
Post Staff Writer

Today when money is short and time is limited, many people decide to forego the expense of a professional and do things for themselves.

Heading that list of things is hair care. With do-it-yourself kits, many people have turned into home beauticians. While these same people may save money, are they really doing what's best for their hair? Not having the experience and expertise of a qualified and trained cosmetologist may result in hair damage that, in the long run, will cost more than it would have if a person had gone to see a hairstylist from the beginning.

Nathaniel Edwards of Edwards' Barber Shop, 3201 Beaties Ford Rd., and Thelma Henry of Grier Heights Barber and Beauty Shop, both gave their professional opinions of what they felt were the most common mistakes that people make in taking care of their hair themselves.

The first thing Edwards noted dealt with the Jeri Curl. "The biggest mistake that I see men make is that they try to put the curl in themselves. Because of this, they tend to over-process their hair, by leaving the chemicals in too long," stressed Edwards.

In addition to over-processing their hair, Edwards further stated that men don't buy the right products to keep their hair from breaking. Another problem Edwards sees in men's hair care is the time spent in grooming the hair. "The average man only grooms his hair once a week," responded Edwards. By grooming Edwards refers to shampooing and using the correct tonics for the hair.

He continued, "Depending on what type of work a man does has a lot to do with how often he should wash his hair. In contrast to the blue collar worker and the white collar work-



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er, the former needs to wash his hair at least three times a week, whereas the latter could possibly get by with a one time a week shampoo." Despite the variances in shampooing the hair, Edwards believes strongly that a man should shampoo his hair every day.

Because of the Ivy League look (a close hair cut) Edwards implied that even when a man does not take care of his hair like he should, a barber can keep his hair under control. Reflecting to a time when afros were popular, Edwards recalled that then it was much more difficult to minimize the damage done by men who neglected to take care of their hair properly.

Add to these problems shaving and the hair bumps that develop on black men and Edwards offers one reason for this problem. "I noticed that the average black man shaved too close. What happened with a soft beard and rough skin was that after a close shave the hair grew back into the skin, which resulted in the hair bumps."

To combat this problem, Edwards suggested using clippers instead of a razor. Edwards also noted that more men are wearing

beards.

Looking at the ways women do damage to their hair by doing it themselves, Thelma Henry consulted with the other beauticians at Grier Heights Barber and Beauty Shop, Belinda Welch, Mary Wallace and Virginia Cook, in order to get some ideas.

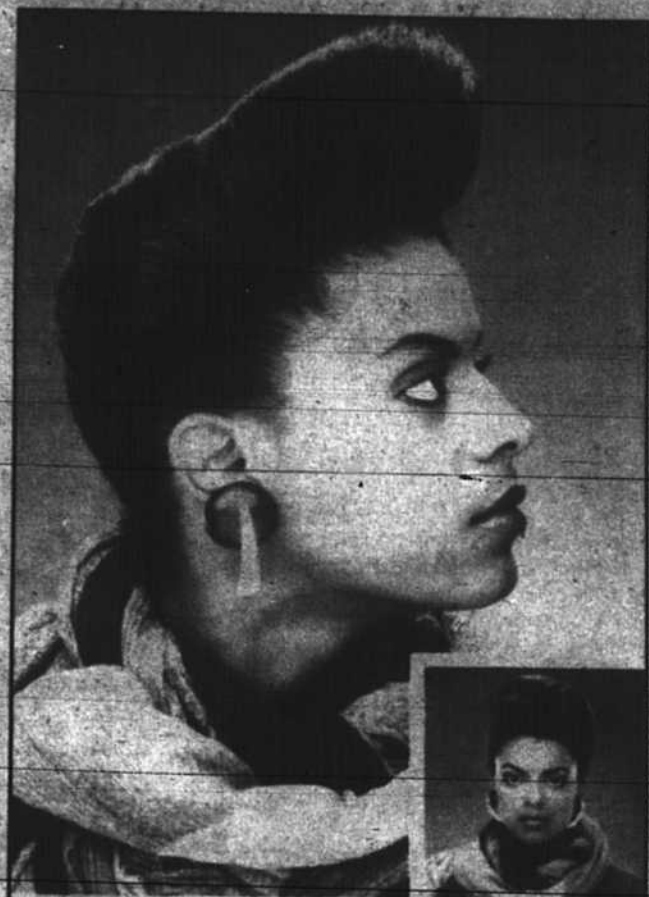
Top of their list of concern was poor conditioning. The beauticians also explained that giving your self hair care without proper professional consulting often resulted in poor hair care.

From their experiences as professionals, the beauticians also cited improper shampooing as another aspect of hair care that women don't do right.

According to them, some women don't shampoo their hair often enough or they don't get their hair clean when they do wash it.

Two other problems that the Grier Heights' beauticians have recognized in their work involved chemicals. They said that many women use the wrong chemicals for the texture of their hair or they tend to overprocess their hair when giving themselves a permanent, curl or a relaxer.

While becoming self-sufficient may save money and time, it seems that when it comes to the care of your hair, the old saying, "only your hairdresser knows for sure," may ring true.



Ernest Collins takes us up, up and away with this French roll, which takes a turn towards the '80s. Relaxed hair is moistened with a hair mousse for relaxed hair, then swept up into the center of the crown, gathered, rolled under and pinned in place.

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