



It's Only Natural

A Step-by-Step Hair Mask for Your Crowning Glory

By Vanessa Gyamfi

The natural hair movement has been the new craze among African-American women lately. A majority of black women are starting to appreciate the natural texture of their hair, now more than ever!

But some are still quite hesitant to embark on the natural hair journey. One of the main reasons are money and management. I can say from personal experience, there is a more cost-efficient way to work with your natural hair to keep it healthy and manageable. Making homemade hair masks can save you hundreds of dollars on expensive natural hair products.

Here are the ingredients and steps to make the perfect hair mask!

1. Avocado

Avocados are necessary to have in your hair mask, they contain a lot of proteins and vitamins, which can help with hair growth, moisture, and nourishment.

2. Egg Yolk

Egg yolk is one of the key factors in adding strength to your hair. As well as making your hair silkier, softer and more manageable. Its nutrients help pro-

vide your hair with a more voluminous and lustrous feel and look. Egg yolk also serves as a conditioner and moisturizer for your hair.

3. Coconut Oil

Most people know coconut oil is best for moisturizing your skin, but it's also great for the hair because of its moisture-retaining capacity; it does not easily break down nor evaporate. It does not let moisture escape, therefore keeping hair moist and soft, which prevents breakage of hair.

4. Bananas

I know, putting bananas in your hair might sound quite strange, but bananas are rich in potassium, which strengthens the hair, minimizes breakage and repairs damaged hair. Bananas also give your hair moisture; the more moisturized your hair is, the less prone it is to frizzing and tangling.

Take these steps for the perfect hair mask:

- Get a blender.
- Get a tablespoon.
- Take one avocado and peel it and place in blender.
- Take one egg and put only the yolk into the blender.
- Put one or two tablespoons of coconut oil into the blender (depending on if you are prone to frizzy or dry hair).
- Put one peeled banana and place in the blender.
- Blend the ingredients until the consistency is slightly smooth (make sure it is not too smooth because it will make it difficult to apply in hair).
- Pour the hair mask mixture into a bowl and let it sit for about 10 minutes.
- Get a towel because this process can become quite messy.
- Apply the mixture onto your hair (just enough to cover all of your hair, if some of the hair mask is leftover cover it and put into the fridge to use again if needed).
- Put a shower cap on your head and let the hair mask sit in your hair for 1 or 2 hours depending on your hair.
- Rinse the hair mask out and wash your hair with your favorite shampoo and conditioner.

You should notice that your hair looks healthier, feels softer and is shinier!

