

# Sensational HAIR!

## TWEEN

## TEEN

## KIDS

### Controlling those Curls! *Natural curls can be beautiful, but not without challenge!*

by Christy Alexander

Kids curls can be especially challenging as they are not as ready to sit still in the chair for styling as we may desire them to be.

The great thing about curly hair is the ability to have different styles. Your first step is to find a good stylist who knows how to work with curly hair. Cuts need to look good both curly & straightened, as the style needed will change based on what your child is auditioning for. The REAL challenge will come in finding the right products for your child's hair. As a stylist, recommendations from your local licensed cosmetologist are of course where I suggest you start. As a mother of five, two of my children have curls & both of them have different hair types.

Even as a licensed cosmetologist, finding just the right products for their hair has proved itself to not be easy! I dare say between the two of them they have more hair products than the rest of us in the house combined. But it can be done & I will share with you some of the tips & products I have tried and found success with.

The biggest challenge I am presented with as a Mother & stylist when dealing with natural hair is FRIZZ! There are a few things we can do to help control frizz & keep hair healthy.

- 1. Heat styling:** avoid when possible, curly hair tends to be dryer naturally, heat will only compound this issue.
- 2. Cowashing:** If you are not familiar with this process it is simply short for conditioner washing. As part of the no-poo (no shampoo) movement there are many products available now, both no-poo & cleansing conditioners. I personally love Aveda - Shampure conditioner, Aveda - Dry Remedy conditioner or Deva Curl - NoPoo Shampoo for cowashing.
- 3. Conditioning:** My personal favorites are Aveda - Dry Remedy conditioner & Deva Curl - One conditioner. When finishing the hair I personally do not choose to leave any conditioner in the hair, but I am dealing with fine & medium texture. Coarser textures may benefit from leaving a little conditioner in the hair ends.
- 4. Moisture:** Keeping the hair moisturized is the key to avoiding frizz, but finding the right product can be challenging as dependent upon the hair products can be too heavy or not heavy enough. Aveda - Dry Remedy Oil & Deva Curl - Set It Free are products that can be used on wet or dry hair to help add moisture to locks. Both products are silicone free. Silicones only coat hair, they do not add moisture.
- 5. Wet hair:** Hair can be at its most delicate when it is wet. Use caution brushing & combing as breakage will cause more frizz. I use an Aveda paddle

brush, but depending upon the curl pattern & texture of the hair you may find a wide tooth comb is a better option. You never want to put curly hair



up in a hair band or braid when wet. Curly hair shrinks quite a bit as it dries; having it in a style that will not allow that will only cause the hair to snap so it can return to its natural state.

**6. Setting the hair:** These are the products I have found to use to set curls in a natural state so they stay nice air drying. Aveda Brilliant gel gives a soft hold & can be used in conjunction with Aveda - Be Curly: Style prep or Curl Control. I also recently received a product called Curl Keeper by Curly Hair Solutions

that has worked well alone & with a little gel. When choosing a gel, be sure to check ingredients as some gels contain alcohols which can dry the hair.

**7. Diffusing:** A diffuser is an attachment you can purchase at your local beauty supply for your hair dryer. They can be used to help dry hair in natural state or set a looser curl without excess heat damage/frizz.

**8. Straightening the hair:** Dependent upon your child's age & ability to sit through this process this may be an option. The best products I work with for straightening hair are Aveda's Smooth Infusion line. These products help straighten, heat protect & block humidity. There are a few options in this line.

I recommend checking out the instructional videos at [www.Aveda.com](http://www.Aveda.com) for product knowledge & use instructions.

In my quest to find useful information on how to care best for my children's curly hair I found the blog at [www.curlbox.com](http://www.curlbox.com) and the Curly Girl handbook to be invaluable.

The curly hair journey with my children has fallen between love for the beauty of their hair & total frustration with the wild nature of their curls! Much like the journey of raising them, I dare say their hair at its wildest has been entertaining & many times perfectly matched to their personalities. Finding the right products & regimens to keep us all sane has made all the difference.

*Good luck & many wishes for battle free, frizzless days! ❀*

#### ABOUT THE AUTHOR

Christy Alexander is an Aveda trained stylist. She has been a stylist and salon manager at Indulge at Dilands for 5 years. Currently she is a level 4 stylist & an oft-requested hair and makeup specialist for local photographers and models. Her specialties include color, textured hair, vintage styling & her work has been featured in art shows & Central Florida Bride magazine.