

Free Reading Natural Hair Recipes For Moisture
And Growth Step By Step Instructions On How To
Create And Apply Conditioners Creams Oils And
Treatments For Dry Curly Kinky Afrocentric Hair

Natural Hair Recipes For Moisture And Growth Step By Step Instructions On How To Create And Apply Conditioners Creams Oils And Treatments For Dry Curly Kinky Afrocentric Hair

Homemade Natural Hair Care With Essential Oils 200 Tips,
Techniques, and Recipes for Natural Beauty The Wellness Mama
5-Step Lifestyle Detox Good Hair Better Than Good Hair Natural
Beauty From The Garden Glow The Science of Transitioning Wild
Beauty DIY Beauty The Kitchen Beautician: Natural Hair Care
Recipes for Beautiful Healthy Hair Thank God I'm Natural Natural
Hair Care Make It Up Eufeeling! The Wholesome Cook Straight from
the Kitchen Clean Beauty Natural Hair Growth Secrets Lauren
Conrad Beauty How to Grow Long Hair with Herbs, Vitamins and
Gentle Care The Essential Oil Hormone Solution Natural Beauty
Skin Care Skin Cleanse Silver Hair Curly Girl Organic Body Care
Recipes Hair Rules! Natural Hair For Beginners All Hair Is Good
Hair Whole Beauty Making Natural Hair Care Products - A
Beginner's Guide The Curl Revolution The Healing Power of
Essential Oils The Beginners Guide to Natural Hair Shampoo
Making If You Love It, It Will Grow The Chemistry and
Applications of Sustainable Natural Hair Products Homemade Hair
Care Products The Science of Black Hair: A Comprehensive Guide
to Textured Hair

Homemade Natural Hair Care With Essential Oils

Best Kept Secrets for Long and Beautiful Hair! The secrets to
having long and healthy hair have been known for ages but there are
still lots of girls and women that do all the wrong things to their hair

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and never understand why it damages instead of growing. In this book I have put all the important steps you have to follow in order to grow long hair as well as almost all the herbal remedies, treatments and centuries-old tips that can help you in the process. /p> The food you should eat, the precautions you should take and the different essential oils, vitamins, herbs, fruit and vegetables you can use to nourish your hair are all collected in a very comprehensive way to give you fast results with growing it to its optimal length! The hair masks that I recommend in my book are fantastic alternatives to commercial cosmetic products and have the very important advantage of being at the same time completely natural and with excellent results.

200 Tips, Techniques, and Recipes for Natural Beauty

Create Your Own Delicious Smelling Organic Shampoos It's here! You no longer have to worry about spending money on commercial shampoos, you can now create your own shampoos (both liquid and bars) from home using these step by step instructions. Shampoo making is a hobby that many women find fun and enjoyable, it's something to talk about with your girlfriends and it also has many benefits; like saving you money and healthier hair. We all know that commercial shampoos are super harmful to your hair, it can strip your hair of moisture, promote split ends, and make it harder for you to manage. These healthy organic shampoo recipes will allow you to create shampoos from home easily and simply. You can give them as gifts, sale them, or use them just for the benefit of your hair. In this book, we go into how to make both shampoo bars and liquid shampoos, the benefits of using homemade shampoos and more. No longer will you have to try and figure out if the ingredients on the back of your shampoo bottle are doing your hair justice, create your own shampoos and always know exactly what you're putting on your body. This book is very important, because I

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know of a lot of women who gave up on shampoos because of the harshness of the wash; so, instead of using conditioners as a cleanser by co washing, you can now create shampoos that will help moisturize your hair while getting it squeaky clean! What To Expect In This Book Shampoo Bar Making How To Make Liquid Shampoos Natural Shampoos Hair Tips The Ingredients and Benefits Commercial Shampoos Vs Natural Homemade Shampoos Much, much more! Get your copy of Shampoo Making today! Don't delay, let's get started on our journey to naturally healthier hair!

Tags: shampoo making, shampoo bars, shampoo recipes, bar recipes, shampoo making free, shampoo for hair, making natural shampoo, shampoo chronicles

The Wellness Mama 5-Step Lifestyle Detox

Are you ready to get gorgeous, rich and easily managed hair all naturally? Whether you want to (1) get away from harsh, toxic chemicals that damage your hair, (2) stop paying through the nose for expensive hair care products, or (3) find solutions for your specific hair challenges that actually work, then keep reading as this book will show you everything you need to know. Ditch the damaging chemicals and use easily applied natural hair care products! No more guessing; now you can know exactly what you're putting into your hair and why. You can support a healthy hair lifestyle by choosing from mixtures of raw organic ingredients to make your hair shine. These treatments are silicone free and most are gluten free. Find out what nutrients your hair needs in order to look its very best. Learn to use organic ingredients that will repair your specific hair type and will enhance its shine and manageability. Learn how to reduce the oiliness of oily hair and how to effectively moisturize dry hair. You can experience some dramatic anti-aging benefits by turning to natural solutions that are surprisingly simple to make. You'll be using ingredients you have

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around your house to keep your hair vibrant, luscious, and glowing all year round. You won't need fancy lab equipment to make these high quality hair treatments; everything can be easily mixed up in your kitchen, using little more than a glass bowl and a spoon. Save money and get hair solutions that actually work! Keep your hair from breaking off, flying loose, or going all frizzy on you; relax tight curls or introduce waves into straight hair; better yet, do it all for a fraction of the cost it would take if you used commercial products! You will learn how to use essential oils for more than their refreshing aromatherapy; these concentrated essences can provide powerful healing and protective energies. When you use biodegradable materials that do not harm the soil and are safe when introduced into the water system, you are also giving your hair healthy nutrients they need to grow strong, lush, and vibrant. You can have incredible hair that will turn heads. Learn what your hair needs in order to thrive. Use easy-to-follow instructions to create your own stimulating shampoos out of ingredients easily found in a grocery store or pharmacy. Make no-fail conditioners and rinses that render your hair squeaky clean and highly manageable. Use homemade styling aids that are every bit as powerful as their commercial counterparts, but are much less costly. Discover practical hair management pointers that are targeted for your specific hair type. You will also find some tips that will enhance your natural beauty and find practical advice to resolve some common hair care challenges. What Will You Discover About Natural Hair Care? How to use kitchen spices to enhance your hair's natural color. How to easily make your own shampoos and conditioners to strengthen and nourish your hair. Which bits of hair care lore actually work, and which are totally bogus! How to prevent hair loss and stimulate hair growth. How to make a simple styling gels that will add body to fine hair, without weighing it down. You Will Also Learn: The practical use of hair rinses to target specific needs. Foods you can eat that will give you healthier hair. What hairstyles work best for which types of hair. Pain-free

Free Reading Natural Hair Recipes For Moisture And Growth Step By Step Instructions On How To Create And Apply Conditioners Creams Oils And Treatments For Dry Curly Kinky Afrocentric Hair strategies for growing out your bangs. Make your hair incredible at a fraction of the cost: Get this book now!

Good Hair

Celebrate the beauty of curls in a buoyant how-to, manifesto, and curly girl support group all in one. Say no to shampoo, unplug the dryer, and kiss frizz and bad hair days good-bye. Curly Girl is the surprising bible for those with naturally curly or wavy hair and a desire to celebrate it, from Lorraine Massey, owner of the Devachan salons and products. It's all here: Daily routines for corkscrew, Botticelli, fractal, and wavy curls. Homemade lotions and potions for locking in moisture. Expert tips on caring for African American hair. Fabulous dos for weddings and special occasions. How to trim your hair yourself, step-by-step. (Remember: It's not what you take off; it's what you leave on.) Recommendations for chemical-free products. And so much more: the care, the styling, the products, the remedies, the empowering, pro-curl attitude. Includes: Ten things to do before you dye You are what you eat—and so are your curls Getting kids to love their curls Curly guys Lorraine's 12-step recovery program And check out Lorraine's video tutorials on YouTube.

Better Than Good Hair

It's amazing that what we put into our bodies is great for outside our body. Inside this book, you will find fun and easy to do hair recipes that are perfect for whatever situation your hair may be in. Make shampoos, conditioners, rinses, special treatments for dry, oily or split ends. Go in the kitchen and let's see what you can whip-up.

Natural Beauty From The Garden

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An essential, practical guide to caring for Afro, textured and curly hair. In 2018, award-winning British-Ghanaian hairstylist and Hair Lounge salon owner Charlotte Mensah was the first black woman to be inducted into the British Hairdressing Hall of Fame. Having spent three decades styling thousands of people from all walks of life, she has now written the first guide to loving and caring for your curls. Featuring case studies of clients who came to her looking for a 'hair fix', and informed by her own story from apprentice to business-owner, this book will dispel common hair myths and give you the knowledge and tools to attain good hair health. Good Hair is the ultimate guide on how to: - identify and understand your curl texture(s) - promote hair growth and find good products - choose the right protective styles - overcome hair loss, itchiness or dryness - do styles such as cornrows, locs and bantu knots - devise your own tailored hair care routine Packed with expert advice, nourishing recipes and top maintenance tips, Good Hair is a celebration of the unique beauty and history of black hair.

Glow

Everyone has a bit of Kitchen Beautician inside of them. Say farewell to searching for that store bought product that exceeds the expectations of your hair needs. Create your own perfection in a bottle with all natural hair care recipes that will have your strands applauding with standing ovation! The Kitchen Beautician: Natural Hair Care Recipes for Beautiful Healthy Hair offers a utopia of hair products ranging from Scrumptious Shampoo's, to Captivating Conditioners, to Succulent Styling products all made with love by YOU! The Kitchen Beautician: Natural Hair Care Recipes for Beautiful Healthy Hair celebrates all textures and hues of hair and provides you with options with caring for your natural hair in an organic way. These recipes are so good, you can taste them –no, really you can! The Kitchen Beautician: Natural Hair Care Recipes

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for Beautiful Healthy Hair includes: ◻ Scrumptious Shampoos ◻ Delectable Dry Shampoos ◻ Captivating Conditioners ◻ Tasty Treatments and Rinses ◻ Charming Colors ◻ Succulent Styling Products ◻ Helpful Hints Dezaerae Henderson is sharing her natural hair care recipes with everyone searching for answers to managing healthy natural hair. This cookbook is just for you!

The Science of Transitioning

Refined sugar-free wholefood recipes for the way we eat now. ◻Paleo-friendly ◻Vegetarian and vegan options ◻Dairy-free options ◻Gluten-free options for every recipe ◻Real food recipe ◻The Wholesome Cook encapsulates the modern way to eat: waving goodbye to 'fake' foods in our diets Martyna's recipes are not about fad diets or quick fixes: these are recipes which will inspire a lifestyle change. The real food lessons we learn from The Wholesome Cook are lifelong and life-changing. ◻ ◻ Hetty McKinnon, owner of Arthur Street Kitchen, author of Community: Salad recipes from Arthur Street Kitchen These days we all want to eat the kind of food that doesn't compromise on flavour or health ◻ clean wholefoods, fresh fruit and vegetables and pasture-raised meat. But with so many diet and lifestyle choices available, and food intolerances and sensitivities on the rise, foods that work well for one person may not necessarily work well for others. Taking a unique approach to this problem, award-winning blogger and talented cook Martyna Angell brings you The Wholesome Cook, more than 170 brand-new recipes that cater to common dietary restrictions and choices, as well as your palate. These delicious wholefood recipes all have gluten-free and refined sugar-free options. Many are paleo-friendly, vegetarian, vegan, dairy-free and low FODMAP. This flexibility will help you to navigate today's landscape of over-processed foods and adopt a healthy diet that works for you and those around you. Martyna draws on her

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background as a health coach, regular columnist for *Nourish* magazine and cookbook recipe writer to give you stylish recipes that turn favourite junk foods, such as pizza, nachos, burgers and cake, into healthy wholefood classics that nourish your body. The *Wholesome Cook* is the go-to guide for anyone pursuing a creative approach to food and a healthy balanced lifestyle.

Wild Beauty

Eric Zielinski, D.C., host of the Essential Oils Revolution summits, offers a soup-to-nuts guide to mastering essential oils for vibrant health and well-being, featuring dozens of recipes and formulations for restful sleep, reduced inflammation, balanced hormones, and more. Achieving true health is not an easy task. For many people, it might be easier to pop a pill or push aside lingering discomfort in favor of finishing everything on your to-do list. In *The Healing Power of Essential Oils*, Eric Zielinski, D.C. shows readers how to make their health a priority with the life-changing benefits of essential oils. Essential oils are the natural solution to everything from anxiety and depression to deep-seated inflammation. For beginners, Dr. Z teaches everything you need to know to get started, including the top seven oils you should stock from Day 1 and the commonly used techniques and tools. He illustrates daily practices you can follow to enjoy the properties of essential oils, including a five-minute devotional using frankincense and neroli to set you up for a productive and stress-free day, and a simple bedtime routine harnessing the soporific effects of lavender. Backed by extensive research, Dr. Z also supplies essential oil blends that promote hormone balance, reduced inflammation, improved digestion, increased immunity, and so much more. You'll be armed with over 150 recipes for every health need, and a special section on women's health includes dozens of formulations for PMS, fertility, pregnancy, candida, and menopause. Even those well-versed in

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essential oils will benefit from this thorough approach. With your newfound knowledge, you can begin tailoring an essential oils practice to your unique pain points and lifestyle right away - and start experiencing amazing results.

DIY Beauty

Ever think of making your own beauty products -- handmade, high performance, healthy alternatives to just about every chemical laden product you currently put on your face and body? It's easier than you think! In *Make It Up* author Marie Rayma shares the recipes she has developed through years of trial, error, and testing to come up with the very best. This is real makeup and skincare: bright lipsticks, quality mineral powders, long-wearing eyeliners, and masks and cleansers that yield results. Rayma walks you through natural ingredients available online or at health food stores. These awesome oils, butters, clays, and minerals will replace the petroleum products, artificial colors, and lab-created mystery fragrances that have untold effects on our bodies. Products can be tailored for individual needs -- from swapping out ingredients not suitable for sensitive skin to whipping up the perfect colors suited for any complexion. With easy-to-follow instruction, *Make It Up* provides more than 40 essential cosmetics and skin care projects so you can make just what you want, when you need it.

The Kitchen Beautician: Natural Hair Care Recipes for Beautiful Healthy Hair

The fresh new handbook on how to achieve and maintain stylish natural hair, from the savviest and most revered expert on coils and curls. These days there's a revolution going on. Relaxers are out. Weaves are so yesterday. Tired of damage from expensive chemical treatments and artificial enhancers, women of color are going

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natural thanks to Nikki Walton of CurlyNikki.com, the natural hair blogger and online hair therapy expert. In *Better Than Good Hair*, this gifted "curl whisperer" educates women on how to transition from relaxed to completely natural hair, with advice and styles for every length—from Fierce Braid-and-Curls to Fancy Faux Buns. She also counsels those considering the "big chop"—cutting it all off at once to sport a bold and beautiful "teeny weeny afro." Here, too, is essential guidance for parents of mixed-race children dealing with new and unfamiliar hair textures and styles. Combining Walton's expansive knowledge with tips from other experts in the field, *Better Than Good Hair* includes: Product recommendations Home hair care recipes Advice for parents on how to manage their children's natural hair Tips for using henna on gray hair Guidance on dealing with detractors Step-by-step illustrated directions for nearly two dozen hairdos, from frohawks to twist-outs Full of indispensable information, as empowering as it is accessible, and with a foreword by actress and comedian Kim Wayans, *Better Than Good Hair* is a must-have natural hair care bible that will help women of all ages and styles achieve their natural beauty.

Thank God I'm Natural

If you're feeling energy-depleted and irritable, unable to sleep, stay focused, or lose weight, you may have attributed these symptoms hormonal fluctuations or aging. Snyder helps you identify stressors that wreak havoc on your hormonal health, such as air pollution, chemical-laden foods and cleaning supplies, synthetic estrogens in personal care products. She shows how to heal hormonal chaos and revitalize the body from the inside out with the support of high-quality essential oils. Discover how to reset your body-- without taking synthetic hormones. --

Natural Hair Care

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In *The Curl Revolution: Inspiring Stories and Practical Advice from the NaturallyCurly Community*, Michelle Breyer has curated some

of the best information that NaturallyCurly's experts and community members have collected over the past two decades.

Rather than focusing on one method, product, or ethnicity, *The Curl Revolution* tells story of the entire curly hair industry and features many of the leading curl innovators. It also functions as a how-to guide and Breyer takes readers through every step of the curl experience. They will learn to:

- Identify their hair's texture type
- Build an ideal hair-care regimen that suits their unique waves, curls, and coils
- Learn about the important role of ingredients
- Find the right haircuts and styles
- Be inspired by the voices from the curl community

The Curl Revolution includes everything that a curlie needs to unlock the potential of their gorgeous natural hair and face the world frizz-free.

Make It Up

THANK GOD I'M NATURAL is a must-read for any black woman who has suffered hair loss or breakage caused by relaxers -- or has grown tired of spending thousands of dollars and their entire Saturday afternoons frying their kinky tresses into submission. Full of personal tales -- of hair disasters and ultimate successes, *THANK GOD I'M NATURAL* offers thorough and extremely modern and up to date information -- and a plethora of tips to help women go natural the right way. Featuring the advice of celebrity stylists for Jill Scott, Lauryn Hill, and Erykah Badu (among others), readers will get ALL the information they've always needed -- to look good on the outside and most importantly, feel good on the inside. You won't want to do your hair again until you've read this lifesaving, reference book and heartfelt narrative from cover to cover!

Eufeling!

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Are you ready to get gorgeous, rich and easily managed hair all naturally? This book has a list of homemade recipes that you can create yourself to use in your natural hair care routine to aid in retaining length and adding moisture to your hair. This books recipes include homemade shampoos, conditioners and more. This guide is a great resource for hair care. Make your hair incredible at a fraction of the cost: Get this book now!

The Wholesome Cook

DISCOVER THE POWER of Silver Whether you're naturally graying, weaning yourself off the dye, or coveting the chic #grannyhair trend, your hair will shine with this empowering guide. Here are step-by-step tips on letting nature take its course—or using lowlights, highlights, blending, and toning to transition with minimal drama (and avoid a skunk line). Tips on haircuts, tricks for the best care (conditioning is crucial). Products, including the DIY variety. Plus, the most flattering clothing and makeup to accentuate any shade of gray. With unique treatments and techniques from hair guru Lorraine Massey, *Silver Hair* is a call for celebrating and enhancing your natural radiance, with thrilling results. Welcome to the inspiring guide for every woman who's ready to find her true colors. Written by the authors of the national bestseller *Curly Girl*, here is everything you need to know, from going gray stylishly to living silver gorgeously, including *Silver Lining Stories* and before-and-after photos of real women. Going silver is not just about a certain look, or saving time and money at the stylist—it's about fulfilling a deeper desire for authenticity, empowerment, and the freedom to be oneself at any age. So let's get started. Featuring: The many perks of naturally silver hair Style and beauty to play up the silver Toners and color blending Avoiding the skunk line Hair care routines DIY recipes, including Lavender and Verbena Herbal Hair Tonic Face-framing silver streaks

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Straight from the Kitchen

Katie Wells, author of *The Wellness Mama Cookbook* and founder of Wellness Mama, finally shares the secret of how she manages six kids, a company, and a career without sacrificing a healthy lifestyle with this step-by-step, comprehensive guide to clean, natural living. By following her simple detox plan, you'll be able to implement a system for better living by reducing toxic exposure, transforming your diet, and regaining control over your health. Katie provides practical tips for slowly incorporating this rewarding lifestyle into an already busy schedule, giving you the option to choose what area of life you'd like to work on first. You can detox your body with whole foods and natural medicines; clean up your beauty regime with all-natural moisturizers, cleansers, hair products, and makeup; get rid of toxic household products that include bleach, ammonia, and acids; try a digital detox for you and your family; or learn how to de-stress by adopting healthier sleeping habits and finding time for yourself. *The Wellness Mama 5-Step Lifestyle Detox* is the natural answer to matters of home, nutrition, and motherhood with over 150 homemade versions of essential household and personal products like: - Citrus Fresh All-Purpose Cleaner - Unscented Liquid Laundry Detergent - Lavender and Honey Face Wash - Mineral Foundation - Lemon Cinnamon Cough Syrup - Chamomile Calming Balm

Clean Beauty

Treat yourself to a DIY spa day with these simple, natural, and affordable recipes to replicate your favorite beauty products—from bath bombs to face masks!—from Lush, the Body Shop, and more. Do you love indulging in self-care with fun beauty products, but want to save some money? Or maybe you take comfort in knowing exactly what you're using on your skin. Or maybe you just love do-

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it-yourself projects! With DIY Beauty, you can learn to make your favorite beauty products from some of today's most popular brands. Try making face scrubs inspired by Sephora, a homage to The Body Shop's Body Butter, or a homemade version of Burt's Bees ever-popular lip balm. From bath bombs to rival Lush to skin care products like e.l.f.'s blemish treatments, these inexpensive imitation recipes include easy step-by-step instructions to help you customize your beauty product routine. Find products that suit your unique skincare needs, modify your favorites for best results, and choose which organic or all-natural ingredients you prefer. Make your favorite must-have beauty products even better—by making them yourself!—with DIY Beauty.

Natural Hair Growth Secrets

Deborah Burnes, Founder of Sumbody Skin Care, Shows You How To Transform Your Beauty Regimen For Glowing, Radiant Skin, Hair & Nails Whether you're a homemade beauty product pro or recently joining the natural skin care revolution, let Natural Beauty Skin Care be your guide to creating all-natural skin care products. Deborah Burnes shares not only the how-to but also the whys for choosing homemade beauty. Her simple, budget-friendly, and effective skin care recipes include treatments for face, body, and hair—from decadent homemade beauty treats like Honey & Chia Seed Cleanser, Coconut Body Butter, Argan Oil Shampoo, and more. With Natural Beauty Skin Care you'll: Explore easy-to-make natural beauty recipes to eliminate chemicals from your routine. Indulge yourself from head to toe, with nourishing body butters, hydrating hair masks, decadent bath bombs, and more. Discover the science behind natural ingredients.

Lauren Conrad Beauty

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Get Your Glow On With Skin-Loving Foods & Homemade Products Improve your skin the way nature intended with real, fresh ingredients! Nutritional Therapist Nadia Neumann completely transformed her skin by making simple switches to a nourishing, real food diet and natural skincare routine. In *Glow*, Nadia walks you through the steps to naturally clear, radiant skin from the inside out. Learn the ways that issues inside your body like inflammation you may not even notice manifest themselves on your skin as acne, dryness or eczema. On the flip side, get the deets on how common skincare products and routines like washing your face with harsh cleansers twice a day can actually make these skin troubles worse. It's science, but Nadia's fun and friendly writing makes these issues easy to understand and fix for good. She'll even spark your creativity in the kitchen with fabulous recipes like glow-getting smoothies, easy lunches and skin-nourishing dinners. Not to mention plenty of fun and unique DIY skincare products like masks, toners, eye creams and face oil blends. Packed with Nadia's stunning photography, no other book will both inform and inspire you like this. Everybody both young and old has naturally gorgeous skin just waiting to be revealed; with this book, you will finally get your glow for life.

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How to Grow Long Hair with Herbs, Vitamins and Gentle Care

A decade ago, after suffering from life-threatening autoimmune disorders, Hollywood actress Shiva Rose set out to discover a more holistic way to natural health and beauty. Growing her own organic herbs and flowers; mixing creams, lotions, and tonics; and following Ayurvedic practices and creating mindful rituals, she has

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not only healed her life but has also become a leader and entrepreneur in the world of all-natural beauty and lifestyle. Whole Beauty is her radiant next step, a practical, inspiring, stunningly beautiful guide to following a whole beauty practice at home. Here is the recipe for Rosell's iconic rose hip facial serum, as well as 40 other recipes for masks and exfoliants, hair-care products and detoxes, and even DIY deodorant and toothpaste. She explains Ayurvedic practices, such as dry brushing and oil pulling, and home-cleansing rituals, such as smudging with burning sage; shares a dozen tonics, including Celestial Nog and Summer Lover; and offers an entire chapter on the use of essential oils, both on the body and in the home. From natural beauty solutions like a Blushing Bride Chickpea Face Mask to showing how to tap into the full force of female energy, Whole Beauty is a complete guide to revitalizing your life.

The Essential Oil Hormone Solution

Within the pages of Dr. Kinslow's new book you will learn to go beyond the instant healing power of Quantum Entrainment to, with a single procedure, realize your deepest spiritual and material goals. You will learn how to find your Eufeeeling, the hub around which all the creative forces of nature revolve, then how to use it to form a powerful and immediately effective intention. Making the most abstract subjects easy to understand and practical to use, Dr. Kinslow shows the reader how to tap their natural harmonizing zones deep within their minds. He is the discoverer and developer of Quantum Entrainment, the ground-breaking healing technique that thousands around the globe have successfully used to eliminate emotional and physical discord in themselves and others. Now, in Eufeeeling! Dr. Kinslow brings to bear that same easy style of coaching that was so successful in teaching you Quantum Entrainment. In Eufeeeling! Dr. Kinslow introduces the reader to the

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QE Intention, a unique and practical tool that anyone can use to improve emotional and physical disharmony, unsettled relationships and financial difficulties, and even influence environmental stresses. QE Intention shows you how a simple shift in your awareness will organize the creative forces of nature in your favor as easily as iron filings align in the presence of a strong magnet. QE Intention can quickly satisfy even your deepest desires. Once initiated, QE Intention is effortless and extraordinarily effective. It uses the creative energy and harmony of Eufeeeling as a spiritual launching pad to quickly accomplish material goals. If you are already doing intention work you will find that adding QE Intention to your practice will greatly accelerate the results you are already having. And what's more exciting, creating a QE Intention takes no special training or talent. If you are reading these words you have everything you need to create a QE Intention.

Natural Beauty Skin Care

Kinky, curly, or wavy hair isn't "problem" hair—it's just hair with a different set of rules! For too long, hairstylists and hair-care companies have ignored the needs of women with kinky, curly, or wavy hair, focusing on it as "problem" hair rather than celebrating its unique texture. But now hair-care and style expert A. Dickey, considered by top magazine beauty editors to be the foremost authority on caring for, cutting, and styling curly hair, has written *Hair Rules!* to end the frustration faced by women with curly hair every day. *Hair Rules!* is chock-full of simple tips for all types of curly hair and covers everything from the best shampoos and conditioners to use, to damage-free hair-drying (dust off that hood dryer!), the use of natural oils, and the safest coloring, styling, and chemical relaxing techniques—as well as guidelines for maintaining healthy, gorgeous hair. "My mission," writes Dickey, "is simple: to advise and encourage all women with nonstraight hair to strive to

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attain their beauty, whatever their ethnicity, and whatever their tastes. From the Trade Paperback edition.

Skin Cleanse

With the hugely successful natural hair movement, Black women have been embracing their natural textures in full force within the last decade. This has caused an increase of information on natural hair from styling to caring but most information is scattered around the web in blogs, vlogs and some books. Finding step by step direction and accurate information is hard for most and downright difficult for others. It was time to bring a one stop shop of accurate and detailed information to make the process easier and up close and personal. In this comprehensive guide to training once-processed hair to return to its original state, *Natural Hair For Beginners*, is a must-read for women of color or any woman with the desire to achieve the evolutionary results they seek. This book is unique as it is a comprehensive and user-friendly read, complete with expertly explained definitions along with providing essential tools and techniques for maintaining strong, well-nourished hair. There is no book on the market that has all of that information along with educating women on natural hair terms, brands, and even the mindset needed to attain a positive experience. With extensive background information, step-by-step directions, and answers to the most frequently asked questions, readers will find all the information they need to accomplish their hair styling goals from hair growth, thinning edges to common ingredients to look for and to steer clear of.

Silver Hair

Homemade Natural Hair Care (with Essential Oils): DIY Recipes to Promote Hair Growth, Shine & Repair Learn how to treat your hair

Free Reading Natural Hair Recipes For Moisture And Growth Step By Step Instructions On How To Create And Apply Conditioners Creams Oils And Treatments For Dry Curly Kinky Afrocentric Hair

at home using organic treasures today! If you are sick and tired of the amount of toxins we are all bombarded with in commercial hair care products, which are loaded with damaging chemicals and harsh ingredients, then look no further. This book will be your ultimate guide to improving and restoring your hair's overall health, condition, growth and appearance. This book will provide you with the basic steps and ingredients that will enable you to prepare your hair care products at home, including shampoo, conditioner and deeply moisturizing hair masks. It will also help you discover a few simple steps for the most effective, nourishing and aromatic ingredient combinations in order to combat hair loss and promote growth, shine and repair. Using essential oils in your hair care recipes will evoke an enticing feast for your senses as well as add many nutritive benefits for effective hair repair. By discovering how certain ingredients contribute to the health of your hair, you will learn to tailor each recipe to treat your hair with the most nourishing formula that is most suited to your hair type, whilst indulging your senses in a deeply fulfilling mind and body experience. Why you must have this book: * This book will teach you how to make use of the powers of essential oil, herbs, and other natural ingredients to revitalize your hair, promote growth, and treat other problems such as dandruff or split ends * This book contains a variety of shampoo, conditioner and mask recipes to help combat a number of hair troubles in normal, dry and oily hair * This book will guide you on your journey to mastering the craft of homemade hair care while enjoying the creative process * You will learn how to use raw ingredients and the best combinations to achieve healthy, beautiful hair * This book will help you understand why it is essential to ditch commercial, store-bought products filled with damaging chemicals * This book will give you confidence in the freedom in experimenting with your own ingredients to create ingenious products of your own * All ingredients within this book are cruelty free and vegan to ensure none of our furry friends are harmed in the pursuit of beauty The benefits you'll receive from 'Homemade

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Natural Hair Care! * How to dilute essential oils and use them in optimal combinations * The wonderful benefits of many herbs, fruits and oils to use in your hair care * Which plants can help you combat your hair troubles most effectively * The importance of knowing the powerful restorative properties of many plants and essential oils * Reaping the benefits of the gorgeous, shiny, healthy hair you desire * Learning about the amazing potentials of essential oil to treat a myriad of hair problems whilst enchanting your senses Interested in learning more? Download your copy today to achieve beautiful, healthy hair!

Curly Girl

Step By Step Instructions On How To Grow Natural Hair Long Today only, get this Amazon bestseller for just \$5.99. Regularly priced at \$9.99. You're about to discover how to grow your natural hair long using these simple and easy proven methods. There is no need to spend a ton of money on product, we are going to stick to the basics. Natural hair care is more about upkeep and motivation. There are a set of actions that you can do daily to make your hair grow longer. Natural Hair Growth Secrets goes into creating a plan of action to take care of your hair and your body in general. You'll be surprised at how simple changes to your lifestyle can help with your hair growth. This simple step-by-step guide will show you exactly to accelerate your hair growth. Here Is A Preview Of What You'll Learn How To Care For Natural Hair A Daily Hair Growth Routine Foods That Contribute To Healthy Hair Tips On How To Stay Stress Free Types Of Protective Hair Styles Treatments Upkeep Hair Styles Much, much more! Get Natural Hair Growth Secrets today! Take action today and get this book for a limited time discount of only \$5.99! Let's get started on growing your hair long! Tags: natural hair growth, natural hair, natural hair styles, natural hair products, natural hair books for black women

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Organic Body Care Recipes

Are You Struggling with Clear Instructions on How to Get Your Natural Hair Journey Started? With this book, you'll be able to begin your natural hair journey hassle free! What's the reason you haven't started your natural hair journey yet? You don't know how to get started? Not sure on what products to use? Not sure what hair style you'll wear? Starting your natural hair journey can be scary. Going natural is becoming more and more popular because there's so many benefits. You save money, your hair grows, and you gain more confidence by embracing your natural self. But starting off your journey can be sort of confusing, because you may not know where to start. You're probably wondering what products to use, what hair styles to choose, etc. This guide will provide you with all the necessary information that will steer you in the right direction. You will discover the basics of where to start and what you can do today to start transitioning your hair. There is no big chop required. Find out how to do everything in detail such as hot oil treatments, deep conditions, and trimming your own hair. Pictures Included! Here Is A Preview Of What You'll Learn The right products you'll need to start your natural hair journey How to style your hair How to keep your hair healthy How to grow your hair long How to maintain your hair How to do deep conditions How to trim your natural hair How to deep condition your hair Much, much more! Get your copy now and become a part of the natural hair community today! Subjects covered in this book: natural hair, natural hair care, natural hair products, natural hair books for black women

Hair Rules!

An inspiring and easy-to-use primer on natural beauty, featuring 45 recipes for using essential oils to make your own perfumes and

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room sprays, lip balm, face and body oils, bath salts, juices, tonics, and more, including an overview of important plant ingredients, the benefits of detoxing your beauty regimen, and tips for creating a cleaner self-care routine. Just like chemical additives in our food, synthetic ingredients in our hair and skin care can wreak havoc with our bodies. Luckily, there's no need to compromise luxurious, effective skin and hair care for safety. From a leader in the world of natural beauty, Wild Beauty is an inspiring and highly usable guide to harnessing the miraculous power of plants to make your own face oils, body balms, hairspray, bath salts, and more. Jana Blankenship, founder of the popular beauty company Captain Blankenship, believes that organic beauty products create a direct link with nature, and ingredients like cold pressed organic plant oils, flowers, seaweeds, sea salt, and organic essential oils not only conjure the natural world, but are highly beneficial for our skin, body, hair, and senses. Wild Beauty also shows you how to create powerful essential oil blends, the building blocks to effective skin and hair care, that can be used on their own to relieve headaches and tension, elevate mood, or be worn as natural perfumes. With gorgeous photographs and tips on creating a meaningful self-care regimen, this is the only book you need for true, holistic beauty.

Natural Hair For Beginners

HOLISTIC CARE FOR NATURAL HAIR!! Thanks to Dr. Phoenix Austin, a physician and natural hair guru, we now have a fabulous book that explains how to grow and maintain healthy and longer afro-textured hair. And with a head of gorgeous natural hair herself, Dr. Phoenix proves that she's not only talking the talk, she's walking the walk! In this book, you will learn: How afro-textured hair grows and why it's unique from other hair types How to stop hair breakage and hair loss that plagues many women with afro-textured hair How to best use nutrition and other health-based

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principles to maximize hair growth potential How to develop a life-long and flexible hair regimen based in holistic hair care How to leverage the power of Ayurveda, an ancient form of alternative medicine that has helped women grow beautiful hair for thousands of years In truth, *If You Love It, It Will Grow* is more than a book, it's a philosophy! There is a great interconnectedness between how women feel about their hair and how they feel about themselves. Growing healthy, longer and beautiful natural hair is absolutely within your reach. It's all about giving your hair what it needs- that extra bit of TLC. *If You Love It, It Will Grow!*

All Hair Is Good Hair

A step-by-step guidebook that shows you how to make your own skin creams, hair products, and perfume blends using essential oils and other natural ingredients. Many of today's beauty products contain chemicals and oer additives that most of us have never heard of--and probably would avoid if we knew how harmful they really were. With 200 Tips, Techniques, and Recipes for Natural Beauty, you'll learn all that you need to know to make your own safe and healthy beauty products, with recipes and formulas such as: Lemon Verbena Cleansing Milk Exquisite Bulgarian Rose Hair Powder Peppermint Cocoa Lip Balm Herbal Rosemary & Mint Shampoo Brilliant Blueberry & Manuka Honey Face Scrub Skin-Soothing Bath Tea Peppermint and Tea Tree Leave-In Conditioner Create delightful body butters, salves, balms, glosses, scrubs and more using all-natural, holistic ingredients like herbs, flowers, tea, baking soda, and coconut oil. Discover conditioning carrier oils, sumptuous butters, and aromatic floral extracts that will nourish you from head to toe. Some of the recipes can also be used for overall health, including curative herbal extracts and therapeutically effective essential oils. With step-by-step photographs, clear instructions, and expert tips, each recipe is easy to follow. Give the

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products you create as gifts or keep them for yourself. Regardless, you'll never want to buy beauty products from the drug store again!

Whole Beauty

This book investigates the relationship between phytoconstituents and properties in specific plants, such as Hibiscus rosa sinensis, Cuscuta reflexa, Citrullus colocynthis, Nardostachys jatamansi and Ocimum gratissimum, that are used in hair care products including shampoos, conditioners, dyes, and oils. It explains the impact of these materials on the growth, structure, appearance, and health of hair. It also explores how the chemistry of certain plants from sustainable sources is exploited for use in hair products and nutraceuticals. Additionally, the authors include information on ingredients used for formulating 'green' hair products that treat common conditions such as canities, dandruff and alopecia.

Making Natural Hair Care Products - A Beginner's Guide

All Hair Is Good Hair tells the story of how ten year old Samaya struggles with loving her natural God given hair. She believes she has "bad hair" and expresses her insecurity with her mother. In a culture saturated with digitally altered photos and videos, raising girls with high self-esteem can be scary. But Samaya's mother is determined to instill self-love and influence her both by what she says and what she does. In this book, Samaya reveals the events that lead her to acknowledging that All Hair Is Good Hair.

The Curl Revolution

"A beauty guide with tips on hair, makeup and beauty in general by celebrity Lauren Conrad"--

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The Healing Power of Essential Oils

Natural hair flourishes best when it is well hydrated and able to retain that moisture. The market is full of products that promise to do just that, but some do not deliver. The issues can be from the ingredients found in the products or from them being manufactured without the proper ph. range. Whichever the reason you can assure that your product is formulated properly by creating your own. *Making Natural Hair Care Products, A Beginner's Guide* gives you more than just great recipes that you can tailor to fit your own personal needs or for your targeted consumer. It also provides you with detailed in-depth information ingredients. More information can be found on the back cover of the book. Check it out.

The Beginners Guide to Natural Hair

Join the clean beauty revolution that's taking the nation by storm and discover the delights of making your own beauty products in the comfort of your own home. Gone are the days of paying a premium for fancy-pants moisturizers and toners, whose ingredients read like a chemistry lesson. The Clean Beauty girls challenge you to take control over what you put on your skin and hair by making it yourself! Green and clean beauty is growing up, and the London-based Clean Beauty Co are leading the way with luxury beauty recipes packed full of only the good stuff. Scrub that bad day away with a coffee body scrub, or take a long restorative bath with a coconut milk soak. Perhaps you fancy fixing those split ends with a banana split hair mask. Whatever the problem, the Clean Beauty girls have a homemade recipe that you can whip up in no time. So what are you waiting for? Join the revolution today!

Shampoo Making

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Breakouts. Dryness. Redness. Oiliness. If you're like most women, you've been on a never-ending quest for perfect skin—or even just good skin—since adolescence. It's a frustrating pursuit to say the least, filled with one disappointing (and expensive) miracle solution after another. Why is it so hard to get good skin? Adina Grigore, founder of the organic skincare line S.W. Basics, would argue that getting clear, calm, happy skin is about much more than products and peels. Or, rather, it's about much less. In *Skin Cleanse*, she guides readers through a holistic program designed to heal skin from the inside out. We tend to think of our skin as a separate entity from the rest of our bodies when in fact it is our largest organ. The state of our skin is a direct reflection of what our bodies look like on the inside. So Adina's program begins as any healthy regime should: with the basics for full-body health. That means eating plenty of fresh, whole foods; drinking more water; getting blood pumping and oxygen flowing to your cells through movement; and giving your skin a chance to repair and regenerate by resting. From there, readers are challenged to a skin cleanse that requires going product-free for twenty-four hours. Once detoxed, Adina then shows us how to overhaul our beauty routine, how to carefully add some products back in, and even how to make our own products at home, with advice and targeted solutions for specific skin conditions such as acne, dry skin, oily skin, and more. The secret to beautiful, stress-free skin is simple: it's an inside job.

If You Love It, It Will Grow

Presents more than two hundred special step-by-step recipes for home beauty treatments using such ingredients as common grasses, flowers, and trees

The Chemistry and Applications of Sustainable Natural Hair Products

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Thinking about making the journey back to natural? Here's your roadmap. Thinking outside the box is not always easy—especially when you've had a long-term relationship with your relaxer. And, of course, rocking gravity-defying kinks and coils comes with another set of unique joys and challenges. *The Science of Transitioning: A Complete Guide to Hair Care for Transitioners and New Naturals* is your essential, all-inclusive guide to the journey back—written exclusively for those who are chemically relaxed and considering the natural journey, those who are taking their first steps back to natural and those who have already gone all in! Unleash your hair's fullest potential, and learn how to care for the natural kinks, coils and curls you were born with. Best for those who are:

- * Currently relaxed and considering natural hair
- * Transitioners (Long-term and short-term transitions)
- * New Naturals (Recently chopped, or natural for less than 2 years)

You'll Discover:

- * How chemical relaxers really affect the hair and scalp.
- * How to transition while keeping your hair as healthy as possible.
- * The best products and techniques to use during your transition.
- * How your mental transition determines the success of your physical transition.
- * Tips for dealing with unsupportive friends and family members.
- * Tips for getting the most out of your new natural hair!

What's Inside:

- * Regimen advice for both transitioners and new naturals.
- * Sample "Transitioning Timeline" and care instructions to carry you through the first year of transitioning.
- * More than one hundred illustrations and directions for handling and styling transitioning and newly natural hair.
- * New, updated images of hair at the microscopic level.
- * Product suggestions, sample regimens and more!

Homemade Hair Care Products

Discover the joys of all-natural body care. Stephanie Tourles shows you how to use fruit, flowers, herbs, and minerals to craft healthy

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products that promote radiant skin, strong nails, shiny hair, and an elevated mood. Pamper yourself from head to toe with products like Strawberry Cleanser, Pineapple Sunflower Scrub, and Almond Rose Body Lotion. Gentle on your skin and free of harsh chemicals found in commercial products, you'll want to indulge yourself over and over with these luxuriously aromatic bath blends, face masks, and body scrubs.

The Science of Black Hair: A Comprehensive Guide to Textured Hair

The Science of Black Hair is the ultimate consumer textbook on black hair care. Technically oriented and detailed throughout, this book was written with the serious hair care consumer in mind. Hair science, research and testimony combine in this carefully written text designed to examine black hair on a deeper level. With its light academic style it is truly the last hair book you'll ever need. Readers will learn how to:

- * Maintain chemically-treated or natural hair in optimal health.
- * Stop hair breakage with a novel, protein/moisture balancing method.
- * Regulate product pH balance for shinier, more manageable hair.
- * Grow their hair longer, stronger and healthier for life!

Additional Features

- * Regimen Builder with extensive product listings
- * Ingredients glossary
- * Interviews
- * Real photos of hair at the microscopic level

Are you ready to stop battling your hair? Win the war against breakage. Forever. The Science of Black Hair: A Comprehensive Guide to Textured Hair Care combines research with testimony in an authoritative reference text dedicated to the care of black hair- relaxed or natural. This powerful book introduces readers to a comprehensive healthy hair care strategy for achieving beautifully radiant hair regardless of hair type. Black hair structure, properties, and maintenance methods are carefully outlined throughout this go-to reference book to give you the tools you need to improve the health and look of your hair, TODAY. The

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Science of Black Hair Chapter 1: Scalp and Hair Structure,
Function, and Characteristics Chapter 2: Textured Hair Properties &
Principles Chapter 3: Understanding Hair Growth and Damage for
Healthier Hair Care Chapter 4: What's Your Hair Care Regimen?
Chapter 5: Hair Product Selection Basics Chapter 6: Protein &
Moisture Balancing Strategies for Breakage Correction and Defense
Chapter 7: Getting Started with a Healthy Hair Care Product
Regimen Chapter 8: Low-Manipulation Hair Maintenance
Strategies Chapter 9: Coloring Textured Hair Chapter 10:
Chemically Relaxing Textured Hair Chapter 11: Transitioning from
Relaxed to Natural Hair Chapter 12: Regimen-Building
Considerations for Kids Chapter 13: How Our Health Affects Our
Hair Chapter 14: Working Out on a Healthy Hair-Care Regimen
Chapter 15: Final Thoughts

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