

The New Era of Health and Beauty

How many times have us ladies had to sit in a salon chair and drain our favorite stylist with hair care and maintenance questions? We go on and on about this medication and that medication, that may be negatively affecting our hair care routine. We talk about this doctor who had no idea which direction to point us to help put it all together, and that product we thought would work, because our favorite YouTuber is using it. "It worked wonders for her hair," we'd say, "we have the exact same hair type."

Our biggest problem is that we stand in our own way, looking for someone to point us in the right direction. Yet, we don't take heed of the valuable information we are given. Or, we fantasize about looking like something or someone that has no resemblance to our own reality.

For centuries, we've been led to believe that straight hair is the way. Then, there was this wave of natural hair enthusiast who told us, "we are enough." But, we didn't believe it!

"What would my co-workers think?" "What would my man say?"

I have literally spent days, weeks, and months on in, getting nasty looks from my own queens. "What is wrong with her hair?" I'd imagine them thinking, or saying to themselves. Until one day, I decided to style my hair with dreads. "Oh, how long will my hair grow?" "What will people think of me and my hair then?"

In short, I've gotten so many compliments on my long dreads. Even, with shoulder-length dreads, people would compliment and ask, "who does your hair?"

"Me!"

Then boom... A global pandemic!

As a natural hair stylist raising four children, this was devastating. As a business woman, this was liberating. As a naturalist, this was encouraging.

Where else can we women go to feel secure and know that our knowledge is valuable and will lead to a long life of optimum beauty and health? Where else will we feel complete in being able to maintain our health and beauty during a global pandemic, where it seems like mainstream media may prefer to turn a blind-eye to wholistic options that will help to boost our immunities?

There is now an online space for us women and all of our curly-haired friends and family. It's called Natural Hair Care and Maintenance Training with Complete Beauty Solutions (www.cbeautysolutions.com/hair-care-training). On this self-paced learning platform all women can sign up and get valuable information on cosmetology, natural hair care, and natural health. It's a judgement-free zone where women can reach our full health and beauty potential on our own terms.

This pandemic was our wake-up call! It's time for us to empower ourselves and enlighten our communities.