



Natural Black Hair: The Struggle to Grow Long Healthy Hair (Natural Hair Growth Book 2)

Alley Carter

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I suffer from dry, brittle, tightly coiled 4c hair. Learning to care for my natural hair is an on-going process. Years of frustration, crying sessions, and lack of knowledge with my hair, led me to research everything there is to know about growing natural hair. In this e-book I share tips and tricks, my hair regimen, a protective hairstyle, Do It Yourself oil from scratch and step one of my hair regimen in detail.

Readers will learn:

- *How to start a natural hair regimen for hair growth
- *About oils used to pre-poo aka pre shampoo
- *About protective styling benefits
- *The birth of a natural hair journey
- *Understand the benefits of using natural oils in hair
- *Learn how to effectively apply hot oil treatments
- *Grow your hair to its fullest potential

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