
UCHE AGBARA
What's Happening to my hair?
A GIRL'S SIMPLE GUIDE TO BEAUTIFUL, HEALTHY HAIR



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TO THE SPECIAL LADY READING THIS...



You were created special, unique, extremely beautiful - Hand crafted by the Most Creative God.

It has been said that God has never made a mistake. Everything He created, He said it was good. This includes you.

One of the coolest things I came across during my study, is that God cares about every detail of our lives, even numbering the hairs on our heads



YOUR HAIR is your CROWN

whatever form you have chosen to wear it. However,

DO YOU CONSIDER IT PRECIOUS ENOUGH TO NURTURE IT TILL YOU SEE ITS FULL POTENTIAL?

A GIRL'S SIMPLE GUIDE TO BEAUTIFUL HEALTY HAIR

For context, there's a whole lot happening to your hair.

From environmental factors to nutrition to stress, your choice of lifestyle, to medications, aging, over-styling along with heredity.

These are examples of common factors that can affect your hair.

Your hair needs you - your love and attention. This may be a far-reaching statement, but its the truth.

My ultimate goal is to help you love your hair.

I want to help you understand your hair and eventually grow to love it.

With this simple guide, you will see your hair transform to the shiny-looking, soft-feeling, moisture-rich, healthy hair you have always wanted and also cause you to feel even more beautiful

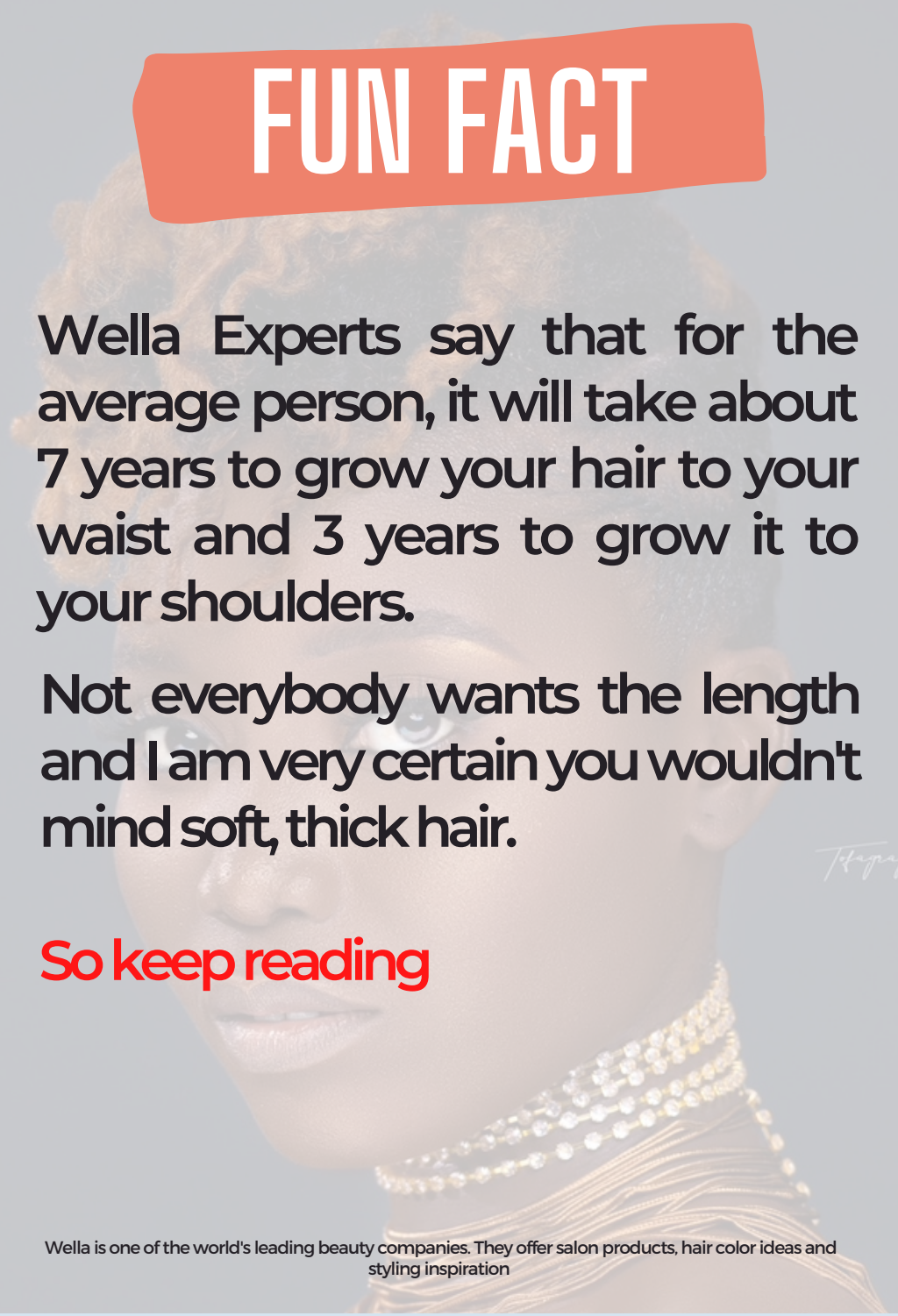


FUN FACT

Wella Experts say that for the average person, it will take about 7 years to grow your hair to your waist and 3 years to grow it to your shoulders.

Not everybody wants the length and I am very certain you wouldn't mind soft, thick hair.

So keep reading



Wella is one of the world's leading beauty companies. They offer salon products, hair color ideas and styling inspiration

It's obvious that having healthy hair is possible because of pictures and videos you've seen of women with similar hair texture as yours.

BUT IT TAKES A LOT OF WORK

Don't panic. It is a lot of work but you can make it a lot of fun.

The nurturing and care your hair needs is yours to give, not your hairstylist's.

Let me tell you why

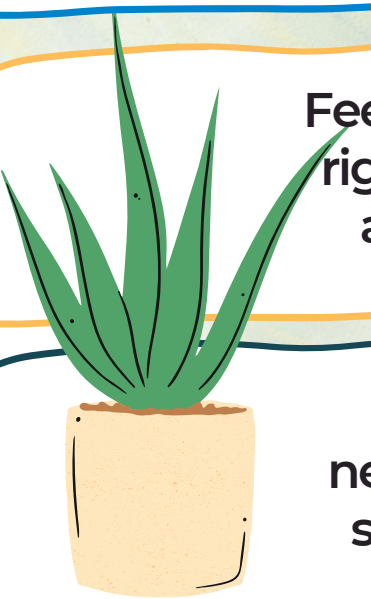
Think about your hair like a seed and you are a farmer.

- [x] Farmers are natural care givers.
- [x] Farmers love and nurture their seeds/plants like nothing else matters.
- [x] Farmers persevere with patience till they get what they want out of the seed
- [x] Farmers nurture it till it reaches its full potential

LIKE THE FARMER WOULD..

Water his seed/plant, keep your hair moisturized

Protect their seed/plant. Protect your hair. Cover your hair with a silk or satin scarf/bonnet. Do light weight hairstyles



Feed their seed/plant with the right food. Listen to your hair and find out what it loves

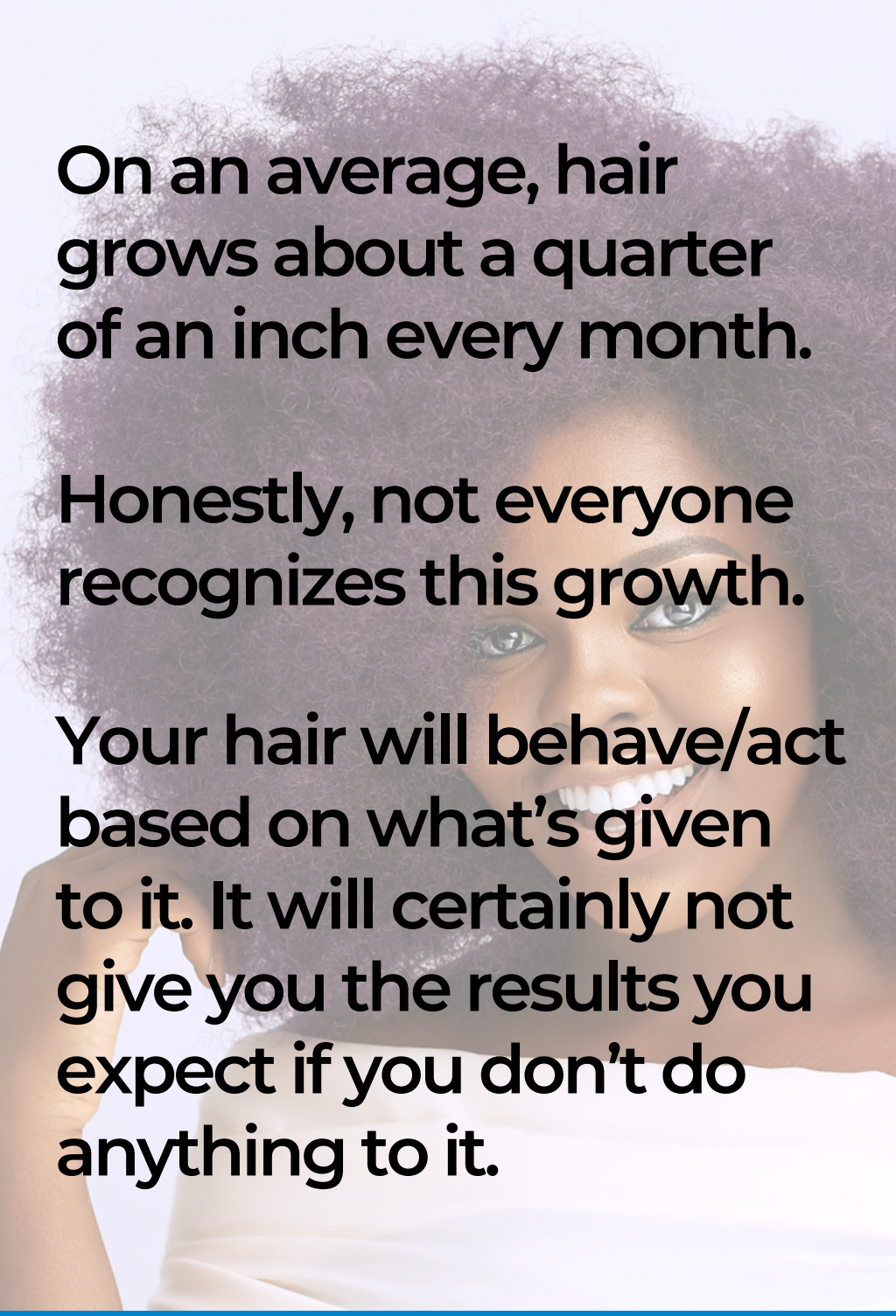
Remove weed. Your hair needs regular trims too. Use salon shears to cut always

LIKE THE FARMER WOULD..

You would say, “But we don’t have good hair in my family”?

Have you heard about grafting? It’s a farmer’s way of manipulating growth.

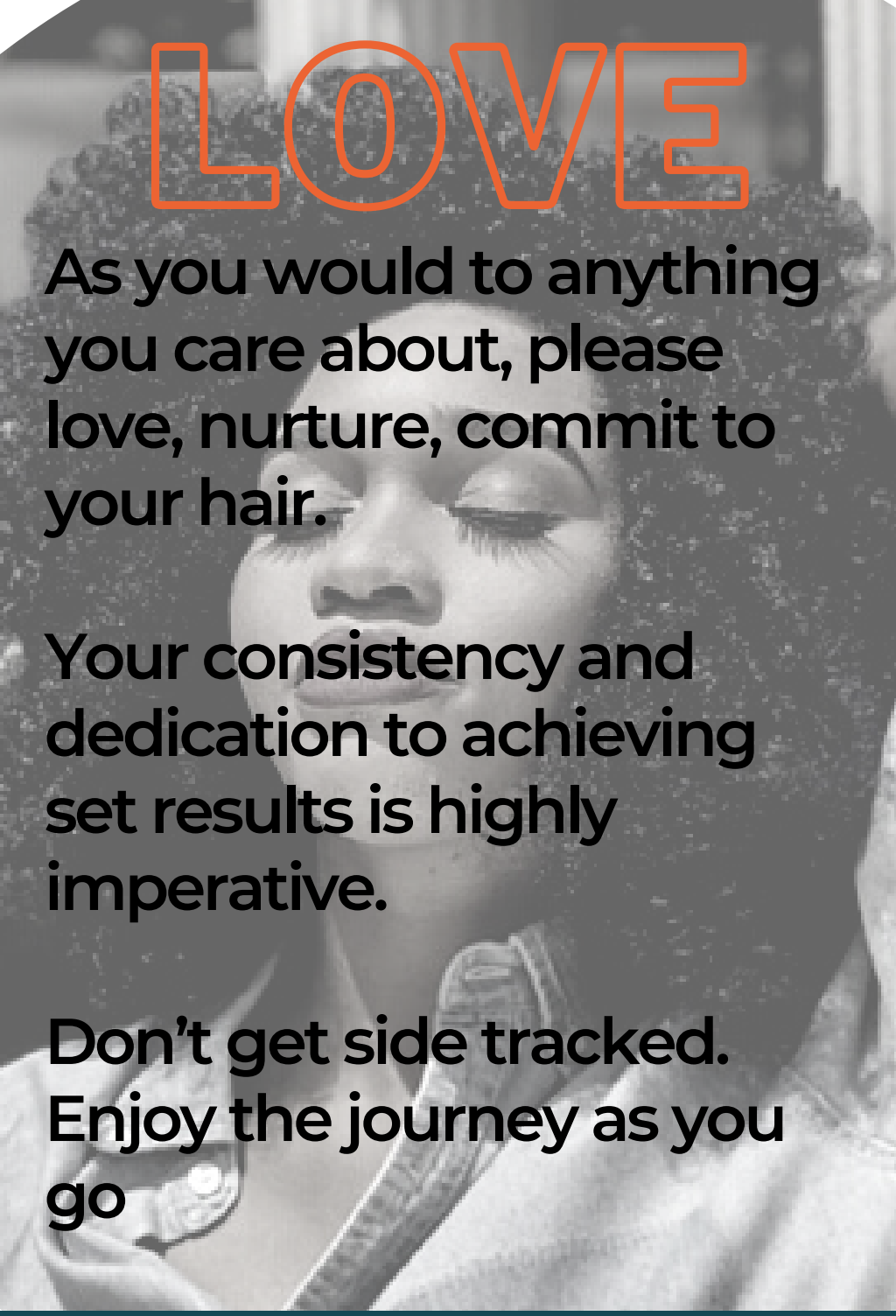
You can manipulate your hair’s growth by drinking lots of water, eating healthy, taking vitamins and supplements and having enough rest.



On an average, hair grows about a quarter of an inch every month.

Honestly, not everyone recognizes this growth.

Your hair will behave/act based on what's given to it. It will certainly not give you the results you expect if you don't do anything to it.


LOVE
As you would to anything you care about, please love, nurture, commit to your hair.
Your consistency and dedication to achieving set results is highly imperative.
Don’t get side tracked. Enjoy the journey as you go

Let's be honest, you will get tired at some point and probably may want to quit.

When you feel like that, remember you deserve beautiful, healthy hair.

YOU REALLY DO, MAKE THIS COMMITMENT TO YOURSELF

Practical Steps you should adopt



TAKE ACTION

The cute chart above would be your new basic routine.

You will decide how you want to manage this routine. This chart is not exhaustive.

There are loads of things to do to your hair but as you grow and learn better about your hair, you can totally manipulate this routine.

What are you going to do moving forward?

What new changes will you make today?



Uche Agbara is a Certified Cosmetologist from the Aveda Institute in Atlanta Georgia.

She manages Top Beauty Centre- an exclusive beauty place with her mum where she serves as the Creative Director and Lead Hairstylist. They are the creators of the signature hairstyle with the natural illusion hairline - The Cecilia

Apart from working behind the chair, she works as a fashion/editorial and a bridal hairstylist. She has worked for and with notable brands such as Toju Oluwatoyinbo, DJ Cuppy and Ini Dima Okojie. She serves whole heartedly at her local church, KINGS.

She believes that a combination of unique personality, diverse educational background and work experiences has given her an edge in the industry.

I really hope you find this useful. I know that you will need to be guided through this process, think of me like your fairy God mother. I am here for you.

Join my community, MY HAIR BLOOMS today, let's grow together

Send a message with your full name, email address and "Bloom" to +2348130977636

Please feel free to reach out if you require additional information and/or clarification

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styledbyuche