

# **nappturocity**

How To Create  
Fabulous Natural Hair  
and Locs

by **erinshellanthony**

# praise for nappturocity

*"(You've) produced a book that is chock full of...guidance to keep your hair naturally beautiful!"* - **Patrice Yursik, Creator of Afrobella.com**

*"When I started locking my hair there were no books to educate us on the joys and challenges of going natural. When I read Nappturocity, I was overjoyed by the fact that it spoke directly to the concerns I had when I went natural. Nappturocity was not only fun to read but informative – I call it the Nappy Bible!"* - **Yetta Young, Executive Producer of The Vagina Monologues**

*"Erin Anthony has done an awesome job in conveying the importance of caring for natural hair! Nappturocity is informative, inspiring and absolutely necessary! A must read for women with natural hair and those considering taking the journey!"* - **Michelle Lewis, Producer & Director New Growth: A Natural Progression, Houston, TX**

*"I was learning...through trial and error. When I found Nappturocity, I was AMAZED! Everything in this book answered all the questions I wanted to know! erin shell anthony, thank you so much for coming up with this...you have answered our call!"* - **LaToya Rivers, Producer of the Natural Beauties of KC Natural Hair Show, Kansas City, MO**

*"Out of all the...books I have read, this is one of the BEST! Very informative. Thank you for celebrating our God-given hair and keeping it natural."* - **Johnnie Reid**

*"I am so happy that I bought your book. I have been natural for almost 10 years. Once I started reading your book so many blanks were filled in for me. Reading it was and is like an "aha" moment."* - **Lynette Simmons**

*"Through my process, I purchased a lot of different books and went to a lot of different websites...and Nappturocity was the first to offer realistic and usable solutions! When I tried the suggestions in the book, I saw results!"* -**Tonia Baker**

*"You approached your audience with love of their God-given hair instead of just a hair style. That's the key element that is missing in so many natural hair books. I personally love my hair and no longer wish and dream that God had made my hair differently!"* - **Arlanda Darkwa, Certified Sisterlocks Consultant and Trainer**

*"While on the road to natural hair freedom, it was Erin who inspired me to reach my goal of locking...watching her transition and seeing her devote her life to wellness and "all things natural" has been.. well, infectious! You WILL want to catch this!"* -**Safiya Bell**

*"I just want to start by saying thank you for taking the time to research this information and for writing such a fabulous book. You have made my loc journey a breeze, as well as changed the lives of my friends and how they view their daughters hair. I love the entire book and have tried all of the recipes appropriate for loc wearers, as well as the natural commercial products that you have suggested (all receiving rave reviews)!"* -**Brandy Watkins**

Copyright © 2007-2011 by erin shell anthony

All rights reserved. Written permission must be secured from the author to use or reproduce any part of this book, except for brief quotations in critical reviews or articles.

NAPPTUROSITY AND NAPPTUROUS DIVA are registered trademarks  
of erin shell anthony.

[www.naturalhairbook.com](http://www.naturalhairbook.com)

To all the women who will make the transition  
to natural hair and to those who already have,  
thank you for showing me your struggle,  
your journey, and your successes,  
so that I can pass these lessons on to help others.

Peace, Blessings and Beautiful Hair.

# table of contents

## Introduction

*Why be a Nappturous Diva?*

Chapter 1: What is Nappturocity?

***Principle # 1: We Develop a Relationship with Our Hair***

Chapter 2: Developing the Plan

Chapter 3: Creating Your PPP Approach

Chapter 4: Basic Maintenance

Chapter 5: How to Grow Strong, Healthy Hair

Chapter 6: Tools and Accessories for Natural Hair Care

Chapter 7: Choosing a Natural Hair Salon

***Principle # 2: We Appreciate Our Texture***

Chapter 8: Finding Your Hair Texture

Chapter 9: Determining the Volume of your Hair

Chapter 10: Finding Your Hair Care Regime

Chapter 11: Hair Myths and the Truth Revealed!

Chapter 12: Loc Options for Textured Hair

Chapter 13: Mistakes to Avoid for Sisterlocks™, Nappylocs and Braidlocs

Chapter 14: The Methods of Loc Maintenance

### ***Principle # 3: We Know Our Ingredients***

Chapter 15: Nappturous Diva's Harmful Product Review

Chapter 16: Nappturous Diva's Luscious List of Recommended Natural Products

Chapter 17: Nappturous Diva's Luscious List of Natural Homemade Products

Chapter 18: Homemade and Commercial Products – Putting it All Together!

### ***Principle #4: We Are Fabulous!***

Chapter 19: Protective, Semi-protective, Loose and Rollover Styling

Chapter 20: Conclusion & Style Gallery





# what is nappturocity?

Nappturocity is the art of developing remarkable, attention-grabbing natural hair...hair that is all your own and absolutely fabulous in its own reign and glory!

In the essence of your every curl is a regal nature that speaks, proclaiming truth, love and a beautiful being. Congratulations and welcome to the ultimate guide to the world of natural hair and loc care!

The purpose of this book is to explain the HOW of natural hair and loc care for afro-textured or curly hair, for people of African descent.

- You'll learn about the most up-to-date methods to naturally care for your hair.
- You'll understand the definitions of the ingredients on the label of a product, as well as what products and tools to use for fabulous results, and which ones to avoid!
- You'll enjoy gorgeous pictures that display both the classic and recent innovations in styling techniques.
- You'll also learn what no one else can teach you – how to produce the results you've always wanted with your own hair! We'll enhance your relationship with your hair while developing your own personal Natural Hair Manifesto that will help you to take a realistic look at what you have, assess where you want to be, and manifest your personal, attainable goals for your hair!

You probably fall into one of three groups: Transitioners, looking for information on the how-to of going natural; Newly Natural, where you've just gone natural and are still getting adjusted to your new texture; or Experienced, as you have been natural for a while and want to bring a new or more defined style, flavor and kick to your hair!

That's right - every little kink, every loose curl, all that beautiful new growth – you have it all for a reason, and together we're going to create a serious love/love relationship between you and your hair – or if you already have that, let's develop it to the point where you just can't stand YOURSELF! Sound good? Great!

The reason that I am a proponent of natural hair and want to provide extraordinary information regarding its care is because of the struggle that I had finding information and understanding my options. I grew up believing that my hair was not 'good' or 'worthwhile' and did everything in my power to disguise its natural beauty.

I wore every weave and chemical process imaginable, and still was not happy! Something was missing. The only compliments that I would receive would be when I wore hair that wasn't mine, either in the form of a weave or braids. I interacted with friends who were going through the same process, and no one knew any answers to our circumstance. Then, one day, IT happened. I knew I couldn't take dry, stringy, used-to-be-long-but-not-anymore hair, so I woke up around 2am one morning and

cut ALL of my relaxer off, and promptly sat down on the floor with my head in my hands and cried.

Really – I was in shock. I didn't have a clue about how to style my hair, but at the same time, my cry was a relief, and a letting go of the years of bondage to someone else's idea of what was beautiful and fabulous. This experience began my trek around the country, from Los Angeles to New York, to St. Louis, to Dallas and other cities to find the best styling options, the best products, and eventually, to open a natural hair salon that focused on delivering these finds in a welcoming atmosphere. This refuge was for me and so many others, a cultural center, a place where we could come and release our frustrations, find understanding and learn how to properly rock our natural beauty!

I loved wearing my hair in various natural and braided styles, and after several years, transitioned to Sisterlocks™, and have provided guiding tools, advice and support to countless friends, clients and colleagues as they conducted their own personal transition to natural hair and locs over the years.

It was beautiful watching clients leave looking fabulous in their glorious nappturocity, but they would also communicate with me how working through my program left them educated, inspired and empowered, and soon, they began helping others do the same! When I saw how the information that I am now sharing in this book was changing lives, I decided that every Nappturous Diva or Nappturous Diva in-the-making deserves to know this information, and as we all learn, we elevate our collective understanding.

This information is what is now, hot, new and ready to be served up for the people! Any individual who has wanted to have the answer to their natural hair questions, from how to conduct a modern, personalized hair care regime to the top five mistakes cultivated lock wearers make, will find the “how and why” here.

Information on what hair is and why black women should culturally and spiritually consider natural hair abounds in books and on the internet. The intrigue, historical relevance and psychological effects of slavery on natural hair has been solidly established and gained respect in the black community, so, in giving homage to the

pioneers who have documented this historical data, we will simply refer to their resources for that information, and it will not be covered in this book.

There are so many women who are interested in going natural, have natural hair, or have primary responsibility over someone with natural hair, **who just want to know how to cycle through the process of managing, developing, and styling natural hair!**

If that statement made you nod your head, this book is for YOU! But, before you throw on your Angela Davis 'fro or start cooking up products in your kitchen like Lisa Price of Carol's Daughter ingeniously did, allow me to introduce you to the principles of a Nappturous Diva so that YOU too can be formally inducted into our Nappturous Diva-hood!

### **The Nappturous Diva PRINCIPLES:**

- 1. RELATIONSHIP: We Develop a Relationship with Our Hair** – We have a plan for our hair, and we listen to what our hair needs and find solutions for

challenges. Caring for our hair becomes a ritual and we use that time to assess what is working and what is not. We're flexible!

2. **APPRECIATION: We Appreciate Our Texture** – We know that every texture has its Celebrations as well as its Challenges. We are continually discovering and appreciating the uniqueness of our God-given curls and coils, and styling it in ways that complement our texture.
3. **KNOWLEDGE: We Know Our Ingredients!** – Our hair is, in part, our own creation. The extent that we feed our hair internally and externally with ingredients in the products we use shapes the health and condition of our hair. We use products that have ingredients that support the greatest good of our hair.
4. **CONFIDENCE: We are Fabulous** – Translated, we are confident! If we have it, we work it. We never let an ill-informed person dictate how we feel about our hair. We choose to feel great about how we wear every single strand!

A Nappturous Diva is an empowered woman who has embraced her own nappturocity, and when she looks in the mirror, loves the crowning glory she sees. She's been through a multitude of hair storms and experienced the ups and downs of the hair roller coaster.

She is solid in her beliefs and determined to share the knowledge with those who ask. Once a Nappturous Diva learns how to take care of her hair, she has the option to use the salon to meet her needs for pampering and out of the occasional necessity, and pockets the money and time saved! As Nappturous Divas, we're educated, inspired and informed!



# 10 reasons

## Why Natural Hair is Fabulous!

**REASON #1: Nothing looks better on you than something that was designed FOR you!** You wouldn't walk out of the house with jeans that gape at the waist or wear the almost perfect jacket you bought on clearance that was 2 sizes too big!

You would take the item to a seamstress to have it customized just for you! Your own natural hair was created just for you – it was designed to look fabulous on your head!

**REASON #2: You experience a feeling that I call “hair emancipation”!** This beautiful wave of relief combined with supreme confidence will first occur when you look at yourself for the first time with your first natural 'do.

If you're natural, you probably can identify with running your fingers through your natural hair for the first time, patting it in disbelief, pulling the curls to see the length, and just relishing an overall amazement.

Note: Hair emancipation may occur at the actual time the relaxer gets trimmed off the ends of your natural hair, or maybe a little later, but it does eventually come!

**REASON #3: Your entire quality of life changes.** Long gone will be the days that you couldn't roll the windows down and let the wind blow through your hair.

You won't have to think twice about going swimming or participating in regular fitness programs – you can exercise and take better care of your body because you aren't so concerned about your hair.

You'll also find yourself less worried about getting your hair wet from the rain (especially if you have locs), and you just may enjoy that umbrella-less dash to the car when it's starting to sprinkle!

**REASON #4: Nappturous Divas enjoy compliments more!** Although it's great to have someone compliment an extension, in the back of your mind, you know that what they are complimenting isn't really you.

We certainly may have rocked a weave at some point, and have nothing against sisters who do, but there is nothing like the feeling of wearing your nappturous hair, and walking down the street, through the offering line at church, or sitting down at a table in a restaurant, and noticing an approving smile and nod from a nearby observer.

Loc wearers term this look the 'loc'd glance', a simple look of acknowledgement from another loc wearer. It's a kindred family that shares a multitude of stories in a simple, knowing look at one another.

Even better, you'll find that many of those people will take it upon themselves to get up, come over, and tell you just how fabulous your hair is!

**REASON #5: Nappturous hair is touchable!** You can touch your hair! That's right! No worries about rock hard styles, curls that must stay perfectly arranged, or any of those other styling concerns! You may have to train yourself to keep your own hands out of your hair; your loving relationship with your hair will be so irresistible!

With Sisterlock™ wearers, the term is "hands-in-the-hair-itis"! Caution: You'll also notice that your hair will attract many other hands too – some that you know, and many that you don't!

**REASON #6: Individuality!** Look around. Who else looks exactly like you with your nappturous crown? Exactly. No one. The individuality of your hair is customizable in so many different ways!

The ultimate confidence comes from being the original person that you were created to be! Your styling ability develops with time and becomes uniquely yours.

**REASON #7: A New Relationship is Developed.** If you've been Nappturous for at least two or more years, you probably have experienced a little known secret about our hair and not even known it. This secret is that you now have a relationship with your hair.

Close your eyes for me and think back to the minutes, hours and sometimes full length days that you sat in the hair salon...remember? I have friends that would take breakfast, lunch and dinner with them to the salon; they would be there literally all day! Not to say that there's anything wrong with sitting around, reading every single Black Hair magazine and smelling the fragrance of hot curlers on just-relaxed hair, but doesn't the freedom from only a few select individuals being able to do your hair feel good?

Now, you still may go to the salon for the recommended trim and deep condition when you're Nappturous, and you may even have a regular appointment. But the freedom comes with knowing that you now have a positive relationship with your hair.

You've stood in front of the mirror, curling, twisting, and spritzing with water your nappurous hair for hours, and you know what side or patch is curlier, straighter, or longer than the other.

You have the freedom of knowing what styles look good on you, and also trying new styles, knowing that you can change them yourself with greater ease. Chances are, if you had to do your hair yourself, you could, and you most likely do on a regular basis.

**REASON #8: You are the NEW Trendsetter!** Have you ever been a trendsetter? If you have nappurous hair, I want you to stop right now and count the number of people who have become natural hair wearers as a result of your influence.

Did you ever think your mother, or another black female close to you, would actually approve of your hair...to the point where she decided to become natural? Now look at her, loving the life and freedom of nappurocity!

**REASON #9: Nappturous Divas can tell you the ups and downs of almost any product!** We have redefined, relabeled and upgraded the term 'product junkie'! The ability to read a label and actually know the good from the bad ingredients has transcended our hair and is now applied to almost everything else, from personal care products to even the foods we eat.

When you become aware of the health and life of your hair, you become aware of the health and life of all things around you. A respect for healthy living is developed, plus, people now come to you for product advice!

**REASON #10: Love abounds.** When you discover the nappturocity of your own hair, how beautiful, sexy and fabulous it is, you can look at others with admiration without feeling jealousy or resentment.

It's ok – almost everyone has gone through a stage of wishing that their hair looked like someone else's. However, the love-relationship you develop as you appreciate your own God-given beauty, the soft velvety-sheen of your hair, the way that it looks in that particular style – it's pure joy!

## **Nappturous Diva's Principle #1 - RELATIONSHIP**

### **We Develop a Relationship with Our Hair**

*We have a plan for our hair, and we listen to what our hair needs and find solutions for challenges. Caring for our hair becomes a ritual and we use that time to assess what is working and what is not. We're flexible!*

Isn't it a good feeling when you really know someone? You can anticipate their next words and you don't have to worry about formalities. In short, you've reached a certain comfort level that only comes with time.

The amazing relationship that we should have with our hair sometimes develops when we're adults, because many of us have no recollection of our original texture. Even the new growth that you develop in the first few months after making the decision to become natural is not a good indication of what your true hair texture is like.



Getting to a familiar place with your hair requires the same patience and time, and comes with personal experience.

Your relationship with your hair will change as your life changes. You'll mature and start graying, start exercising more, cut your hair down to a short afro or grow your locs long, and each one of these examples of change exemplifies a situation where being in a positive relationship with your hair will help you to know how to adjust. You'll need to be flexible. You'll need to have a plan.

The most important thing that you can do to develop this relationship with your hair is to begin with the end in mind. Crafting your goals ahead of time allows you to directly influence your results. Wouldn't it be great to know where you want to be and exactly how you're going to get there, all while allowing room for freedom and flexibility? Read on in Chapter 2 for the answer!