

# Make Your Hair Soft



*In Six Ways*

Bukola Oriola

**BEFORE YOU TAKE ANY STEP FURTHER, READ MY DISCLAIMER:**

All suggestions, techniques and advice given in this book are for informational purposes only and should be used at your discretion and best judgment. I highly recommend conducting strand tests when trying or using new products, hair appliances, and product mixes. I am not responsible or liable for adverse or undesirable effects including hair loss, hair breakage, or other hair, scalp, skin, or body damage as a direct or indirect result of the suggestions, tips, techniques and/or advice given in this book.

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## **Make Your Hair Soft in Six Ways**

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## Dedication

This book is dedicated to everyone who has visited [www.bukolabraiding.com](http://www.bukolabraiding.com) in search of how to make hair soft.



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You will read about this tool in this book. It is called a cutting comb. It is wooden, but also available in plastic. It is a great tool to have in the house or your hair shop. It is very manageable and effective for parting clean and straight lines of hair.

# Preface

*Make Your Hair Soft in Six Ways* is a title I decided to write to help all the users that end up on Bukola Braiding website, [www.bukolabraiding.com](http://www.bukolabraiding.com), to find out how to soften natural hair.

I hope that this book will help you to find the right fit for your hair. I put the information in this book together with the help of various articles and my own personal experience.

I have also decided to focus on six ways, from chemical to heat and home remedies or products that will help you manage your coarse hair. The tips in this book can also be used on kids' hair.

The six areas I will be focusing on for the purpose of this book are:

1. Home Remedies
2. Heating
3. Threading
4. Relaxer & Texturizers



5. Oil Formula
6. Food & Nutrition

# Home Remedies

## Avocado & Sour Cream Lemon Treatment

Avocado is rich in Vitamins such as A, E, Folate, among others. The vitamins and mineral in this fruit will give your hair follicle a deep conditioning treatment. Your hair would also “temporarily retain more moisture for a lasting shine,” (Pearlman).

For this treatment, get:

- 1 ripe avocado
- 2 table spoons sour cream
- Half of fresh lemon juice

Cut and scoop out the fleshy part of the avocado into a bowl. Add the sour cream and lemon juice. Mix into a smooth paste. Apply the paste onto your hair from the roots to the tip, massaging your scalp.

Cover your hair in a plastic shower cap for about 20 minutes. Shampoo your hair afterwards and towel dry.

Other ingredients in the home that you can use for avocado hair treatment for a soft shinning hair you want are egg yolk, honey, and olive oil.

### Coconut & Olive Oil Treatment

Coconut is a nutritious fruit rich in fiber, vitamins and mineral. “It is classified as a "functional food" because it provides many health benefits beyond its nutritional content,” (Coconut Research Center). Olive oil on the other hand, is rich in vitamins K and E. In fact, the cold pressed olive oil is considered the best kind of olive oil because it still has its natural essential nutrients during harvesting.

The coconut and olive oil mixture is also ideal for dry and frizzy hair. Its moisturizing elements make your hair soft, shiny, and bouncy.

For this treatment, get:

- 2 parts coconut oil
- 1 part olive oil

Mix both ingredients in a bowl until they are blended. You can put it in the microwave for 30 seconds for proper mixture. Apply the mixture onto your hair from root to the tip. Cover your hair with a shower cap for at least 30 minutes. You can keep it on for over an hour for improved results. Shampoo and condition your hair afterwards. “This mask will not only make your hair soft and shiny but will also provide nourishment to your dull hair”<sup>i</sup>.

Coconut can also be mixed with other ingredients readily available in your home or at the grocery store for helping you achieve the softness you desire in your hair. Some of the products you can use are honey, plain organic yoghurt, lime juice, or cornstarch.

### Caramel Treatment

The caramel treatment is considered one of the most common and effective methods of softening African-American hair naturally. Apart from softening, it also moisturizes the hair and stretches out the kinks. Your hair

will be easy to detangle and will be easier to manage. This treatment has to be re-applied every four weeks because the effect starts wearing off at this time. You can easily make your own caramel treatment at home by following a simple recipe. The basic ingredients are:

- 1/4 cup of honey
- 3 jars of banana baby food (some people use ripe bananas but it may not wash out easily)
- 1 teaspoon of apple cider vinegar
- 1/4 cup of Blackstrap molasses
- 1/4 cup of olive oil

Blend the ingredients in a blender until the mixture is smooth then apply it to your hair just the way you apply relaxer. Cover your hair with a shower cap for at least 30 minutes. You can leave it on overnight if you want the full effect. Rinse your hair properly with water afterwards. Keep the remaining

mixture, if you have leftovers in the freezer until next use.



# Heating

Heating is a common and one of the oldest forms of making your hair soft. I remembered how my mother used to make my hair soft when I was younger with the hot comb. She did it for special occasions like birthday parties, weddings, and so on. She would apply Vaseline on my hair after parting a portion, and then combs it out with the hot comb that she heated on the stove. When she completed her pressing, she parted my hair into four and held each with a colorful hair band. You can do this with electrical or stove tools. This process makes your hair soft by straightening it. For this process of hair soft treatment, you will need, a hand dryer, flat iron, or pressing comb.

## Hand Dryer Treatment

For this treatment, you will need:

- A hand dryer
- A big tooth comb
- A tail comb or a cutting comb



Part the whole hair into four with your tail or cutting comb. Start with one part by separating few strands of hair at a time to help you make the process easy. Comb out the hair as you place the blow dryer on it. You will begin to see the hair straightening out as you do this a few times. Continue the same process until you have completely blown all the hair out. There are some blow dryers that come with comb tips; you can use those without using the big comb for your blow out.

### Flat Iron

For this treatment, you will need:

- A flat iron (get anyone you can hold easily, especially if it is your first time)
- A big tooth comb
- A tail comb or a cutting comb

You will use a technique similar to that of the blow dryer, except that you will be flat ironing the hair. Part the whole hair into four with your tail or cutting comb. Start with one

part by separating few strands of hair at a time to help you make the process easy.

Comb out the hair and press with your flat iron. You will begin to see the hair straightening out as you do this a few times. Depending on how coarse your hair is, it can take up to four times to see the result.

Continue the same process until you have completely flat ironed all the hair out. There are various sizes and styles of flat iron, just get the one that you can manage well. That is, the one you can have a steady grip on. You can use hair cream or grease to speed up the process. If you prefer to use oil, jojoba, coconut, olive, or castor oil will work great.

### Pressing Comb

For this treatment, you will need:

- A pressing comb
- A big tooth comb
- A tail comb or a cutting comb

You will use a technique similar to that of the blow dryer and flat iron, except that you will

be using a pressing comb to make the hair soft. Part the whole hair into four with your tail or cutting comb. Start with one part by separating few strands of hair at a time to help you make the process easy.

Comb out the hair that you part out and then comb with your pressing comb. You will begin to see the hair straightening out as you do this a few times. Depending on how coarse your hair is, it can take up to four times to see the result. Continue the same process until you have completely pressed all the hair out. There are various types of pressing comb, but I will recommend that you get the electrical pressing comb instead of the stove comb to help you manage it well. That is, the one you can have a steady grip on and can always change the heat setting or that you can turn on and off without getting too hot. You can use hair cream or grease to speed up the process. If you prefer to use oil, jojoba, coconut, olive, or castor oil will work great.

# Threading

Threading is what some people call the “heatless stretching method.”<sup>ii</sup> This method of treatment does not only stretch the hair and make it longer, it makes hair very soft. There are various ways that you can thread your hair. Threading is a method that is used both to beautify hair and soften hair in some West African countries.

For this treatment you will need:

- A cutting/ rat tail comb
- Big Tooth Comb
- Black thread
- A scissors

Part some portion of hair. You can start from the side of the ear or from the back in the nape area. The size of hair to part should be big, just like you would do when braiding a big single or box braid. Cut out the length of thread that you can manage. Hold the hair not too tight, pinching the thread in the bottom

with your left hand holding it onto the hair with your right hand, and begin to wrap your thread around it. If you are left handed, just switch the thread between your hands. Wrap the thread until it gets to the top and tie one or two knots. Cut out left over thread. Cut out another thread and continue from where the previous thread stops, if your thread finishes before you get to the tip. A size 10 or less crochet thread will work for this style.

# Relaxer & Texturizers

Relaxers and Texturizers are used often by most people who have kinky hair. You can use these products to make your hair soft and more manageable. You can go to a professional salon and have it done for you to make sure that you don't have any chemical left in your hair that can cause hair breakage. However, there are home care package that you can buy from the beauty supply store. When using the ones from the store, make sure you follow the manufacturer's directions, because it can cause serious damage to your scalp or hair, sometimes, burnt scalp or hair loss, if you use it wrongly.

## Relaxers

This treatment includes:

- A box of relaxer
- A rat tail comb
- Hair grease/cream

It's it good to get someone to help you with this application; otherwise, you can do it yourself. Follow the manufacturer's instructions throughout the process. The instruction is usually included in the box.

### Texturizers

A texturizer works just like a relaxer. The only difference is that you can rinse off the hair quicker than the manufacturer's specification if you don't want it to straighten your hair or if you want to have curls in your hair.

This treatment includes:

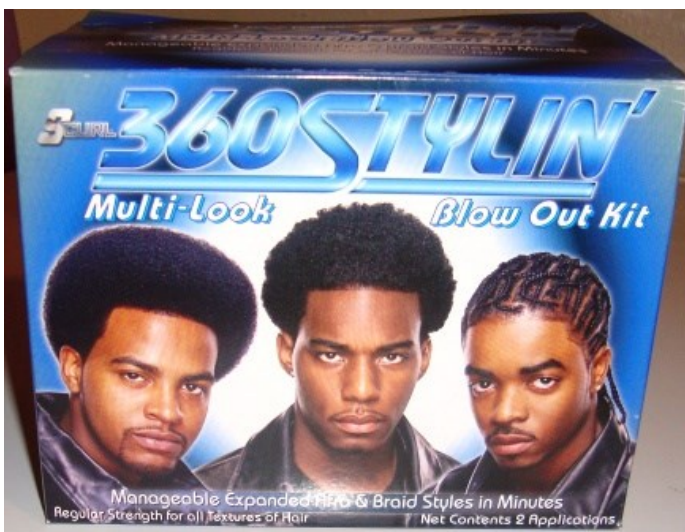
- A box of texturizer
- A rat tail comb
- Hair grease/cream

It's it good to get someone to help you with this application; otherwise, you can do it yourself. Follow the manufacturer's instructions throughout the process. The instruction is usually included in the box.

### **General Tips for Relaxers and Texturizers**

The two methods are very effective for softening your hair naturally. It is important to take good care of your hair after any of these treatments. Wash kinky hair regularly with moisturizing shampoos. This will keep your hair strands lubricated and soft. Don't wash your hair with hot water, but you can use lukewarm water, especially if you live in a cold weather zone. Hot water will make the hair dry and brittle. Use cool water when you wash or rinse your hair.





A relaxer for making your hair soft but does not make the hair straight.

# Oil Formula

Oil formula is another kind of treatment that you can use to make your hair soft. There are various oils you can use to achieve a very soft hair. Some of them are:

- Olive oil
- Coconut oil
- Castor oil
- Almond oil
- Aroma oil

The oils should be massaged into the scalp and hair, cover your hair with a shower cap for about 30 minutes or more and shampoo. Immediately after the shampoo, use a rinse out with conditioner and you will feel the softness of your hair.



This Extra Virgin Olive oil has cayenne in it. This formula helps hair growth. You will also notice that it is “First Cold Press.” This is considered the best type of olive oil you can buy to use for promoting the general health of your hair.

# Food & Nutrition

Foods rich in omega 3 are a great source of promoting both healthy hair and making your hair naturally soft. Green leafy vegetables are also a great source for giving your hair vitamins A and C, which promote hair health generally. Some of the food you should include in your diet for soft hair include, but are not limited to:

- Salmon
- Kale
- Spinach
- Collard greens
- Nuts ( various kinds)
- Lettuce
- Broccoli

# ABOUT THE AUTHOR

Bukola Oriola is the Chief-Executive-Officer of Bukola Braiding & Beauty Supply, LLC. Bukola understands the importance of beauty by providing unique, classy, and painless hair braiding to women, girls, and men. She began her hair braiding business to service a need among women and girls across all race, culture, background, and ethnic groups in 2007 in Minnesota. Her clients range from 2 to 65 years old. She however has over 20 years of experience in hair braiding, braiding hair as a little girl from her home country in Nigeria. She began hair braiding training in 2009 to impart the knowledge of hair braiding into others. Bukola is also a writer. She has been a journalist since 2000 and has won several awards. She has covered the education beat for six years in Nigeria before she came to the United States. Bukola, who has an international experience in journalism, is a fellow of the International Institute For Journalism, Berlin,



Germany. After enduring severe agony as a victim of human trafficking for two years in the United States, Bukola decided to go public with her story, putting the face to the story to help victims of human trafficking and domestic abuse, using her personal experience. She has also put her experiences together in form of a book entitled, [\*IMPRISONED: The Travails of a Trafficked Victim\*](#) to set others free from modern day slavery, human trafficking, and domestic abuse. Bukola, who is an advocate for victims of human trafficking and domestic abuse, gives public presentations at various places and organizations within and outside the state of Minnesota to create awareness. She was also given the [2009 Change Maker Award](#) for her courage by the Minnesota Women's Press. Her [faith](#) is pivotal to her triumph from the valley of the shadow of death.

Oriola is the producer of Imprisoned Show, a TV Show produced at local Public Access TV station, North Metro TV, bringing undivided media attention to the issue of human trafficking through the broadcast media. In

2013, she founded a non-profit organization, The Enitan Story to advocate for victims and empower survivors of human trafficking. She was one of the 20 survivors invited by the U.S. Department of Justice through the Office For Victims of Crime Training and Technical Assistance Center (OVCTTAC) to participate in a Survivor Forum and Listening Session held at the White House Convention Center, Washington DC, in January 2014. The forum was the first time event session that the federal government engaged the voices of survivors in its programs to better serve victims and survivors of human trafficking in the U.S.

You can follow Oriola on her official website, [www.bukolaoriola.com](http://www.bukolaoriola.com).

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