

5 Natural Hair Tips

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Take your hair from surviving to thriving with these easy to follow tips for your natural hair.

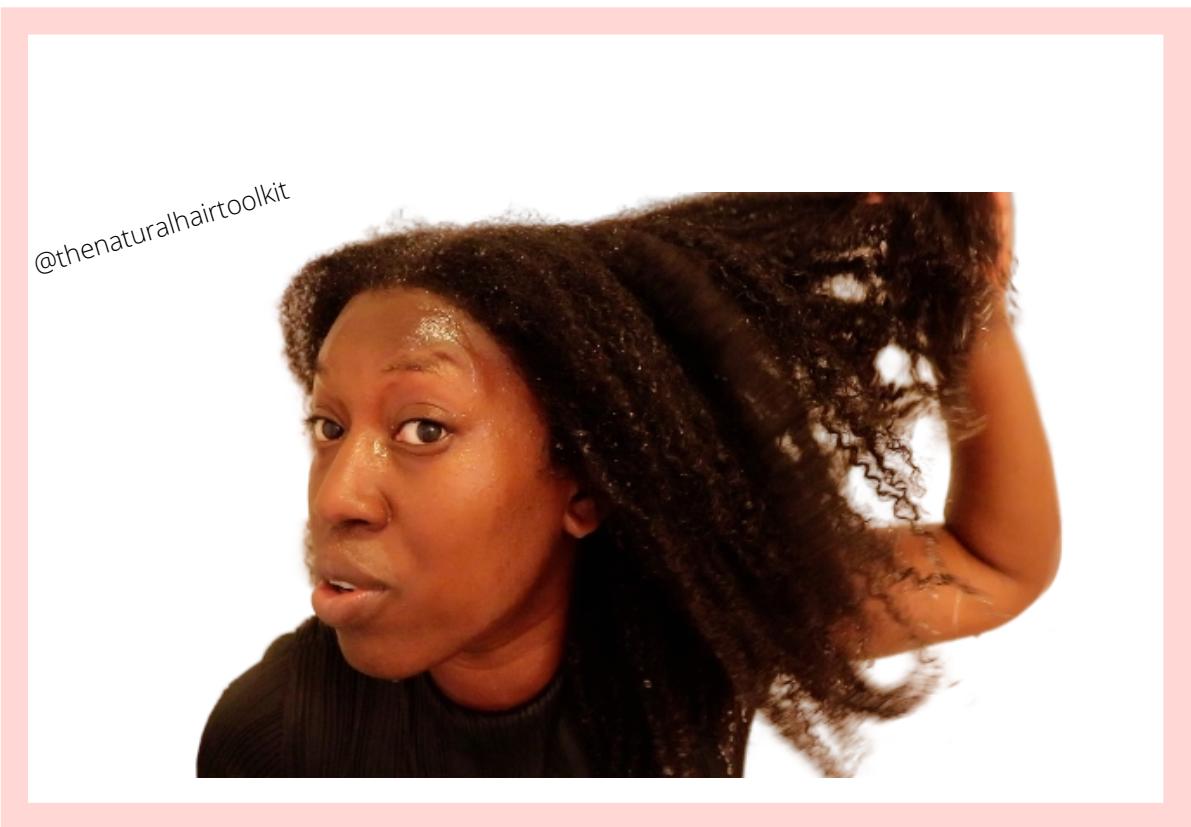
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Welcome

Hey Coilfriend,

Before we dive in I wanted to share a little bit about myself, my name is Rae I am the founder of THE NATURAL HAIR TOOL KIT. As a brand we provide tools and services for women with natural hair.

That's me & my crown 😊



5 Natural Hair Tips

Our mission is to help women take their hair from surviving to thriving effortlessly. The brand was birthed as a result of me wanting to share how I was able to transform my tresses effortlessly and help other women do the same. As a brand, we educate women about their natural hair and help women smash their hair goals (make sure you check out the testimonial page).

Before



This is me transitioning to natural. Here I was 5 months post relaxer. My relaxed ends were extremely damaged and you can see the difference between my hair textures.



After



This is my hair currently, fully natural. This was taken after a wash and go. Look at my ends compared to the above image.

Maybe you're someone looking to reduce breakage retain length and maximise moisture. This hair guide is a summary of 5 actionable steps you can take to effortlessly retain length, improve moisture & reduce breakage so you can take your hair from surviving to thriving.

Let's dive straight in!

Eat more fruits and vegetables

Tip 1



Fruits & vegetables are packed with vitamins and minerals that improve the overall health of your hair. Hair is made up of proteins, sulphur and zinc. Adding foods rich in the above, to your diet, will assist in improving your hair health, help you to maximise growth and reduce breakage.

For a detailed guide on how you can reduce breakage, maximise moisture, promote hair growth and more. Download [Hair-Lo Health: An Easy Guide To Healthy Type 4 Natural Hair](#), a detailed guide with over 25 tips, 20+ pages that addresses your hair woes, 10+ DIYs, step by step growth hacks and much more more! You are a click away from achieving the hair of your dreams.

Drink more water

Tip 2



Water is the best for hydrating and moisturising the hair. Drinking more water will improve the elasticity, strength and moisture in your hair. Keeping your natural hair moisturised will reduce breakage, maximise your hair growth and improve your hair health.

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Exercise



Tip 3

Increasing your heart rate through exercise will encourage blood flow to the scalp thus promoting hair growth. The key to promoting hair growth is by adopting effect methods that will help you achieve your hair growth goals and exercise is one of them.

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Moisture, Moisture & Moisture

Tip 4



A key to healthier natural hair is improving your hair moisture. This can be done through adding water or water based products to your hair and sealing in the moisture to your hair. Many naturals see drastic changes in their hair when then learn how to effectively moisturise their hair.

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Protect your hair

Tip 5



Natural hair is susceptible to breakage because of the curvature and delicate nature of the strands. To prevent breakage you will need to keep your strands protected. One of the easiest ways to protect your hair is by wearing a satin lined bonnet. Satin lined bonnets help you lock in moisture, preserves your styles and protects your hair from breakage.

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5 Natural Hair tips



These tips will improve your hair, we do not just help women improve their hair but we are in the business of transforming your natural hair, so you can confidently wear your hair and inspire other naturals to do the same.

We understand that caring for natural hair can be seen as a task, this is why we have created a detailed guide that will help you take the task out of natural hair care. Download [Hair-Lo Health: An Easy Guide To Healthy Type 4 Natural Hair](#), a detailed guide with over 25 tips, 20+ pages that addresses your hair woes, 10+ DIYs, step by step growth hacks and much more more! You are a click away from achieving the hair of your dreams.

Improve dryness, gain length, reduce breakage and gain the confidence to wear your natural hair.

Get more transformative hair tips for ONLY £9.99!

[BUY NOW](#)

Testimonials

Before



After



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Before



After



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Before



After



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DO NOT DELAY TRANSFORM YOUR HAIR TODAY!



Get more transformative hair tips for ONLY £9.99!



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