

Mane attraction

Ruth Mafupa, founder of hair blog naturalsisters.co.za tells us how to prevent hair damage, particularly in the colder months when hair is prone to dryness and breakage.

1 STICK TO A FUSS-FREE ROUTINE

Ruth recommends washing hair at least once a week, and using a deep conditioner each time. She shares her own regime: "After washing, I twist or braid my hair up in big sections to stretch it while it air-dries. Each night I moisturise my hair and lock in the moisture with shea butter. I normally do **a pinned updo at night and then wrap it up**. In the morning, I just tidy my edges and I am good to go."



2 NOURISH, NOURISH, NOURISH

Using a deep conditioner with every wash increases the hair's moisture retention. For excessively dry hair, Ruth suggests sealing the hair with an oil, cream or butter - this will help the hair to stay moisturised for longer.

WE LOVE Donna
Real Fit Spandex Cap, R49⁹⁵; Donna Satin Floral Sleep Cap, R48⁹⁵



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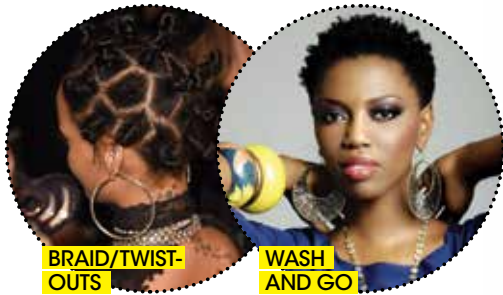
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Autumn hair



BRAID/TWIST-OUTS

WASH AND GO

3 PREVENT BREAKAGE

“To keep a balance between moisture and protein, alternate deep-conditioning with a moisture hair mask and use a protein treatment as often as is needed,” says Ruth. Also, excessive manipulation and combing or brushing only causes unnecessary breakage. “Protective styling is a good way to prevent breakage, but if long-term protective styling is not an option, **low-manipulation hairstyles like twist-outs, braid-outs and wash and goes** are also good options.”

5 PROTECT AND WRAP

When it comes to protective styles, Ruth sometimes chooses braids and twists. “These styles help my hair to grow healthily because of the low manipulation,” she explains. She also religiously **wraps her hair before bed as it helps to keep her hair moisturised** and prevents it rubbing on linen. “Wrapping also helps to keep my hair intact over night as I normally do my styling in the evening to reduce the things I have to do in the morning before hitting the office,” she says.

WE LOVE Afri True
Ultra Nourishing
Deep Conditioning
Treatment, **R149⁹⁵**;
ORS Wrap/Set
Mousse, **R99⁹⁵**



4 CHOOSE QUALITY INGREDIENTS

“I am a sucker for hair conditioners that leave my hair soft and tangle free,” says Ruth. “I love shea butter because it makes my hair very manageable.” She also opts for **ingredients like coconut and olive oil when it comes to treatments and detangling products** as they give the hair a healthy sheen.



WE LOVE Aunt Jackie's Instant Detangling Therapy, R49⁹⁵



6 LOVE YOUR LOCKS

Ruth urges everyone to remember that everyone's hair is different. “Do what works for your hair and own the beauty that is on your head. **Good hair is loved hair.** If you take the time to take care of your hair, it will flourish.”



WE LOVE Restore Plus Oil Moisturising Spray, R24⁹⁵;
Curl Care Rehydrating Shampoo, R109⁹⁵; **Afri True Soothing Braid Spray, R21⁹⁵**; **HR Hair Growth Kit, R124⁹⁵**; **Dr. Miracle's Miracle Renewal No Lye Relaxer System, R179⁹⁵**